



**St Margaret Mary's**  
**PSHE Curriculum Overview**  
**2023 - 2024**



	<b><u>Autumn 1</u></b>	<b><u>Autumn 2</u></b>	<b><u>Spring 1</u></b>	<b><u>Spring 2</u></b>	<b><u>Summer 1</u></b>	<b><u>Summer 2</u></b>
<b><u>EYFS</u></b>	<b>Building Relationships</b>  <b>Managing Self</b> (Putting my coat on/ recognising my face/finding out where my peg is).	<b>Building relationships</b> - new friends / resolving conflicts.  <b>Managing Self</b> - helicopter stories - developing confidence.	<b>Managing self</b> - keeping safe and clean.  <b>Self - regulation</b> - talking about feelings and recognising that we feel different things.  <b>Building relationships</b> - meet Y6 buddies.	<b>Building relationships</b> - 'Little red Hen' - discussion about sharing the load - talking about how you feel and the importance of sharing with others.	<b>People who help us</b> - real life heroes - doctors/police officers.  Linked to traditional tales - villains.	<b>Transition</b>
<b><u>KS1</u></b>	<b>Healthy Lifestyles</b> <b>Year 1:</b> Healthy foods Healthy teeth Hand washing <b>Year 2:</b> Keeping healthy Keeping active Infection prevention	<b>Keeping Safe</b> <b>Year 1:</b> Safety school and outside Safe at home Emergency <b>Year 2:</b> Feeling unwell Safe at home (Electrical fire) My Responsibilities	<b>Mental and Emotional Health</b> <b>Year 1:</b> Feelings Secrets Behaviour <b>Year 2:</b> Big and small feelings, Online safety Joking or Bullying	<b>Carry over and build on knowledge from the previous half term.</b>	<b>Living in the wider world</b> <b>Year 1:</b> Class rules Recognising money Environment <b>Year 2:</b> Groups and communities Spending money Environment	<b>Transition</b>
<b><u>LKS2</u></b>	<b>Year 3:</b> Healthy diet Sun safety Personal hygiene <b>Year 4:</b> Sleeping well Healthy diet	<b>Year 3:</b> Smoke in Air Recognise Risk Responding to Emergency <b>Year 4:</b> Managing risk Self-control	<b>Year 3:</b> Emotions - behaviour Communicating online Strengths and Differences <b>Year 4:</b> Resilience		<b>Year 3:</b> Rules and Law Communities Work and Money <b>Year 4:</b> Rights of a Child Looking after money	<b>Transition</b>

	Feeling ill	Types of Drugs	Actions and responsibilities Discrimination		Sustainability	
<b><u>UKS2</u></b>	<b>Year 5:</b> Vaccines Balanced <b>Year 6:</b> Mental physical well-being Keeping Physically Healthy Healthy Meals	<b>Year 5:</b> Dealing with dares Habits Influences <b>Year 6:</b> Different Drugs Peer Pressure Basic first aid	<b>Year 5:</b> Mental Health Negotiation - compromise Safety on devices Personal qualities <b>Year 6:</b> Challenging negative feelings Challenging stereotypes Internet - mental health		<b>Year 5:</b> Rules and Law Fair trade Enterprise <b>Year 6:</b> Media Managing money Aspirations	<b>Transition</b>
	<b>International Day of Peace - 21.09.23</b>  <b>World Mental Health Day - 10<sup>th</sup> October</b>  <b>Mindfulness Workshops - 13.10.23</b>  <b>Black History Month 1-30<sup>th</sup> October</b>	<b>Anti-Bullying Week - 13.11.23 - 17.11.23</b>	<b>Time to Talk Day - 01.02.24</b>  <b>Children's Mental Health Awareness week - 05.02.24 - 11.02.24</b>  <b>Safer Internet Day - 6.02.24</b>	<b>International Women's Day - 08.03.24</b>	<b>Mental health Awareness week - 13.05.24 - 20.05.24</b>	