



PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p style="text-align: center;">Self-Regulation</p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p style="text-align: center;">Managing Self</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p style="text-align: center;">Building Relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to others' needs 					
Year 1	Exploring Emotions	Bullying Matters	Difference and Diversity	Being Healthy	Being Responsible	Relationships
Year 2	Being Me	Being Safe	Money Matters	Changes	Growing up	Drug Education
Year 3	Exploring Emotions	Bullying Matters	Difference and Diversity	Being Healthy	Being Responsible	Relationships
Year 4	Being Me	Being Safe	Money Matters	Changes	Growing up	Drug Education
Year 5	Exploring Emotions	Bullying Matters	Difference and Diversity	Being Healthy	Being Responsible	Relationships
Year 6	Being Me	Being Safe	Money Matters	Changes	Growing up	Drug Education