

## PSHE Curriculum Overview

|               | <b>Autumn 1</b><br><i>Being Me</i>                  | <b>Autumn 2</b><br><i>Celebrating Difference</i> | <b>Spring 1</b><br><i>Digital Me</i>             | <b>Spring 2</b><br><i>Changing Me</i> | <b>Summer 1</b><br><i>Healthy Me</i>                   | <b>Summer 2</b><br><i>The World and Me</i> |
|---------------|---|--|--|---------------------------------------|--|--|
| <b>Year 1</b> | <b>What makes 'me' me?</b>                          | <b>What makes us special?</b>                    | <b>How can I keep safe?</b>                      | <b>Why do my feelings change?</b>     | <b>Who helps us?</b>                                   | <b>What is my place in the world?</b>      |
| <b>Year 2</b> | <b>How can I be a good friend?</b>                  | <b>What is the same and different about us?</b>  | <b>How can I keep safe in different places?</b>  | <b>Are boys and girls the same?</b>   | <b>How can I stay healthy?</b>                         | <b>What is my place in the world?</b>      |
| <b>Year 3</b> | <b>How can I resolve problems?</b>                  | <b>What is diversity?</b>                        | <b>What is an online relationship?</b>           | <b>What is personal space?</b>        | <b>How do I keep my mind and body healthy?</b>         | <b>What is my place in the world?</b>      |
| <b>Year 4</b> | <b>How do I manage conflict?</b>                    | <b>What are stereotypes?</b>                     | <b>How do I communicate safely online?</b>       | <b>How does my body change?</b>       | <b>Why do I need to keep my mind and body healthy?</b> | <b>What is my place in the world?</b>      |
| <b>Year 5</b> | <b>What makes a respectful relationship?</b>        | <b>What does discrimination mean?</b>            | <b>What is a digital footprint?</b>              | <b>Why does my body change?</b>       | <b>What choices help my health?</b>                    | <b>What is my place in the world?</b>      |
| <b>Year 6</b> | <b>What makes a happy and healthy relationship?</b> | <b>What are human rights?</b>                    | <b>Can I trust everything that I see online?</b> | <b>Why am I changing?</b>             | <b>How do I manage my health?</b>                      | <b>What is my place in the world?</b>      |

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