



Curriculum Subject Overview

PSHE



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
ALL	A growth mindset and Zones of Regulation to be woven throughout the whole curriculum					
EYFS Reception (please see EYFS overview)	Meesha makes friends	Tilda tries again	Ravis Roar	Ruby's worry	Perfectly Norman	Milo's monster
Year 1	Physical Health and Wellbeing Fun times	Identity, society and equality Me & Others	Drug, alcohol and tobacco education What do we put into and on to bodies?	Mental health and emotional wellbeing Feelings	Careers, financial capability and economic wellbeing My Money	Mental health and emotional well being Feeling safe
Year 2	Physical health and wellbeing What keeps me healthy?	Mental health and emotional wellbeing Friendship	Relationships and sex education Boys, girls, families	Relationships and sex education Boys, girls, families	Keeping safe and managing risk Indoors and Outdoors	Drug, alcohol and tobacco Medicines and me
Year 3	Drugs, alcohol and tobacco Tobacco is a drug	Keeping safe and managing risk Bullying – see it, say it, stop it	Mental health and emotional wellbeing Strengths and challenges	Careers, financial capability and economic wellbeing Saving, spending and budgeting	Identity, society and equality Celebrating difference	Physical health and wellbeing What helps me choose?
Year 4	Identity, society	Drug, alcohol and tobacco	Physical health	Keeping safe and	Sex and relationship	Sex and relationship

	and equality Democracy	education Making choices.	and wellbeing What is important to me?	managing risk Playing safe.	education Growing up and changing.	education Growing up and changing.
Year 5	Physical health and wellbeing In the media	Identity, society and equality Stereotypes, discrimination and prejudice	Mental health and emotional wellbeing Dealing with feelings	Careers, financial capability and economic wellbeing Borrowing and earning money	Keeping safe and managing risk When things go wrong	Drug, alcohol and tobacco education Different influences
Year 6	Identity, society and equality Human rights	Mental health and emotional wellbeing Healthy minds	Drug, alcohol and tobacco education Weighing up risk	Keeping safe and managing risk out and about	Mental Health & Keeping Safe	Sex and relationship education Healthy relationships / How a baby is made