




Proposed PSHE Curriculum Overview

Newchurch proposes to follow the PSHE Association Curriculum Model

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 1	 <p>Making friends: playing and learning together <i>Explores how to listen, share, work co-operatively, and when and how to ask for permission. Children learn about friendships, including falling out and how to recognise bullying.</i></p>	 <p>Mental health and Wellbeing <i>Supports children to notice and name different types of feelings and thought – and learn simple self-regulation strategies to manage them.</i></p>	 <p>Celebrating me, you and our families <i>Explores similarities and differences, as well as everyone's individuality. Children look at different families, and how family members can show care and love for each other.</i></p>	 <p>Safety at Home <i>Introduces children to hazards and risk in the context of the home. Explores strategies for staying safe, including in relation to household produces and medicines.</i></p>	 <p>Being Healthy <i>Teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.</i></p>	 <p>Showing kindness to ourselves and others <i>Revisits learning about feelings and explores the importance of kindness.</i></p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 2</p>	 <p>Mental health and Wellbeing</p> <p><i>Builds on the learning in Year 1 by exploring a range of feelings and their intensity with simple strategies to help manage them. Introduces different kinds of change and loss (including bereavement).</i></p>	 <p>Keeping safe online</p> <p><i>Explores how online content can impact feelings and supports children to make safe choices about what they watch or share online (including the importance of not sharing personal information)</i></p>	 <p>Me, my body and staying safe</p> <p><i>Explores how people change as they grow from young to old. Children are introduced to the names of the private body parts, including genitalia, and learn how the PANTS rules can help keep children safe.</i></p>	 <p>Money and work</p> <p><i>Examines people's different strengths and interests and what this means for jobs they might choose. Explores what money is. How jobs can help people earn money and how to distinguish between needs and wants.</i></p>	 <p>Keeping safe outside the home</p> <p><i>Builds on prior learning about risk through the context of the road and rail safety. Children learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to.</i></p>	 <p>Looking back and moving on</p> <p><i>Consolidates learning. Celebrates achievements and preparation for the transition to KS2.</i></p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 3</p>	 <p>Me, my friends and belonging</p> <p><i>Explores themes of personal identity and friendship. Children learn ways to make others feel welcome and included.</i></p>	 <p>Mental health and wellbeing</p> <p><i>Builds on the children's learning from Year 2. Develops children's bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.</i></p>	 <p>Building healthy habits</p> <p><i>Develops the understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.</i></p>	 <p>Making choices online</p> <p><i>Explores how to protect information online and make choices about online content, including understanding age ratings.</i></p>	 <p>Keeping safe out and about</p> <p><i>Supports children to identify risk and keep safe in the sun, as well as around railways and water.</i></p>	 <p>Looking out for each other</p> <p><i>Explores the basics of first aid and revisits how to make an efficient call to the emergency services.</i></p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 4</p>	 <p>Mental health and wellbeing Builds on the children's learning from Year 3. Extends children's understanding of self-regulation strategies and explores factors that can support wellbeing.</p>	 <p>Exploring ways to manage risk Explores assessing and managing risk in different contexts and the role that peer influence can play in personal safety.</p>	 <p>Forming respectful relationships Supports children to respond appropriately to conflicts and bullying, and to understand the importance of kindness.</p>	 <p>Money matters and news literacy Explores how attitudes and influences can impact decisions about money. Encourages children to critically engage with news stories and recognise they might affect emotions.</p>	 <p>Me, my body and growing up Focuses on physical and emotional changes experienced during puberty. Builds children's confidence in using the Talk PANTS rule to keep safe.</p>	 <p>Families and growing together Supports children in understanding of diverse family structures and how families can change.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 5</p>	 <p>Friendships, stereotypes and bullying Explores respectful relationships and what to do about bullying. Children learn how to recognise and challenge stereotypes and prejudice or extreme views.</p>	 <p>Mental health and wellbeing Revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.</p>	 <p>Positively engaging with our world Examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.</p>	 <p>Respecting boundaries Explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.</p>	 <p>Safe connections Supports children to stay safe and manage risks if socialising online. Touches on cybercrime.</p>	 <p>Embedding healthy habits and learning first aid Supports children to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. Covers first aid.</p>



Mental health and wellbeing

Revisits and builds on prior learning about mental health, helping children to explore strategies that support wellbeing – including in the context of the transition to high school.



Managing money and online spending

Explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.



Changes in puberty (and sex education)

Builds children's understanding of how to manage changes that occur during puberty, including increased independence and new sleep patterns.



Drug education: assessing risk and managing influences

Covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.



Developing our AI literacy

Introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.



Looking to the future

Explores career-related learning (including different career pathways) and supports children to prepare for the transition to secondary school