



Pirbright Village Primary School
Curriculum Overview – PSHE

Health and Safety (including e-safety and RSE)	Money	Relationships	Mental Health
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Class rules Sharing interests Sharing hobbies Identifying feelings Importance of exercise Sharing all about families Being unique	School rules and values Listening to others Responsibility	Making the right choices Confidence and independence Consequences Being kind	Effects of behaviour Perseverance and resilience Being a good friend Internet Safety Screen Time	Healthy eating Managing feelings Calming Techniques Having different opinions Importance of sleep Oral hygiene	Problem Solving Resolving Conflicts Being safe in the sun Getting ready for year one Road safety
Year 1	Families & Friends Differences accepting	Keeping safe Permission Rules manners Health & prevention Regular exercise	Mental Health Emotions	Mental Health Things that make them feel good	Being responsible 999 Roles in the community	Economic well being Spending money jobs
Year 2	Families and friendships Respect safety	Economic Wellbeing Wants and needs Stereotypes in work place	Health and Prevention Inactive lifestyle Sun sleep	Responsibility for yourself and others 999 Recycling Looking after the environment	Keeping safe Body parts Appropriate and inappropriate touch	Mental Health Types of emotions Recognize what you feel Asking for help
Year 3	Friends and Relationships	Road Safety & Online Safety	Money Matter Good value	Mental Health Part of daily life	Health & Prevention	Responsibility for Yourself and Others

	Difficulties Quality time	Harmful content Recognizing fake people online	Range of jobs	Need to look after	Sleep Informed decisions Asking for help Body parts	999 Laws What a community is
Year 4	Family and friends Bullying strategies	Keeping safe Trolling Targeting online	Health prevention Sleep Viruses Teeth Body parts and how bodies change	Mental Health Feelings change Vocabulary to use	Money matters Impact of environment aspirations	Responsibility for yourself and others Human rights Diversity
Year 5	Keeping Safe 999	Mental Health Common for all people Triggers strategies	Keeping Safe Basic first aid drugs	Families & Friendships Stereotypes compassion Health & Prevention (RSE), puberty Menstruation	Health & wellbeing Poor lifestyles choices in association with physical body an mental body	Economic Wellbeing Risks skills
Year 6	E-Safety Negative impact on mental health	Health & Wellbeing Active lifestyles Skin cancer	Mental Health Isolation loneliness	RSE puberty Menstruation	Becoming Independent 999 Basic first aid Safety in the local environment	Economic Wellbeing Gambling Career choices