



CHERRY
WILLINGHAM
A PRIORY ACADEMY

PSHE Curriculum Overview - A themed approach using key questions

		Whole School Overview								
		Autumn - Relationships			Spring - Health and Wellbeing			Summer - Living in the wider world		
		Families and Friendships	Safe Relationships	Respecting Ourselves and Others	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe	Belonging to a community	Media and Literacy and digital Resilience	Money and Work
Year 1	Roles of different people; families; feeling cared for Who is special to us?	Recognising privacy; staying safe; seeking permission How can we keep safe?	How behaviour affects others; being polite and respectful How can we show respect?	Keeping healthy; food and exercise, hygiene routines; sun safety What helps us stay healthy?	Recognising what makes them unique and special; feelings; managing when things go wrong What is the same and different about us?	How rules and age restrictions help us; keeping safe online Who helps us to keep safe?	What rules are; caring for others' needs; looking after the environment How can we look after each other and the world?	Using the internet and digital devices; communicating online How does the internet help us?	Strengths and interests; jobs in the community What jobs do people do?	
Year 2	Making friends; feeling lonely and getting help What makes a good friend?	Managing secrets; resisting pressure and getting help; recognise hurtful behaviour What is bullying?	Recognise things in common and differences; playing and working cooperatively; sharing opinions How can we work together?	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help How do we recognise our feelings?	Growing older; naming body parts; moving class or year What helps us grow and stay healthy?	Safety in different environments; risk and safety at home; emergencies What helps us stay safe?	Belonging to a group; roles and responsibilities; being the same and different in the community What does it mean to belong to a community?	The internet in everyday life; online content and information How does the internet help us?	What money is; needs and wants; looking after money What can we do with money?	
Year 3	What makes a family; features of family life What are families like?	Personal boundaries; safely responding to others; the impact of hurtful behaviour What is the impact of our actions?	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite How do we treat each other with respect?	Health choices and habits; what affects feelings; expressing feelings Why should we keep an active and healthy lifestyle?	Personal strengths and achievements; managing and reframing setbacks What strengths, skills and interests do we have?	Risks and hazards; safety in the local environment and unfamiliar places How can we manage risk in different places?	The value of rules and laws; rights, freedoms and responsibilities What are our rights and responsibilities?	How the internet is used; assessing information online How can we use the internet positively?	Different jobs and skills; job stereotypes; setting personal goals What jobs do we find interesting?	



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Year 4	Positive friendships, including online How can we be a good friend?	Responding to hurtful behaviour; managing confidentiality; recognising risks online How do we react to different situations?	Respecting differences and similarities; discussing difference sensitively What makes a person's identity?	Maintaining a balanced lifestyle; oral hygiene and dental care Why should we eat well and look after our teeth?	Physical and emotional changes in puberty; external body parts; personal hygiene routines; support with puberty How will we change and grow?	Medicines and household products; drugs common to everyday life How can medicines and drugs affect everyday life?	What makes a community; shared responsibilities What makes a community?	How data is shared and used What is a digital footprint?	Making decisions about money; using and keeping money safe What decisions can people make with money?
Year 5	Managing friendships and peer influence What is a healthy friendship?	Physical contact and feeling safe How do we express if we feel safe in an environment?	Responding respectfully to a wide range of people; recognising prejudice and discrimination What is discrimination?	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Why should we sleep well?	Personal identity; recognising individuality and different qualities; mental wellbeing How do we recognise and respect individuality?	Keeping safe in different situations, including responding in emergencies, first aid and FGM How can we help in an accident or emergency?	Protecting the environment; compassion towards others How can our choices make a difference to the community and the environment?	How information online is targeted; different media types, their role and impact How can the media influence people?	Identifying job interests and aspirations; what influences career choices; workplace stereotypes What jobs would we like?
Year 6	Attraction to others; romantic relationships; civil partnership and marriage How do friendships change as we grow?	Recognising and managing pressure; consent in different situations How do we manage pressure?	Expressing opinions and respecting other points of view, including discussing topical issues How can we be a positive influence?	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Why is our mental health important?	Human reproduction and birth; increasing independence; managing transition What will change as we become more independent?	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media How can friends communicate safely?	Valuing diversity; challenging discrimination and stereotypes How do we value diversity?	Evaluating media sources; sharing things online How do we recognise what is appropriate online?	Influences and attitudes to money; money and financial risks What role does money play in our lives?

There will be opportunities for cross curricular teaching within our relationships and health education and for concepts to be revisited.