



PSHE
Curriculum Overview
Stanmore Primary School



Year 1		Year 2	
Autumn 1	Autumn 2	Autumn 1	Autumn 2
<p style="text-align: center;">Relationships</p> <p style="text-align: center;"><i>What is the same and what is different about us?</i></p> <p>Ourselves and others; similarities and differences; individuality; our bodies</p>	<p style="text-align: center;">Relationships</p> <p style="text-align: center;"><i>Who is special to us?</i></p> <p>Ourselves and others; similarities and differences; individuality; our bodies</p>	<p style="text-align: center;">Relationships</p> <p style="text-align: center;"><i>What makes a good friend?</i></p> <p>Friendship, feeling lonely; managing arguments</p>	<p style="text-align: center;">Relationships</p> <p style="text-align: center;"><i>What is bullying?</i></p> <p>Behaviour; bullying; words and actions; respect for others</p>
Spring 1	Spring 2	Spring 1	Spring 2
<p style="text-align: center;">Health and wellbeing</p> <p style="text-align: center;"><i>What helps us stay healthy?</i></p> <p>Being healthy; hygiene; medicines; people who help us with health</p>	<p style="text-align: center;">Living in the wider world</p> <p style="text-align: center;"><i>What can we do with our money?</i></p> <p>Money; making choices; needs and wants</p>	<p style="text-align: center;">Living in the wider world</p> <p style="text-align: center;"><i>What jobs do people do?</i></p> <p>People and jobs; money; role of the internet</p>	<p style="text-align: center;">Health and wellbeing</p> <p style="text-align: center;"><i>What helps us to stay safe?</i></p> <p>Keeping safe; recognising risk; rules</p>
Summer 1	Summer 2	Summer 1	Summer 2
<p style="text-align: center;">Health and wellbeing</p> <p style="text-align: center;">Keeping safe</p> <p style="text-align: center;"><i>Who helps us to keep safe?</i></p> <p>People who help us</p>	<p style="text-align: center;">Living in the wider world</p> <p style="text-align: center;"><i>How can we look after each other and the world?</i></p> <p>Ourselves and others; the world around us; caring for others; growing and changing</p>	<p style="text-align: center;">Health and wellbeing</p> <p style="text-align: center;"><i>What can help us grow and stay healthy?</i></p> <p>Being healthy: eating, drinking, playing and sleeping</p>	<p style="text-align: center;">Health and wellbeing</p> <p style="text-align: center;"><i>How do we recognise our feelings?</i></p> <p>Feelings; mood; times of change; loss and bereavement; growing up</p>



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Year 3		Year 4	
Autumn 1	Autumn 2	Autumn 1	Autumn 2
<p align="center">Relationships Friendship</p> <p><i>How can we be good friends?</i></p> <p>making positive friendships, managing loneliness, dealing with arguments</p>	<p align="center">Health and wellbeing</p> <p><i>What keeps us safe?</i></p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p>	<p align="center">Health and wellbeing</p> <p><i>What strengths, skills and interests do we have ?</i></p> <p>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p>	<p align="center">Relationships</p> <p><i>How do we treat each other with respect?</i></p> <p>Respect for self and others; courteous behaviour; safety; human rights</p>
Spring 1	Spring 2	Spring 1	Spring 2
<p align="center">Relationships</p> <p><i>What are families like?</i></p> <p>Families' family life; caring for each other</p>	<p align="center">Living in the wider world</p> <p><i>What makes a community?</i></p> <p>Community; belonging to groups; similarities and differences; respect for others</p>	<p align="center">Health and wellbeing</p> <p><i>How can we manage our feelings?</i></p> <p>Feelings and emotions; expression of feelings; behaviour</p>	<p align="center">Health and wellbeing</p> <p><i>How will we grow and change?</i></p> <p>Growing and changing; puberty</p>
Summer 1	Summer 2	Summer 1	Summer 2
<p align="center">Health and wellbeing</p> <p><i>Why should we eat well and look after our teeth?</i></p> <p>Being healthy: eating well, dental care</p>	<p align="center">Health and wellbeing</p> <p><i>Why should we keep active and sleep well?</i></p> <p>Being healthy: keeping active, taking rest</p>	<p align="center">Living in the wider world</p> <p><i>How can our choices make a difference to others and the environment?</i></p> <p>Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions</p>	<p align="center">Health and wellbeing</p> <p><i>How can we manage risk in different places?</i></p> <p>Keeping safe; out and about; recognising and managing risk</p>



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2023-2024		2022-2023	
Year 5 and 6			
Autumn 1	Autumn 2	Autumn 1	Autumn 2
<p>Health and wellbeing</p> <p><i>What makes up our identity?</i></p> <p>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</p>	<p>Living in the wider world</p> <p><i>What decisions can people make with money?</i></p> <p>Money; making decisions; spending and saving</p>	<p>Health and wellbeing</p> <p><i>How can we keep healthy as we grow?</i></p> <p>Looking after ourselves; growing up; becoming independent; taking more responsibility</p>	
Spring 1	Spring 2	Spring 1	Spring 2
<p>Health and wellbeing</p> <p><i>How can we help in an accident or emergency?</i></p> <p>Basic first aid, accidents, dealing with emergencies</p>	<p>Relationships</p> <p><i>How can friends communicate safely?</i></p> <p>Friendship; relationships; becoming independent; online safety</p>	<p>Living the wider world</p> <p><i>How can the media influence people?</i></p> <p>Media literacy and digital resilience; influences and decision-making; online safety</p>	
Summer 1	Summer 2	Summer 1	Summer 2
<p>Health and wellbeing</p> <p><i>How can drugs common to everyday life affect health?</i></p> <p>Drugs, alcohol and tobacco; healthy habits</p>	<p>Living in the wider world</p> <p><i>What jobs would we like?</i></p> <p>Careers; aspirations; role models; the future</p>	<p>Relationships</p> <p><i>What will change as we become more independent?</i></p> <p><i>How do friendships change as we grow?</i></p> <p>Different relationships, changing and growing, adulthood, independence, moving to secondary school</p>	