



St Margaret Mary's

PSHE Curriculum Overview

2024 - 2025



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

	Feeling ill	Types of Drugs	Actions and responsibilities Discrimination		Sustainability	
UKS2	Year 5: Vaccines Balanced Year 6: Mental physical well-being Keeping Physically Healthy Healthy Meals	Year 5: Dealing with dares Habits Influences Year 6: Different Drugs Peer Pressure Basic first aid	Year 5: Mental Health Negotiation - compromise Safety on devices Personal qualities Year 6: Challenging negative feelings Challenging stereotypes Internet - mental health		Year 5: Rules and Law Fair trade Enterprise Year 6: Media Managing money Aspirations	Transition
	International Day of Peace - 21.09.24 World Mental Health Day - 10.10.24 Mindfulness Workshops - 11.10.24 Black History Month 1-30th October	Anti-Bullying Week - 11.11.24 - 15.11.24	Time to Talk Day - 06.02.25 Children's Mental Health week - 05.02.25 - 11.02.25 Safer Internet Day - 11.02.25	International Women's Day - 08.03.25	Mental health Awareness month - 1.05.25 - 31.05.25	