



PSHE Curriculum Overview 2022-23

	Autumn: Relationships (minimum 10 lessons)			Spring: Living in the Wider World (minimum 10 lessons)			Summer: Health and Wellbeing (minimum 10 lessons)		
	Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and Changing	Keeping safe
Nursery	Friendships; Families; Roles of people who care for them	Recognising privacy; staying safe; seeking permission	Kind/not kind behaviour- how it affects others; being polite and courteous; how to listen and play with others	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices	Money; jobs in the community; personal strengths	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them special; feelings; managing when things go wrong	Rules and age restrictions; keeping safe online and at home
Reception	Friendships; Families; Roles of people who care for them	Recognising privacy; staying safe; seeking permission	How Kind/not kind behaviour- how it affects others; being polite and courteous; how to listen and play with others	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Money; jobs in the community; personal and familiar people strengths	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions; keeping safe online and at home
Year 1	Roles of different people; families; feeling cared for.	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely	Managing secrets; resisting	Recognising things in common	Belonging to a group; roles and responsibilities;	The internet in everyday life; online	What money is; needs and	Why sleep is important; medicines and	Growing older; naming body parts; moving	Safety in different Environments;



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	and getting help	pressure and getting help; recognising hurtful behaviour	and differences; playing and working cooperatively; sharing opinions	being the same and different in the community	content and information	wants; looking after money	keeping healthy; keeping teeth healthy; managing feelings and asking for help	class or year	risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Attraction to others; romantic relationships; civil partnership and	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial	What affects mental health and ways to take care of it; managing	Human reproduction and birth; increasing independence; managing	Keeping personal information safe; regulations and



Wistaston Academy
Primary and Nursery School
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	marriage		discussing topical issues			risks	change, loss and bereavement; managing time online	transition	choices; drug use and the law; drug use and the media
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