



PSHE Curriculum Overview 2022-23

Nanpean Community Primary School
Nurturing Children's Passion to Succeed

KEY:

	Health and Wellbeing
	Relationships
	Living in the Wider World
	RSHE
	British Values (BV)

Year / Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Planting Our Food Cities, Towns, Land and Sea Gentle Hands and Hearts	Taking Good Care of Myself Being Curious Managing Feelings	Sleep The Great Outdoors Trusted Adults	Animals Fire Safety Water Safety	Follow My Lead Making Mistakes Road Safety	Sharing Sounds, Music and Noise Technology
Year 1	Braving the Weather Road Safety Understanding Difficult Feelings	Emergency Services Being Happy First Aid/CPR	Being Mindful Communication A Problem Shared is a Problem Halved	Trust Respecting Others Safety Symbols	Food Safety & What Not to Eat Water Safety My Body Belongs to Me	Getting Your Sleep Hygiene & Me Signalling & Sign Language
Year 2	Forest Survival Happiness It's Okay Not to be Okay	Feeling sad Dealing with Loss Personal Goal Setting	The Art of Failure Fight or Flight Relaxation	My Body is Growing Fire safety Medicines & Drugs	Desert Island Navigation Environment	Wildlife Protecting Our Planet Cyber Safety
Year 3	Relationships with Others Helping Others to Get Help	Self-image Anxiety Anger - Difficult Feelings & Behaviours	Problem solving & Time Management Self-worth Personal Hygiene	My Body, Your Body Vaccinations & Disease Sun Safety	Who Can We Trust Exercise	BV - Culture & Liberty Screen Time Staying Safe Online

	Growth Mindset Mindfulness	Stress			BV - Democracy & Law (Freedom to Choose)	
Year 4	Respect Problem Solving & Resourcefulness Leadership	Bullying Keeping My Body Safe Being Responsible	A Balanced Diet Healthy Eating The Importance of Physical Activity	Where Does my Food Come From? Sleep Screen Time	Family Relationships BV - Government & Rules BV - Freedom in Beliefs	Everything Will Be All Right Try and Try Again Relaxing to Re-Charge
Year 5	Learning Resilience Teamwork BV - Laws & Parliament	Dealing with Adversity Responsibility & Inspiration Body Language & Communication	Respecting Others – Boundaries & Beliefs My Body Changes The NHS	You Get Out What You Put into Life Communicating Effectively The Digital World	Supporting the Community BV - Freedom of Speech and Movement Saving Money Borrowing Money	Junk Food Nutritional Values The Human Body Keeping My Body The Same
Year 6	Tax Entrepreneurship Banks First Aid	Organisation of Life Pensions Power of Negotiation	From Learning to Working How to Write a CV Self-Perception	The Government BV - Law BV - Lawmakers & Activists	Drugs, Alcohol & Smoking My Amazing Body Transition	BV - Rights & Radicalisation Feeling Anxious Recognising and Controlling Anger