

PSHE: CURRICULUM OVERVIEW



National Curriculum Focus						
Statutory RSHE				Economic Wellbeing & Careers		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Keeping safe outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Respecting boundaries* *Respecting boundaries moved from Y5 to Y4. Y4 to teach Consent lessons and NSPCC: Talk PANTS lesson only.	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Me, my body and growing up* *Me, my body and growing up moved from Y4 to Y5	Safe connections	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Developing our AI literacy	Drug education: assessing risk and managing influences	Changes in puberty (and sex education) *L3: Positive, healthy relationships delivered by Fortalice	Looking to the future
Key Dates/Events	30.09 – 04.10.26 NSPCC Kindness Challenge October - Black History Month	Remembrance Day Wednesday 11.11.26 16.11 – 20.11.26 Anti-bullying week Break the Silence 16.11.26 Odd Socks Day 20.11.26 UNICEF	01 – 07.02.2027 Children's Mental Health Week 08.03.26 International Women's Day	10.03.27 Young Carers Day 20.03.27 United Nations International Day of Happiness	21.05.27 UN and UNESCO Cultural Diversity Day	Youth Enterprise My Money Week

		World Children's Day				
Cultural Capital	At Gilnow, we teach a comprehensive PSHE curriculum which covers the Department for Education (DfE) statutory guidance on Relationships, (Sex) and Health education. We also provide numerous cultural capital opportunities for our children. These opportunities include trips, visits, assemblies and experiences which have many cross-curricular learning links. We promote student leadership through our School Council and Eco Council which run across the school as well as additional responsibility roles for children in Year 6. Each experience gives opportunities to develop important life skills, make healthy choices, to appreciate different cultures and to have an awareness of the world we live in.					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Road Safety	Road Safety	Oral health Anti-bullying Tax facts	Anti-bullying Darker nights safety Cllr interview Tax facts	Knife crime Darker nights safety Gangs MP interview Tax facts Stop Racism	Knife crime Healthy relationships Fortalice Healthy lives (drugs / vaping) Fire safety Emotional health / wellbeing Parliament visit Tax facts Bolton Magistrates

LINKS TO EYFS PROGRAMME OF STUDY	
Nursery	Reception
<u>Personal, Social and Emotion Development</u> - Develop their sense of responsibility and membership of a community. - Become more outgoing with unfamiliar people in the safe context of the setting. - Show more confidence in new social situations. - Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. - Increasingly follow rules, understanding why they are important. - Develop appropriate ways of being assertive. - Talk with others to solve conflicts. - Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. - Understand gradually how others might be feeling. - Be increasingly independent in meeting their own care needs, e.g brushing teeth, using the toilet, washing and drying hands thoroughly. - Make healthy choices about food, drink, activity and tooth brushing. <u>Understanding the World</u> - Show interest in different occupations.	<u>Early learning goal</u> <u>Personal, Social and Emotion Development</u> - See themselves as a valuable individual. - Build constructive and respectful relationships. - Express their feelings and consider the feelings of others. - Show resilience and perseverance in the face of challenge. - Identify and moderate their own feelings socially and emotionally. - Think about the perspectives of others. - Manage their own needs - personal hygiene. - Know and talk about the different factors that support their overall health and wellbeing. <u>Understanding the World</u> - Talk about members of their immediate family and community. - Name and describe people who are familiar to them. - Comment on images of familiar situations in the past. - Understand that some places are special to members of their community.

• Begin to understand the need to respect and care for the natural environment and all living things. • Continue developing positive attitudes about the differences between people. • Know that there are different countries in the world and talk about the differences they have experienced or seen in photos.	• Recognise that people have different beliefs and celebrate special times in different ways. • Recognise some similarities and differences between life in this country and life in other countries.
Cultural Capital EYFS Police Oral health	

PSHE strands and the associated disciplinary knowledge

Relationships	Respect ourselves and others, develop self-confidence, self-awareness and how to be polite and respectful.	
	Awareness of safe relationships and learn how to manage feelings and behaviour.	
	Understand families and recognise healthy, respectful friendships	
Health and Wellbeing	Learn how to make choices which promote physical health and mental wellbeing.	
	How to make safe choices.	
	Understand how they will grow and change and which skills and strategies will help them to cope with these changes.	
Living in the wider world	Have an understanding of people, communities and belonging.	
	Knowledge of money and work awareness.	
	Understand technology, media literacy and how to be resilient online.	