

PSHCE Wider Curriculum 2024-2025

Years 1-6 will have a weekly 45 min session on their timetable.

This should be at the same time each week.

Work/discussions should be recorded in individual books/scrapbooks, including the short date and the lesson's focus question.

Nursery will have a biweekly focused input and record ideas in floorbooks.

Reception will have a weekly focused input and record ideas in floorbooks

The wider curriculum will encompass focused PSHCE and RSE lessons, awareness days, diversity focused sessions (No Outsiders curriculum) and links between PSHCE and safeguarding.

Year group sessions will build on the previous year and class teachers/year group teams will scaffold and adapt these accordingly.

Key:

Relationships and Health Education Coverage

Additional Personal, Social, Health, Citizenship and Economic Education and Wellbeing Lessons (school and safeguarding focus)

Awareness Days

No Outsiders Curriculum Lesson/Diversity

Nursery

Autumn 1

How do I feel?

Who are my important people?

Why is oral hygiene important?

Autumn 2

What are the school rules? (wk 1)

How should I act in different situations?

Why is sharing important? (wk 5)

Spring 1

What am I good at?

How can I be a good friend? *(This will be done through RE)*

Children's Mental Health Week

Spring 2

Who can I ask for help?

How can I take care of myself?

How can I help others?

Summer 1

How can I manage my emotions?

Road safety

Am I the same as my friends?

Summer 2

What food is healthy?

What do I like and dislike?

Where is special to me?

Reception

Autumn 1

Class Circle Time

Zones of Regulation

How do I take turns?

What is my daily routine?

I can say what I think respectfully.

World Mental Health Day

Show Racism the Red card

Autumn 2

Class Circle Time

Anti Bullying Week

What are my likes and dislike? Why?

How can I keep myself clean?

Human Rights Day

I can understand that it's ok to like different things.

Spring 1

Class Circle Time

What emotions can I feel?

Who should we contact in an emergency?

I can make friends with different people.

Children's Mental Health Week

Safer Internet Day

Spring 2

Class Circle Time

Are all our opinions and needs the same?

Neurodiversity Week

Why is exercise important?

Is physical touch appropriate?

Are all our families the same?

Summer 1

Class Circle Time

How can I stay safe in exposure to the sun?

What can I do independently and with support?

Mental Health Awareness Week

How can I look after my oral hygiene?

How can I help others?

Summer 2

Class Circle Time

British Healthy Eating Week

How can I stay safe on the road?

What will change when I go to year 1?

How can I look after myself if I am hurt? (Basic First Aid)

I can celebrate my family.

Year 1

Autumn 1

Zones of Regulation

I can like me just the way I am

How can I keep myself safe on the road?

British Values

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Autumn 2

How can I enjoy myself on the playground?

Anti Bullying Week

How can I stay safe online? (inc. online bullying)

I can play with boys and girls,

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

How can I look after the local environment?

How can I keep myself clean? What do I need to use?

I can recognise that people are of different ages.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Spring 2

How can I stay physically healthy (inc illness?)

I am proud to be me.

Neurodiversity Week

Is everyone in the United Kingdom the same?

How do we change as we grow?

PD Reflection and Pupil Voice

Summer 1

Are secrets and surprises the same?

How should I conduct myself in a range of situations?

Mental Health Awareness Week

How can I promote a healthy lifestyle?

Is every family the same?

PD Reflection and Pupil Voice

Summer 2

What do we spend money on?

British Healthy Eating Week

I understand I share the world with different people.

Do my actions always have consequences?

How does change affect how I feel?

PD Reflection and Pupil Voice

Year 2

Autumn 1

Zones of Regulation

I can think about what makes a good friend.

Which groups and communities do I belong to?

British Values

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Autumn 2

How can I stay safe around fire?

Anti Bullying Week

How can we manage conflict?

How do my special people care for me?

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

How can I keep myself clean?

How can I stay safe when traveling?

I can understand what makes someone feel proud.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Spring 2

How can I be resilient?

Where does money come from?

Neurodiversity Week

How do I use the internet safely?

I can understand what diversity is.

PD Reflection and Pupil Voice

Summer 1

How can I stay safe in the sun?

How can people's feelings and bodies hurt? (Including physical contact)

Mental Health Awareness Week

Why is sleep important?

What are the risks in my environment?

PD Reflection and Pupil Voice

Summer 2

Are boys and girls the same?

British Healthy Eating Week

Basic First Aid

I can work with everyone in my class.

What are my body parts called?

PD Reflection and Pupil Voice

Year 3

Autumn 1

Do I always feel the same emotions?
Including Zones of Regulation

British Values

Is all bullying the same?

I understand how being different can affect someone.

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Autumn 2

Attendance

Anti Bullying Week

How can I respect differences in myself and others?

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

What affects my mental health?

What makes a healthy friendship?

I can find a solution to a problem.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Spring 2

What are my human rights?

Are all families the same?

Neurodiversity Week

Protected Characteristics

I can recognise a stereotype.

PD Reflection and Pupil Voice

Summer 1

What's important in family relationships?

Why is personal space important?

Mental Health Awareness Week

Are males and females the same?

I can help others.

PD Reflection and Pupil Voice

Summer 2

How are rules made in the United Kingdom?

British Healthy Eating Week

Why should we save money?

Is everything we see online real?

What are the dangers online?
(inc. online identify fraud)

PD Reflection and Pupil Voice

Year 4

Autumn 1

Why do I feel different emotions?
Including Zones of Regulation

British Values

Can I trust everyone?

How can change, loss and bereavement affect me?

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Autumn 2

Attendance

Anti Bullying Week

What is anti social behaviour and the consequences of it?

I can find common ground.

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

Is it ok to have different views?

Protected Characteristics

I know when to be assertive.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Spring 2

What is the role of charitable institutions?

How do our bodies change as we grow?

Neurodiversity Week

What are the benefits of an active lifestyle?

Is the online world reliable?

PD Reflection and Pupil Voice

Summer 1

When is physical contact acceptable?

Is it ok to share a secret?

Mental Health Awareness Week

What is puberty - add slide from the changes in puberty lesson

What are my strengths?

PD Reflection and Pupil Voice

Summer 2

What makes good teamwork?

British Healthy Eating Week

How do I stay safe out in the community?

Are illnesses always physical?

PD Reflection and Pupil Voice

Year 5

Autumn 1

How can I manage conflicting emotions?
Including ZOR

Who might influence my actions?

British Values

I can justify my actions.
Rose Blanche

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Autumn 2

Attendance

Anti Bullying Week

How can I promote my dental health?

Why is race equality important?

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

How can sleep impact me?

Why is consent important?

I can recognise when someone needs help.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Spring 2

What consequences can come from knife crime? (Ben Kinsella resource)

How will puberty affect me? - hygiene link

Neurodiversity Week

What role will money play in my future life?

Protected Characteristics

PD Reflection and Pupil Voice

Summer 1

Are male and female puberty changes the same?

Is the United Kingdom diverse?

Mental Health Awareness Week

What can impact my body image?

I can explore the meaning of friendship.

PD Reflection and Pupil Voice

Summer 2

Are stereotypes right?

British Healthy Eating Week

Is bullying the same as banter?

How am I resilient?

How can the internet impact on my life?

PD Reflection and Pupil Voice

Year 6

Autumn 1

Zones of Regulation link
How can I deal with conflicting emotions?

Should stereotypes be challenged?

What are allergies, immunisations and vaccinations?

Should I always do a 'dare'?

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card I can stand up to racism.

Autumn 2

Attendance

Anti Bullying Week

What consequences can come from borrowing money?

What is tax?

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

Protected Characteristics

What is appropriate in a relationship?

Is the information shared in the media reliable?

PD Reflection and Pupil Voice

Children's Mental Health Week link with How can we solve our worries?

Safer Internet Day

Spring 2

How can drugs and tobacco affect my health?

How can I protect my right to keep my body from harm? (inc. FGM)

Neurodiversity Week

What are the risks in the community? (inc. gangs and anti social behaviour)

What is puberty?

PD Reflection and Pupil Voice

Summer 1

Why do people use social media and how can social media impact your mental wellbeing?

What is a stable and loving relationship? (inc civil partnerships, Marriage Act 2013)

Mental Health Awareness Week

How can I stay safe online? (grooming)

Should I send photographs online?

PD Reflection and Pupil Voice

Summer 2

What is criminal exploitation?

British Healthy Eating Week

What is bullying? (inc. online, peer abuse, homophobic bullying)

What is radicalisation and extremism?

What choices will I make in grown up relationships?

PD Reflection and Pupil Voice