



Stebbing Primary School

EYFS PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Focus	Blue Chameleon	Mommy, Mama & Me	Hello Hello	You Chose	Red Rockets and Rainbow Jelly	The family Book
EYFS Development Matters Statements Personal, Social and Emotional Development	<ul style="list-style-type: none"> - Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. - Develop their sense of responsibility and membership of a community. - Become more outgoing with unfamiliar people, in the safe context of their setting. - Show more confidence in new social situations. - Play with one or more other children, extending and elaborating play ideas. - Find solutions to conflicts and rivalries, for example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. - Increasingly follow rules, understanding why they are important. - Remember rules without needing an adult to remind them - Develop appropriate ways of being assertive. - Talk with others to solve conflicts. - Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. - Understand gradually how others might be feeling. - Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. - Make healthy choices about food, drink, activity and toothbrushing. 		<ul style="list-style-type: none"> - See themselves as a valuable individual. - Build constructive and respectful relationships. - Express their feelings and consider the feelings of others. - Show resilience and perseverance in the face of challenge. - Identify and moderate their own feelings socially and emotionally. - Think about the perspectives of others. - Manage their own needs - Personal hygiene. - Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine & being a safe pedestrian. 		<p>Self-Regulation:</p> <ul style="list-style-type: none"> - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. - Give focused attention to what the teacher says, respond appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p>Managing Self:</p> <ul style="list-style-type: none"> - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. - Explain the reasons for rules, know right from wrong and try to behave accordingly. - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>Building Relationships:</p> <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others. - Form positive attachments to adults and friendships with peers. - Show sensitivity to their own and to others' needs. 	

KS1 PSHE Curriculum Overview

	Relationships		Living in the Wider World		Health and Wellbeing	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Be yourself	TEAM	Aiming High	Money matters	Growing up	Safety first
Year 1	Marvellous me Feelings Things I like	Together everyone achieves more Listening Being kind	Star qualities Positive learners Bright futures	Money Where money comes from Look after it	Our bodies Is it ok? Pink & blue	Keeping safe Staying safe at home Staying safe outside
Year 2	Uncomfortable feelings Changes Speak up	Bullying and teasing Brilliant brains Making good choices	Jobs for all Going for goals Looking forward	Save or spend? Want or need? Going shopping	Your family, my family Getting older Changes	Staying safe around strangers Safe secrets and surprises People who can help
	Digital well being	VIPS	Diverse Britain	One World	It's my body	Think positive
Year 1	The internet and me Online and offline Staying safe online	Who are your VIPs? Families Friends	My school My community My neighbourhood	Families Homes Schools	My body, my business Active and asleep Happy, healthy food	Think happy, feel happy It's your choice Go-getters
Year 2	Personal information Communicating online True or false	Falling out Working together Showing you care	My country British people What makes me proud of Britain	Environments Resources Planet protectors	Clean as a whistle Can I eat it I can choose	Let it out Be thankful Be mindful
Book Focus						
Year 1	Hair. It's a Family Affair	Errol's Garden	Want to Play Trucks?	Elmer	Going To The Volcano	My World, Your World
Year 2	What the Jackdaw Saw	How to be a Lion	The Great Big Book of Families	Can I Join Your Club	Amazing	We Are Welcome

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LKS2 PSHE Curriculum Overview

	Relationships		Living in the Wider World		Health and Wellbeing	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Be Yourself (Enrichment)	Diverse Britain (Class Teacher)	Aiming High (Enrichment)	Money matters (CT)	Safety First (Enrichment)	Think positive (CT)
Year 3	Pride Feelings Express yourself	Living in the British Isles Democracy Rules, laws and responsibilities	Achievements Goals Always learning	Where does money come from? Ways to pay Lending and borrowing	New responsibilities Risks, hazard & danger Under pressure	Happy minds, happy people Thoughts and feelings Changes
Year 4	Know your mind Media-Wise Making it right	Liberty Tolerance & respect What does it mean to be British?	Jobs and skills No limit! When I grow up	Priorities Advertising Keeping track	Safety when out and about Dangerous substances Injuries and emergencies	Keep calm and relax You're the boss Always learning
In addition to the above, these units/objectives need to be covered over the course of the year (note ***SRE curriculum <u>must</u> be taught as a discrete unit).						
	Team (Induction activities for start to year)	VIPS (Covered during Anti-bullying week)	Digital Wellbeing (Covered through Computing Curriculum and Safer Internet Week)	One World (Covered through Diversity Week)	***SRE Growing Up	***SRE It's My Body
Year 3	A new start Together everyone achieves more Working together	Family and friends Fabulous friends Is this a good relationship?	The digital world Digital kindness Do I know?	Chiwa & Kwende Chiwa's dilemma 1 Chiwa's dilemma 2	Human Reproduction Changes in boys Changes in girls	My body, my choice Fit as a fiddle Good night, good day
Year 4	Being considerate When things go wrong Responsibilities	Falling out What is bullying? Stand up to bullying	Online information Keep it private My digital wellness	Chiwa's sugar Chiwa's world Charity for Chiwa	Changing emotions Relationships and families Where do I come from?	Cough, splutter, sneeze Drugs: healing or harmful Choices everywhere
Book Focus						
Year 3	The Truth About Old People	The Hueys in The New Jumper	Planet Omar	Our House	We Are All Wonders	Beegu
Year 4		When Sadness Comes to Call	Aalfred & Albert	Splash	Dogs Don't Do Ballet	Along Came a Different

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UKS2 PSHE Curriculum Overview

	Relationships		Living in the Wider World		Health and wellbeing	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	TEAM/Be Yourself (Class Teacher)	VIPS (Enrichment)	Aiming High Spring 1 (CT)	Money matters (Enrichment)	Diverse Britain (CT)	Think Positive (Enrichment)
Year 5	Together everyone achieves more Communicate Compromise and collaborate You are unique Let it out! Uncomfortable feelings	People we love Think before you act It's ok to disagree	You can achieve anything Breaking down barriers Future focus	Look after it! Critical consumers Value for money and ethical spending	Identities Communities Respecting the law	The cognitive triangle Thoughts are not facts Face your feelings
Year 6	Care Unkind behaviour Shared responsibilities The confidence trick Do the right thing Making amends	You decide Secrets False friends	Equal opportunities The world of work Onwards and upwards	Budgeting Borrowing and saving Money in the wider world	Local government National government Making a difference	Keep calm and relax You're the boss Always learning
In addition to the above, these units/objectives need to be covered over the course of the year (note ***SRE curriculum <u>must</u> be taught as a discrete unit)						
	Digital wellbeing (Covered through Computing Curriculum and Safer Internet Week)	One World Environmental Objectives (Covered through environmental study topics)	Safety first (Objectives covered by Crucial Crew & Essex and Fire services in Yr 6)	***SRE Growing Up	***SRE It's My Body	
Year 5	My digital life Staying safe, happy and healthy online Online relationships	Global citizens Global warming Energy	You are responsible What are the risks? Making up your own mind	Changing bodies Changing emotions Just the way you are	Your body is your own Exercise right, sleep tight Taking care of our bodies	
Year 6	Social media Saying no to online bullying Fake news	Water Biodiversity In our hands	In an emergency Home - Safe and sound Outdoors - Playing it safe	Relationships Let's talk about sex Human Reproduction	Harmful substances How we feel about our bodies Healthy choices	
Book Focus						
Year 3	Kenny Lives with Erica and Martina	The Girls	And Tango Makes Three	Rose Blanche	Mixed	How To Fix a Broken Wing
Year 4	A Day in the Life of Marlon Bundo	The Only Way is Badger		King of the Sky	Leaf	The Island

Notes

KS1 PSHE units are taught solely by the class teacher. Although units are set in specific terms, teachers choose when these are taught.

KS2 PSHE Units are taught through Enrichment/ Class Teacher led PSHE/RSE lessons and themed weeks.

Link to plans and resources:

[☐ PSHE](#)