

# Grayswood CE Primary School



**PSHE**

**Curriculum Overview**



# Overview of PSHE Curriculum

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights and Respect</b>	<b>Being my Best</b>	<b>Growing and Changing</b>
<b>Themes included:</b>	Feelings, getting help	Recognising and respecting difference, being kind and caring	Asking for help, staying healthy, staying safe around medicines	Taking care, making choices	Making healthy choices, being persistent	Lifecycles, girls and boys
<b>1</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights and Respect</b>	<b>Being my Best</b>	<b>Growing and Changing</b>
<b>Themes included:</b>	Feelings, getting help, classroom rules	Recognising, valuing and celebrating difference, developing tolerance	How our feelings can keep us safe, keeping healthy, medicine safety	Looking after things	Keeping healthy, growth mindset	Getting help, becoming independent, body parts
<b>2</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights and Respect</b>	<b>Being my Best</b>	<b>Growing and Changing</b>
<b>Themes included:</b>	Feelings, self-regulation, being a good friend, bullying and teasing	Being kind and helping others, listening skills	Safe and unsafe secrets, appropriate touch, medicine safety	Cooperation and self-regulation	Looking after my body, growth mindset	Being supportive, dealing with loss, lifecycles
<b>3</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights and Respect</b>	<b>Being my Best</b>	<b>Growing and Changing</b>
<b>Themes included:</b>	Cooperation, friendships	Recognising and respecting diversity, being respectful and tolerant	Managing risk, staying safe online, drugs and their risks	Skills we need to develop as we grow up, helping and being helped	Keeping myself healthy, celebrating and developing my skills	Keeping safe, relationships
<b>4</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights and Respect</b>	<b>Archbishop of Canterbury Young Leaders' Award</b>	<b>Growing and Changing</b>
<b>Themes included:</b>	Recognising feelings, bullying, assertiveness	Recognising and celebrating difference, understanding and challenging stereotypes	Managing risk understanding the norms of drug use, influences	Decisions about spending money, media influence, making a difference	Leadership skills, confidence, teamwork, resilience, care for others	Managing difficult feelings, relationships including marriage, body changes
<b>5</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights and Respect</b>	<b>Being my Best</b>	<b>Growing and Changing</b>
<b>Themes included:</b>	Feelings, friendship skills including compromise, assertiveness	Recognising and celebrating difference, influence and pressure of social media	Managing risk, staying safe online, norms around use of legal drugs	Lending, borrowing and spending, rights and responsibilities relating to health	Growing independence and taking responsibility, media awareness and safety	Managing difficult feelings, getting help, managing change, puberty
<b>6</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights and Respect</b>	<b>Being my Best</b>	<b>Growing and Changing</b>
<b>Themes included:</b>	Cooperation, assertiveness, safe/unsafe touches	Prejudice based bullying, bystander behaviour	Staying safe online, drugs: norms and risks, emotional needs	Earning and saving money, understanding media bias, caring for our community and environment	Managing risk, aspiration and goal setting	Self-esteem, keeping safe, body image, making babies

