



FREDERICK BIRD PSHE CURRICULUM OVERIEW – KS1 AND KS2

	Autumn		Spring		Summer	
	1 st Half	2 nd Half	1 st Half	2 nd Half	1 st Half	2 nd Half
Year 1	Relationships Who am I? Keeping safe in school Being a good friend Identifying feelings	Relationships Gifts and talents Understanding jealousy What is bullying? Secrets and surprises	Living in the wider world Cooperation in a group Living together Outdoor safety Environment	Health and Wellbeing Our Daily Routine Keeping Clean Dental Health Growing and Changing Families and Care	Philosophy for Children (P4C)	Health and Wellbeing Staying healthy Medicines Who gives us medicines? Going to hospital
Year 2	Relationships Self awareness Managing feelings Resolving arguments and working with others Habits and obstacles to change	Philosophy for Children (P4C)	Living in the wider world Keeping track of money Spend or save? Where money comes from Rights and responsibilities	Health and Wellbeing Risk Hazardous substances Safety Rules Emergency services – when and how they can help us	Relationships Being cared for Loss of things you care about and bereavement Effects of bullying Choices and consequences	Living in the wider world Community People who help us Gender and work Urban and rural environments World environments
Year 3	Relationships Resisting pressure from others Taking responsibility for behaviour Learning styles Planning to reach a goal	Living in the wider world Staying safe Our community in the media Organisations which help our community Rubbish and recycling	Relationships Recognising feelings in others & understanding body language Responding to different viewpoints Resolving conflict Being assertive	Living in the wider world Ways to pay Lending and borrowing Earning money Jobs Other people's lives around the world	Health and Wellbeing Differences: male and female Personal Space & Touch Family Differences Gender roles at home and school Feeding the family	Health and Wellbeing Why People Smoke Physical effects of smoking No Smoking Being physically active
Year 4	Living in the wider world Housing needs and wants Home is.. R&R at home Celebrations in different cultures Accepting differences	Health and Wellbeing Habits and self-control Effects of Alcohol Alcohol and risk Limits to drinking alcohol Choosing the right health service	Health and Wellbeing Growing & Changing What is puberty? Puberty changes and reproduction Changes in relationships at home Being Active	Living in the wider world Keeping records Using accounts to keep money safe What are charities? Rules & responsibilities in society	Relationships Emotional barriers to learning Coping with disappointment Developing resilience Celebrating each other's strengths	Relationships Different types of relationships When relationships go wrong Losing someone we care about Protecting against cyberbullying

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<p>Year 5</p>	<p>Relationships Forgiveness and friendships Understanding embarrassment Consequences of teasing and bullying Importance of anger management</p>	<p>Relationships Welcoming & belonging Teamwork Giving praise and positive feedback Raising concerns and helping friends in need</p> <p>Living in the wider world Schools abroad Different communities</p>	<p>Philosophy for Children (P4C)</p>	<p>Living in the wider world Foreign Currency What influences spending? Saving money Changing schools</p>	<p>Health and Wellbeing Talking about puberty Male and female changes Puberty and hygiene Body image and the media Positive physical and emotional health</p> <p>Living in the wider world Democracy, government and politics Campaigns and media influence</p>	<p>Health and Wellbeing Legal and illegal drugs (including tobacco and alcohol) Attitudes to drugs Peer Pressure Healthy lifestyle choices: judging risk</p>
<p>Year 6</p>	<p>Relationships Celebrating achievements Making future plans Resilience and perseverance Different viewpoints</p>	<p>Relationships Managing overwhelming feelings Accepting our part in a conflict Assertiveness Communication in relationships (including online safety)</p>	<p>Health and Wellbeing Cannabis VSA, Getting help and First Aid Help, advice and support Managing stress: my leisure time</p>	<p>Philosophy for Children (P4C)</p>	<p>Living in the wider world Helping others - at home, at school and in the community Housing Local and global communities Inequalities</p>	<p>Health and Wellbeing Puberty & reproduction Understanding relationships Conception & Pregnancy Health services Healthy families and nutrition</p> <p>Living in the wider world Effects of economic choices Debt and risk Enterprise Responsibilities at secondary school Safer journeys</p>