

# St Michael's CE Primary School

## PSHE Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<b>Self-regulation:</b> My feelings	<b>Building relationships:</b> Special relationships	<b>Managing self:</b> Taking on challenges	<b>Self-regulation:</b> Listening and following instructions	<b>Building relationships:</b> My family and friends	<b>Managing self:</b> My well-being
<b>Year 1</b>	<b>Family and relationships:</b> How families are different	<b>Health and well-being:</b> Exploring personal qualities	<b>Safety and the changing body:</b> Responding to other	<b>Citizenship:</b> Importance of rules and consequences	<b>Economic well-being:</b> How we use money	<b>Transition</b>
<b>Year 2</b>	<b>Family and relationships:</b> How families are made up of different people	<b>Health and well-being:</b> Benefits of exercise and relaxation on physical and mental well-being	<b>Safety and the changing body:</b> Developing understanding of safety	<b>Citizenship:</b> Rules outside of school	<b>Economic well-being:</b> Financial literacy	<b>Transition</b>
<b>Year 3</b>	<b>Family and relationships:</b> How to resolve relationship problems	<b>Health and well-being:</b> Understanding a healthy lifestyle	<b>Safety and the changing body:</b> Cyberbullying and being good digital citizens	<b>Citizenship:</b> Children's rights	<b>Economic well-being:</b> Introduction to budgeting	<b>Transition</b>
<b>Year 4</b>	<b>Family and relationships:</b> Families are varied and respecting differences	<b>Health and well-being:</b> Developing emotional maturity	<b>Safety and the changing body:</b> Awareness of online safety	<b>Citizenship:</b> Human rights and caring for the environment	<b>Economic well-being:</b> Looking after money	<b>Transition</b>
<b>Year 5</b>	<b>Family and relationships:</b> What to do if someone feels unsafe in their family	<b>Health and well-being:</b> Taking greater responsibility for our own health	<b>Safety and the changing body:</b> Exploring emotional and physical changes of puberty	<b>Citizenship:</b> Introduction to the justice system	<b>Economic well-being:</b> Managing money	<b>Transition</b>
<b>Year 6</b>	<b>Family and relationships:</b> Resolving conflict through negotiation and compromise	<b>Health and well-being:</b> Diet, oral hygiene, physical activity and immunisation	<b>Safety and the changing body:</b> Reliability of online information	<b>Citizenship:</b> Human rights, food choices and the environment	<b>Economic well-being:</b> Feelings about money, managing money and keeping it safe	<b>Transition</b> <b>Identity:</b> Personal identity and body image