










PSHE whole-school curriculum overview

N.B. The red flag  demarcates PSHE topics and lessons that directly relate to safeguarding pupils



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Physical health and wellbeing Fun times	Physical health and wellbeing What keeps me healthy?	Drug, alcohol and tobacco education  Tobacco is a drug	Identity, society and equality Democracy	Physical health and wellbeing In the media	Drug, alcohol and tobacco education  Weighing up risk
Autumn 2	Keeping safe and managing risk  Feeling safe	Mental health and emotional wellbeing Friendship	Keeping safe and managing risk  Bullying – see it, say it, stop it	Drug, alcohol and tobacco education  Making choices	Identity, society and equality Stereotypes, discrimination and prejudice	Identity, society and equality Human rights
Spring 1	Identity, society and equality Me and others	Keeping safe and managing risk  Indoors and outdoors	Mental health and emotional wellbeing Strengths and challenges	Physical health and wellbeing What is important to me?	Keeping safe and managing risk  Making safer choices	Mental health and emotional wellbeing Healthy minds
Spring 2	Drug, alcohol and tobacco education  What do we put into and on to bodies?	Drug, alcohol and tobacco education  Medicines and me	Identity, society and equality Celebrating difference	Keeping safe and managing risk  Playing safe	Mental health and emotional wellbeing Dealing with feelings	Keeping safe and managing risk  Keeping safe - out and about FGM (female genital mutilation)
Summer 1	Mental health and emotional wellbeing Feelings	Relationships, health and sex education  Boys and girls, families	Careers, financial capability and economic wellbeing Saving, spending and budgeting	Relationships, health and sex education  Growing up and changing	Drug, alcohol and tobacco education  Different influences	Relationships, health and sex education  Healthy relationships / How a baby is made
Summer 2	Careers, financial capability and economic wellbeing My money	Relationships, health and sex education  Boys and girls, families	Physical health and wellbeing What helps me choose?	Relationships, health and sex education  Growing up and changing	Careers, financial capability and economic wellbeing Borrowing and earning money	Relationships, health and sex education  Healthy relationships / How a baby is made