

Primary IMatter PSHE Curriculum Overview

| Year Group | Relationships and Sex Education | Mental and Emotional Health | Keeping Safe | Healthy Lifestyles | Living in the Wider World |
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| Year 1 | <ol style="list-style-type: none"> 1) Who are the people in my life who love and care for me? 2) What are the differences and similarities between people? 3) What are the similarities between girls and boys? | <ol style="list-style-type: none"> 1) What makes me happy? What are feelings? 2) What is the difference between good secrets and bad secrets? 3) How does my behaviour affect others? | <ol style="list-style-type: none"> 1) What are the rules for keeping me safe at school and outside? 2) What are rules about household substances? 3) What is an emergency and what do I do? | <ol style="list-style-type: none"> 1) What foods should I eat? 2) How can I look after my teeth? 3) Why is it important to wash my hands? | <ol style="list-style-type: none"> 1) What are class rules? (British Values) 2) Where does our money come from? 3) What is the environment? |
| Year 2 | <ol style="list-style-type: none"> 1) What is private? (body parts) 2) What happens when the body grows young to old? 3) What is fair, unfair, kind and unkind? (friendship) | <ol style="list-style-type: none"> 1) What is the difference between small feelings and big feelings? 2) How can I keep safe online? 3) What makes others happy? What is the different between joking, teasing and bullying? | <ol style="list-style-type: none"> 1) How do medicines help us when we are unwell? 2) How do I keep safe at home? 3) What is my responsibility for keeping myself and others safe? | <ol style="list-style-type: none"> 1) How do I keep myself healthy? 2) Why is it important to keep active? 3) How can I prevent diseases spreading? | <ol style="list-style-type: none"> 1) What groups and communities am I a part of? 2) How do we make choices about spending money? 3) How can we look after the environment? |
| Year 3 | <ol style="list-style-type: none"> 1) What is personal space? 2) What does a healthy relationship look like? 3) Why is being equal important in relationships? | <ol style="list-style-type: none"> 1) How do my feelings affect my behaviour? How can I manage my feelings? 2) What are the ways we communicating online? 3) What am I good at? | <ol style="list-style-type: none"> 1) What happens when I breathe smoke in the air? 2) How do I recognise risks in my life? 3) What do I do in an emergency? | <ol style="list-style-type: none"> 1) What is a healthy diet? What is an unhealthy diet? 2) How do I keep safe in the sun? 3) Why is personal hygiene important? | <ol style="list-style-type: none"> 1) How do rules and law protect me? 2) What is the difference between my local British communities and global communities? 3) What are the links between work and money? |

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| Year 4 | <ol style="list-style-type: none"> 1) What is diversity? 2) Do boys and girls have different roles? 3) What changes happen to my body? | <ol style="list-style-type: none"> 1) What is resilience? 2) What does it mean to have responsibility over my choices and actions? 3) What is discrimination? | <ol style="list-style-type: none"> 1) How do I manage risks in my life? 2) What is self-control? 3) What is the difference between legal and illegal drugs? Are all drugs harmful? | <ol style="list-style-type: none"> 1) How do I make sure I sleep well? 2) What is fuel for the body? 3) How do I know if I'm physically ill? | <ol style="list-style-type: none"> 1) What are the rights of the child? 2) How do we look after our money? 3) What is sustainability? |
| Year 5 | <ol style="list-style-type: none"> 1) What is puberty? 2) What are the different relationships in my life? 3) What is unwanted touch? 4) (Additional lesson) Understanding FGM | <ol style="list-style-type: none"> 1) What is mental health? 2) How do I negotiate and compromise? 3) How do I stay safe on a mobile or tablet? 4) How can I be happy being me? (body image) | <ol style="list-style-type: none"> 1) How do I respond to dares? 2) What are 'habits'? 3) Who or what influences me? | <ol style="list-style-type: none"> 1) How can we stop the spread of infection? 2) Why is it important to know about nutritional content of food? | <ol style="list-style-type: none"> 1) How are rules and law made and changed? 2) What is Fair Trade? 3) How can I develop my enterprise skills? |
| Year 6 | <ol style="list-style-type: none"> 1) What changes happen in my life? 2) What happens in a loving relationship and what is forced marriage? 3) How is a baby made? | <ol style="list-style-type: none"> 1) How can I challenge negative thoughts and feelings? 2) What is stereotyping? 3) How can the internet positively and negatively affect our mental health? | <ol style="list-style-type: none"> 1) How do drugs affect the mind and body? 2) How do I manage peer pressure? 3) What are basic emergency first aid skills? | <ol style="list-style-type: none"> 1) How is my mental and physical wellbeing connected? 2) How do I keep physically healthy? 3) Can I plan and prepare a healthy meal? | <ol style="list-style-type: none"> 1) Why is it important to be critical of the media online and offline? 2) How do people manage money? 3) What do I want to be? |