

## PSHCE CURRICULUM OVERVIEW KEY STAGES 1 AND 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Building Learning Powers</b> How do we decide how to behave?	What can we do with money?	How do we keep safe?		How do we feel?	What are the risks?
	<b>Building Learning Powers</b> How can we help?	What is bullying?	How can we be healthy?	What is the same and different about us?	How do we show our feelings?	How do we stay safe?
	What are the rules that keep us safe?	What can we do about bullying?	What are we responsible for?	What is the same and different about us?	How can we eat well?	What are the risks?
	What is diversity?	How can we be a good friend?	How do we grow and change?		How can we keep safe in our lives?	
	What makes a community?	What does discrimination mean?	How can we manage our money?	What choices help health?	How can we be safe online and using social media?	What are the risks?
	What makes a healthy and happy relationship?		What are human rights?	How can money affect us?	How can we stay healthy?	What are the risks?

# PSHCE CURRICULUM OVERVIEW KEY STAGES 1 AND 2

1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>How do we decide to behave?</b></p> <p>Respecting needs; listening; and bodies</p>	<p><b>What can we do with money?</b></p> <p>Where money comes from; spending; saving; keeping money safe</p> <p><b>Bullying</b></p>	<p><b>How do we keep safe?</b></p> <p>Keeping safe in familiar and unfamiliar situations; household products (including medicines) can be harmful; secrets and surprises; appropriate/inappropriate touch; who helps keep us safe; asking for help</p>		<p><b>How do we feel?</b></p> <p>Different kinds of feelings; strategies to manage feelings; change and loss</p>	<p><b>What is special about people that are different but similar?</b></p> <p>Respecting and different people that are different but similar</p>
<p><b>How do we help?</b></p> <p>Following class rules / they are; respecting others' rights; privacy; after the event</p>	<p><b>What is bullying?</b></p> <p>Hurtful teasing and bullying is wrong, what to do about bullying; unsafe secrets; inappropriate touch what to do if it happens</p>	<p><b>How can we be healthy?</b></p> <p>Things that keep bodies and minds healthy (activity, rest, food); hygiene routines; healthy choices</p>	<p><b>What is the same and different about us?</b></p> <p>Recognise what they are good at; set simple goals; growing; and changing and being more independent; naming body parts correctly (including external genitalia); belonging to different groups</p>	<p><b>How do we show our feelings?</b></p> <p>Different kinds of feelings; strategies to manage feelings; change and loss; recognising how others are feeling; sharing feelings</p>	<p><b>How do we stay safe in places?</b></p> <p>Rules; different places; online; in the; for health; emergency</p>

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<p>the rules us safe?</p> <p>re of school health and giene difference appropriate ropriate v to respond; afe in local ent; how to r an y; people them stay</p>	<p>What can we do about bullying?</p> <p>Recognising bullying; how to respond and ask for help; people who help them stay healthy and safe</p>	<p>What are we responsible for?</p> <p>Responsibilities; rights and duties at home; in school and the local environment; how actions affect self and others</p>	<p>How can we describe our feelings?</p> <p>Wider range of feelings; conflicting feelings experiences at the same time; describing feelings; feelings associated with change; recognising wider range of feelings in others; responding to other's feelings</p>	<p>How can we eat well?</p> <p>What makes a balanced lifestyle; balanced diet; making choices; what influences choices</p>	<p>What j like?</p> <p>What i stereo means workir the sh. recogn and se</p>
<p>iversity?</p> <p>and if people ie UK; values ms of people e world; es</p>	<p>How can we be a good friend?</p> <p>Recognise wider range of feelings in others; responding to feelings; strategies to resolve disputes; negotiation and compromise; resolving differences; feedback</p>	<p>How do we grow and change?</p> <p>Changes that happen at puberty; keeping good hygiene; describing intensity of feelings to others; managing complex emotions; different types of relationships; what makes a healthy relationship (friendship); maintaining positive relationships; who is responsible for their health and wellbeing; to ask for advice</p>		<p>How can we keep safe in our local</p> <p>Managing risk in familiar situations environment; feeling negative pres this; recognising and managing da themselves and others; people wh healthy and safe</p>	
<p>es a y?</p> <p>eans to be in ity; groups duals that ie local y; voluntary, y and groups; ng the range</p>	<p>What does discrimination mean?</p> <p>Actions can affect self and others; discrimination, teasing and bullying; stereotypes; differences and similarities between people; equalities</p>	<p>How can we manage our money?</p> <p>About the role of money; ways of managing money; being a critical consumer; that images in the media do not necessarily reflect realit</p>	<p>What choices help health?</p> <p>What makes a balanced lifestyle; making choices; what is meant by a habit; drugs common to everyday life; who helps them stay healthy and safe</p>	<p>How can we be safe online and using social media?</p> <p>Keeping safe and well using a mobile phone; strategies for managing personal safety online; managing requests for images; personal boundaries;</p>	<p>What r enterp</p> <p>Differen achiev person aspirat set; se enterp enterp and so</p>

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<p>es in the UK; l customs of ing around</p>					
<p>es a healthy and happy relationship?</p> <p>relationships; what makes positive; healthy ips; recognise when relationships are ; committed; loving relationships (including civil partnership); human reproduction</p>	<p>What are human rights?</p> <p>Why and how laws are made; taking part in making and changing rules; importance of human rights; rights of the child; right to protect their bodies (including FGM or forced marriage); confidentiality and when to break a confidence</p>	<p>How can money affect us?</p> <p>Finance and its role in people's lives; being a critical consumer; what is meant by interest, loan, debt, tax; how resources are allocated and how this affects individuals, communities and the environment; research and debate health and wellbeing issues</p>	<p>How can we stay healthy?</p> <p>What positively and negatively affects health; informed choices; balanced lifestyle; how drugs can affect health and safety; the law and drugs; who is responsible for their health and wellbeing</p>	<p>How c risk?</p> <p>Increa: and re strateg risk; di resistir pressu manag image: behavi wellbe anti-sc behavi</p>	