

P.S.H.E Overview

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Following rules. Playing with others.	New beginnings/ routines and friendships	Physical health and well-being Fun times	Physical health and well-being What keeps me healthy?	Drug, alcohol and tobacco education Tobacco is a drug	Identity, society and equality Democracy	Physical health and well-being In the media	
Autumn 2	Conflict and solutions without adults.	Dealing with feelings	Keeping safe and managing risk Feeling safe	Mental health and emotional well-being Friendship	Keeping safe and managing risk Bullying- see it stop it	Drug, alcohol and tobacco education Making Choices	Identity, society and equality Stereotypes, discrimination and prejudice	Mental health and emotional well-being Healthy Minds
Spring 1	Confidence/ relationship building.	Going for goals through board games	Identity, society and equality Me and others		Mental health and emotional well-being Strengths and challenges	Physical health and well-being What is important to me?	Keeping safe and managing risk When things go wrong	Drug, alcohol and tobacco education Weighing up risk
Spring 2	Select and use resources. Community membership	Good to be me- facial expressions	Drug, alcohol and tobacco education What do we put into and onto bodies?		Identity, society and equality Celebrating Difference	Keeping safe and managing risk Playing Safe	Mental health and emotional well-being Dealing with feelings	Identity, society and equality Human rights
Summer 1	Conflict resolution	Relationships	Mental health and emotional well-being Feelings	Keeping safe and managing risk Indoors and outdoors	Careers, financial capability and economic well-being Saving, spending and budgeting		Drug, alcohol and tobacco education Different influences	Careers, financial capability and economic well-being Careers Carousel
Summer 2	Vocabulary associated with feelings	Changes/transition to Year 1	Careers, financial capability and economic well-being My Money	Drug, alcohol and tobacco education Medicines and me	Physical health and well-being What helps me choose?		Careers, financial capability and economic well-being Borrowing and earning money	Keeping safe and managing risk Keeping safe -out and about
RSE			The school is following "A Journey in Love" scheme for RSE which has been approved by the Archdiocese and governors.					