

PSHCE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Nursery and Reception	Growth mindset and new beginnings. What makes me special?		How do I look after myself? What is a healthy choice?		How do I make friends? How do I solve problems?		
Year 1	Growth mindset and new beginnings	What is special about me?	Who is special to us and why?	What helps us stay healthy?	How can we look after each other and the world?	What is the same and different about us?	Who helps to keep us safe?
Year 2	Growth mindset and new beginnings	How do we recognise our feelings?	What can we do with money?	What makes a good friend?	What helps us grow and stay healthy?	What jobs do people do?	What helps us to stay safe in and around the home?
Year 3	Growth mindset and new beginnings	How can we be a good friend?	What is a stereotype and how can we challenge it?	What makes a community?	Why should we eat well and look after our teeth?	What keeps us safe when we are out and about and about?	What are families like?
Year 4	Growth mindset and new beginnings	What strengths, skills and interests do we have?	How can we manage our feelings?	How do we treat each other with respect?	What are our rights and responsibilities?	How can we manage risk in different places?	How can we grow and change?
Year 5	Growth mindset and new beginnings What makes up a person's identity? Is it true that everyone is unique and everyone is equal?		How can drugs common to everyday life affect health?	How can we help in an accident or emergency?	What decisions can people make with money?	How can friends communicate safely? (online)	How can we grow and change? (puberty)?

Year 6	Growth mindset and new beginnings	How do I see myself and how do other people see me? I	How can the media influence people?	Whose responsibility is it to care for the environment?	What jobs could I do?	What makes a family (Sex Ed)?	What will change as we become more independent? (transition)
KEY: Green = Core theme 1 Health and well-being.		KEY: Pink = Core theme 2 Relationships.			KEY: Blue = Core theme 3 Living in the wider world.		