



PSHE Curriculum Overview

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	Relationships and Health Who are we?	Relationships and Health How do I look after my body? Part 1	Living in the Wider World How do I stay safe in different places? Part 1	Living in the Wider World How do I look after my body? Part 2	Relationships and Health How do I stay safe in different places? Part 2	Relationships and Health Who is there for me?
Reception	Relationships and Health Who am I?	Relationships and Health What do I need to do to be healthy?	Living in the Wider World What is a rule and do we need them?	Living in the Wider World What makes me special?	Relationships and Health How can I keep myself safe?	Relationships and Health Who is important to me?
Year 1	Relationships and Health Who is there to help me?	Relationships and Health What things does a healthy person do?	Living in the Wider World What are rules and why do we have them?	Living in the Wider World What will I bring to my community?	Relationships and Health What is personal safety?	Relationships and Health What do we have in common?
Year 2	Relationships and Health What is a good friend?	Relationships and Health What things make us healthy and what things might harm our bodies?	Living in the Wider World What are rights and responsibilities?	Living in the Wider World What is money?	Relationships and Health How does being safe make me feel?	Relationships and Health How do I recognise risk?
Year 3	Relationships and Health How do we make our relationships safe and fair?	Relationships and Health What are healthy habits and why are they important?	Living in the Wider World How do communities make a difference?	Living in the Wider World How do I make informed choices about money?	Relationships and Health How do I keep my body safe?	Relationships and Health Who is there to help me when I think there's a risk?
Year 4	Relationships and Health Why are respectful relationships important?	Relationships and Health What action can I take to look after my health?	Living in the Wider World What is citizenship?	Living in the Wider World How can I support my community?	Relationships and Health What changes happen as I grow up?	Relationships and Health What can I do about risks?
Year 5	Relationships and Health What are the consequences of unhealthy and unfair relationships?	Relationships and Health How do different parts of our bodies impact our health?	Living in the Wider World What is global citizenship?	Living in the Wider World What do I want to do when I grow up? What is the media?	Relationships and Health What can I expect during puberty?	Relationships and Health How do we respond to change, risk and harm?
Year 6	Relationships and Health How can I maintain healthy relationships?	Relationships and Health	Living in the Wider World	Living in the Wider World How can I be prepared for work in	Relationships and Health	Relationships and Health



		How are our physical health and mental health connected?	How do we create equality for all citizens?	the future? How do I stay critical online?	How is my body preparing for adulthood?	How do relationships change as we grow up?
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Year 7 Expectations

Aims

The PSHE curriculum aims to equip students with the knowledge, skills, and attributes to manage their lives, both now and in the future. It helps them to:

- Develop self-awareness, self-regulation, and self-esteem.
- Build and maintain positive, respectful relationships with others.
- Understand how to stay healthy, safe, and resilient, both physically and emotionally.
- Develop responsible attitudes towards their roles within the community and wider society.
- Recognise risk, manage challenges, and know when and how to seek support.

Attainment Targets

By the end of key stage 3, pupils are expected to demonstrate understanding in the following areas:

- **Health and Wellbeing:** Knowledge of physical and emotional health, mental wellbeing, personal safety, and risk awareness.
- **Relationships:** Understanding of healthy, respectful relationships, equality, consent, and how to manage peer influence and conflict.
- **Living in the Wider World:** Awareness of rights and responsibilities, financial awareness (including risk), and preparation for future pathways.

Subject Content

Pupils should be taught to:

Health and Wellbeing

- **Mental and Emotional Health:**
Recognising signs of stress, anxiety, loneliness, and grief; developing coping strategies, emotional regulation, and resilience; knowing how and where to seek help.
- **Physical Health:**
Understanding the importance of maintaining physical health, including exercise, nutrition, sleep, and personal hygiene.
- **Personal Safety:**
Understanding how to recognise and respond to risks in everyday life, including staying safe in public spaces and around roads, railways, and water; knowing how to seek help in unsafe situations.
- **Substance Misuse:**
Understanding the risks associated with alcohol, smoking, vaping, drugs, and exposure to harmful or unsafe substances (including issues such as spiking); recognising the impact of peer pressure on decision-making.
- **Puberty and Body Changes:**
Understanding the physical and emotional changes that occur during puberty, including personal hygiene, body confidence, and managing change in a healthy way.

Relationships



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- **Positive Relationships:**
Developing skills for forming and maintaining healthy, respectful relationships with friends, family, and peers.
- **Online Safety and Digital Literacy:**
Understanding how to stay safe online, including cyberbullying, harmful content, and the influence of social media; awareness of digital footprints, misinformation, and emerging risks such as AI-generated content (e.g. deepfakes) and online influencers.
- **Respect, Equality and Consent:**
Understanding consent, personal boundaries, and the importance of acting with respect, empathy, and responsibility in all relationships; recognising and challenging harmful behaviours, including stereotypes, prejudice, and misogyny.
- **Conflict Resolution:**
Learning how to manage conflict, communicate effectively, and resolve disagreements in a constructive and respectful way.

Living in the Wider World

- **Rights and Responsibilities:**
Understanding the rights and responsibilities of individuals within communities and wider society, including respect for others and the importance of active citizenship.
- **Economic Wellbeing and Financial Safety:**
Introduction to personal finance, budgeting, and money management, alongside awareness of financial risks such as scams, fraud, and exploitation.
- **Careers Education:**
Exploring personal strengths, interests, and future pathways; understanding the value of skills, education, and employability.
- **Social and Cultural Diversity:**
Learning about diversity, inclusion, and equality, including the range of family structures and lived experiences in modern Britain; promoting respect for differences and shared values.

Skills Development

Pupils should develop the following skills:

- **Communication:**
Expressing thoughts and feelings clearly, active listening, and engaging in respectful discussion.
- **Problem Solving and Decision Making:**
Evaluating risk, making informed decisions, and managing challenges in a range of real-life contexts.
- **Empathy and Respect:**
Understanding and valuing the perspectives and experiences of others; demonstrating kindness and inclusion.
- **Teamwork and Collaboration:**
Working effectively with others, recognising the value of cooperation, compromise, and shared responsibility.
- **Help-Seeking and Resilience:**
Knowing when and how to seek support for themselves or others, and developing strategies to cope with setbacks.