

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

FREE FRIENDSHIPS

Is every family the same?

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Relationships

Autumn 2

How can I enjoy myself on the playground?

Anti Bullying Week

Are secrets and surprises the same?

I can play with boys and girls.

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

Do my actions always have consequences?

How can I look after the local environment?

I can recognise that people are of different ages.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Living in the Wider World

Spring 2

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

How should I conduct myself in a range of situations?

Neurodiversity Week

Is everyone in the United Kingdom the same?

What do we spend money on?

PD Reflection and Pupil Voice

Summer 1

How can I keep myself safe on the road?

I am proud to be me.

Mental Health Awareness Week

How can I stay physically healthy (inc illness?)

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

PD Reflection and Pupil Voice

Health and Wellbeing

Summer 2

How can I have a healthy lifestyle?

British Healthy Eating Week

I understand I share the world with different people.

How do we change as we grow?

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?

How can we make friends?

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Relationships

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

I can understand what diversity is.

How do I use the internet safely?

I can understand what makes someone feel proud.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Living in the Wider World

Spring 2

What is the difference between needs and wants?

Where does money come from?

Neurodiversity Week

How can I be resilient?

I can work with everyone in my class.

PD Reflection and Pupil Voice

Summer 1

How can I stay safe in the sun?

Why is sleep important?

Mental Health Awareness Week

What are the risks in my environment?

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

PD Reflection and Pupil Voice

Health and Wellbeing

Summer 2

Are boys and girls the same?

British Healthy Eating Week

Basic First Aid Emergency response

How can I keep myself clean?

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

Are all families the same?

What's important in family relationships?

I understand how being different can affect someone.

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Relationships

Autumn 2

Attendance

Is all bullying the same?

Anti Bullying Week

What makes a healthy friendship?

How can I respect differences in myself and others?

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

How are rules made in the United Kingdom?

Why should we save money?

I can find a solution to a problem.

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Living in the Wider World

Spring 2

Is everything we see online real?

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

Neurodiversity Week

I can recognise a stereotype.

Careers- link to stereotypes

PD Reflection and Pupil Voice

Summer 1

Why is personal space important?

What affects my mental health?

Mental Health Awareness Week

Are males and females the same?

I can help others.

PD Reflection and Pupil Voice

Health and Wellbeing

Summer 2

Risks of a poor diet

British Healthy Eating Week

Physical health/hygiene

Healthy and unhealthy habits

Staying safe on holiday

PD Reflection and Pupil Voice

Autumn 1

Why do I feel
different emotions?
Including Zones of
Regulation

Positive Healthy
relationships

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

Relationships

Autumn 2

Attendance
Respectful
relationships
Inc bullying

Anti Bullying
Week

Is it ok to share a
secret?

I can find
common
ground.

Human Rights
Day

PD Reflection
and Pupil
Voice

Spring 1

Is it ok to have
different views?

Community
living

What is anti social
behaviour and the
consequences of
it?

PD Reflection
and Pupil
Voice

Children's
Mental Health
Week

Safer Internet Day

Living in the Wider World

Spring 2

What is the
role of
charitable
institutions?

Money/Careers

Neurodiversity
Week

Is the online
world reliable?

Online safety
inc age
restrictions

PD Reflection
and Pupil
Voice

Summer 1

What are the
benefits of an
active lifestyle?

How can I
promote my
dental health? Y5

Mental Health
Awareness Week

When is
physical
contact
acceptable?

What are my
strengths?

PD Reflection
and Pupil
Voice

Health and Wellbeing

Summer 2

How do I stay
safe out in the
community?

British Healthy
Eating Week

Are illnesses
always
physical?

How do our
bodies change as
we grow?

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

PD Reflection
and Pupil
Voice

Year 5

Autumn 1

How can I manage conflicting emotions?
Including ZOR

Who might influence my actions?

Are stereotypes right?

I can justify my actions.
Rose Blanche

PD Reflection and Pupil Voice

World Mental Health Day

Show Racism the Red Card

Relationships

Autumn 2

Attendance
Is bullying the same as banter?

Anti Bullying Week

Is the United Kingdom diverse?
Link discrimination

Why is race equality important?

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

I can recognise when someone needs help.

What role will money play in my future life?

How can the internet impact on my life?

PD Reflection and Pupil Voice

Children's Mental Health Week

Safer Internet Day

Living in the Wider World

Spring 2

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

Habits online including gaming

Neurodiversity Week

Sustainability

Sustainability

PD Reflection and Pupil Voice

Summer 1

How can sleep impact me?

How will puberty affect me? - hygiene link

Mental Health Awareness Week

What can impact my body image?

I can explore the meaning of friendship.

PD Reflection and Pupil Voice

Health and Wellbeing

Summer 2

Why is consent important?

British Healthy Eating Week

Are male and female puberty changes the same?

Benefits of exercise/ risks

Protected characteristics

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 is appropriate in a relationship?

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.

Relationships

Autumn 2

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

Anti Bullying Week

What choices will I make in grown up relationships?

What is criminal exploitation?

Human Rights Day

PD Reflection and Pupil Voice

Spring 1

What is tax?

What consequences can come from borrowing money?
Debt management

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

PD Reflection and Pupil Voice

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

Safer Internet Day

Living in the Wider World

Spring 2

Is the information shared in the media reliable?

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

Neurodiversity Week

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

What is radicalisation and extremism?

PD Reflection and Pupil Voice

Summer 1

What are allergies, immunisations and vaccinations?

How can drugs and tobacco affect my health?
Vaping

Mental Health Awareness Week

How can I stay safe online? (grooming & habits)

Should I send photographs online?

PD Reflection and Pupil Voice

Health and Wellbeing

Summer 2

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

British Healthy Eating Week

What is puberty?

Puberty boys / girls focus

Transition

PD Reflection and Pupil Voice