



# Whingate Primary School PSHE Curriculum



		<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>FS</b>		Building relationships Interacting/ playing with others Separating from parents Following rules and routines <b>Zones of Regulation</b>		Focus on developing play skills with other children Working in a group Encourage independence Developing speaking and listening skills <b>Zones of Regulation</b>		Focus on developing play skills with other children Working in a group Encourage independence Developing speaking and listening skills Transition- focus on engaging with unfamiliar staff/ settings <b>Zones of Regulation</b>	
<b>Y1</b>	You Me and PSHE	<b>Physical health and wellbeing</b> Fun times	<b>Keeping safe and managing risk</b> Feeling safe	<b>Identity, society and equality</b> Me and others	<b>Drug, alcohol and tobacco education</b> What do we put into and on to bodies?	<b>Mental health and emotional wellbeing</b> Feelings	<b>Careers, financial capability and economic wellbeing</b> My money
	Pol-Ed	<u>Relationships</u> What is bullying?	<u>Relationships</u> Why are safe hands important?	<u>Keeping Safe</u> Who are my trusted adults?	<u>Keeping Safe</u> How can I keep safe online?	<u>Understanding the Law</u> What do the police do?	<u>Understanding the Law</u> What is 999?
	MindMate	<u>Friends and Family</u>	<u>Feeling Good and Being Me</u>	<u>Life Changes</u>	<u>Solving Problems</u>	<u>Strong Emotions</u>	<u>Being the same, being different</u>
<b>Y2</b>	You Me and PSHE		<b>Physical health and wellbeing</b> What keeps me healthy?	<b>Keeping safe and managing risk</b> Indoors and outdoors	<b>Drug, alcohol and tobacco education</b> Medicines and me	<b>Mental health and emotional wellbeing</b> Friendship	<b>Sex and relationship education</b> Boys and girls, families
	Pol-Ed	<u>Relationships</u> What if my friends are making me feel sad?	<u>Relationships</u> What if I am worried about my family?	<u>Keeping Safe</u> How can I keep safe in new places?	<u>Keeping Safe</u> How can I speak up?	<u>Understanding the Law</u> Why are there different rules in different places?	<u>Understanding the Law</u> Why does age matter?
	MindMate	<u>Friends and Family</u>	<u>Feeling Good and Being Me</u>	<u>Life Changes</u>	<u>Solving Problems</u>	<u>Strong Emotions</u>	<u>Being the same, being different</u>
<b>Y3</b>	You Me and PSHE	<b>Drug, alcohol and tobacco education</b> Tobacco is a drug	<b>Keeping safe and managing risk</b> Bullying – see it, say it, stop it	<b>Mental health and emotional wellbeing</b> Strengths and challenges	<b>Identity, society and Physical health and wellbeing</b> What helps me choose? equality Celebrating	<b>Careers, financial capability and economic wellbeing</b> Saving, spending and budgeting	<b>Physical health and wellbeing</b> What helps me choose?

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	Pol-Ed	<u>Relationships</u> What is consent? (friendship)	<u>Relationships</u> What is bullying?	<u>Keeping Safe</u> What do we mean by risk?	<u>Keeping Safe</u> What are emergency services?	<u>Understanding the Law</u> What is the law and why do we have it?	
	MindMate	Friends and Family	Feeling Good and Being Me	Life Changes	Solving Problems	Strong Emotions	Being the same, being different
<b>Y4</b>	You Me and PSHE	<b>Identity, society and equality</b> Democracy	<b>Drug, alcohol and tobacco education</b> Making choices	<b>Physical health and wellbeing</b> What is important to me?	<b>Keeping safe and managing risk</b> Playing safe	<b>Sex and relationship education</b> Growing up and changing	<b>Sex and relationship education</b> Growing up and changing
	Pol-Ed	<u>Relationships</u> What is discrimination?	<u>Relationships</u> What is peer pressure?	<u>Keeping Safe</u> How can we keep safe on the road?	<u>Keeping Safe</u> How can we keep our things safe?	<u>Understanding the Law</u> What different types of crime are there?	
	MindMate	Friends and Family	Feeling Good and Being Me	Life Changes	Solving Problems	Strong Emotions	Being the same, being different
<b>Y5</b>	You Me and PSHE	<b>Physical health and wellbeing</b> In the media	<b>Identity, society and equality</b> Stereotypes, discrimination and prejudice (including tackling homophobia)	<b>Keeping safe and managing risk</b> When things go wrong	<b>Mental health and emotional wellbeing</b> Dealing with feelings	<b>Drug, alcohol and tobacco education</b> Different influences	<b>Careers, financial capability and economic wellbeing</b> Borrowing and earning money
	Pol-Ed	<u>Relationships</u> What is consent? (friendship)	<u>Relationships</u> What is grooming?	<u>Keeping Safe</u> How can we use our phones safely?	<u>Keeping Safe</u> How can I share something I am worried about?	<u>Understanding the Law</u> How do we enforce the law?	
	MindMate	Friends and Family	Feeling Good and Being Me	Life Changes	Solving Problems	Strong Emotions	Being the same, being different
<b>Y6</b>	You Me and PSHE	<b>Sex and relationship education</b> Healthy relationships / How a baby is made	<b>Sex and relationship education</b> Healthy relationships / How a baby is made	<b>Drug, alcohol and tobacco education</b> Weighing up risk	<b>Identity, society and equality</b> Human rights	<b>Mental health and emotional wellbeing</b> Healthy minds	<b>Keeping safe and managing risk</b> Keeping safe - out and about FGM
	Pol-Ed	<u>Relationships</u> What is discrimination?	<u>Relationships</u> What is grooming?	<u>Keeping Safe</u> What is anti-social behaviour?		<u>Understanding the Law</u> How can we be a responsible citizen?	
	MindMate	Friends and Family	Feeling Good and Being Me	Life Changes	Solving Problems	Strong Emotions	Being the same, being different

