# PSHE overview

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| Year Group | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **EYFS 1** | **Relationships:** Me and my family | Celebrations | **Health and wellbeing:**Food | **Health and wellbeing:**Growing | Adventures | Colours, colours everywhere |
| **EYFS 2** | **Relationships:**Me and my family | Celebrations | What’s the weather? | **Health and wellbeing:**Growing/farm | Adventures | Colours, colours everywhere |
| **Year 1** | **Relationships**:What is theSame anddifferent aboutus?  | **Relationships:**Who is special to us? | **Health and wellbeing:**What helps us stay healthy? | **Living in wilder world:**What can we do with money? | **Health and wellbeing:**Who helps to keep us safe? | **Living in wilder world:**How can we look after each other and the world?  |
| **Year 2** | **Relationships:**What makes a good friend? | **Relationships:**What is bullying? | **Living in wilder world:**What jobs do people do? | **Health and wellbeing:**What helps us to stay safe? | **Health and wellbeing:**What can help us grow and stay healthy? | **Health and wellbeing:**How do we recognise our feelings? |
| **Year 3** | **Relationships:**How can we be a good friend? | **Health and wellbeing:**What helps keep us safe? | **Relationships:**What are families like? | **Living in wilder world:**What makes a community? | **Health and wellbeing:**Why should we eat well and look after our teeth? | **Health and wellbeing:**Why should we keep active and sleep well? |
| **Year 4** | **Health and wellbeing:**What strengths,skills and interests do we have? | **Relationships:**How do we treat each other with respect? | **Health and wellbeing:**How can we manage our feelings? | **Health and wellbeing:**How will we grow and change? | **Living in wilder world:**How can our choices make a difference to others and our environment? | **Health and wellbeing:**How can we manage risk in different places? |
| **Year 5** | **Health and wellbeing:**What makes up our identity? | **Living in wilder world:**What decisions can people make with money? | **Health and wellbeing:**How can we help in an accident or emergency? | **Relationships:**How can friends communicate safely? | **Health and wellbeing:**How can drugs common to everyday life effect health? | **Living in wilder world:**What jobs would we like? |
| **Year 6** | **Health and wellbeing:**How can we keep healthy as we grow? | **Health and wellbeing:**How can we keep healthy as we grow? | **Living in wilder world:**How can the media influence people? | **Living in wilder world:**How can the media influence people? | **Relationships:**What will change as we become more independent? | **Relationships:**What will change as we become more independent? |