



Nutgrove Methodist Primary School – PSHE/RSHE Curriculum Overview

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
SMSC	Social Moral	Cultural Spiritual	Social Moral Cultural	Moral Social	Spiritual	Social Cultural
Fundamental British Values	Rule of law Mutual respect Tolerance Individual liberty Democracy	Tolerance Democracy	Rule of law Individual liberty	Rule of law Mutual respect	Tolerance Individual liberty	Mutual respect Individual liberty
Reception	<ul style="list-style-type: none"> All about me What makes me special Me and my special people Who can help me? My feelings 	<ul style="list-style-type: none"> I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend 	<ul style="list-style-type: none"> What's safe to go onto my body Keeping myself safe Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe 	<ul style="list-style-type: none"> Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money 	<ul style="list-style-type: none"> Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep 	<ul style="list-style-type: none"> Seasons Life stages – plants, animals and humans Where do babies come from? Getting bigger Me and my body – boys and girls
Y1	<ul style="list-style-type: none"> Feelings Getting help Classroom rules Special people Being a good friend 	<ul style="list-style-type: none"> Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help 	<ul style="list-style-type: none"> How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep 	<ul style="list-style-type: none"> Taking care of things: Myself My money My environment 	<ul style="list-style-type: none"> Growth Mindset Healthy eating Hygiene and health Cooperation 	<ul style="list-style-type: none"> Getting help Becoming independent My body parts Taking care of self and others

<p>Y2</p>	<ul style="list-style-type: none"> • Bullying and teasing • Our school rules about bullying • Being a good friend • Feelings/self-regulation 	<ul style="list-style-type: none"> • Being kind and helping others • Celebrating difference • People who help us • Listening Skills 	<ul style="list-style-type: none"> • Safe and unsafe secrets • Appropriate touch • Medicine safety 	<ul style="list-style-type: none"> • Cooperation • Self-regulation • Online safety • Looking after money – saving and spending 	<ul style="list-style-type: none"> • Growth Mindset • Looking after my body • Hygiene and health • Exercise and sleep 	<ul style="list-style-type: none"> • Life cycles • Dealing with loss • Being supportive • Growing and changing • Privacy
<p>Y3</p>	<ul style="list-style-type: none"> • Rules and their purpose • Cooperation • Friendship (including respectful relationships) • Coping with loss 	<ul style="list-style-type: none"> • Recognising and respecting diversity • Being respectful and tolerant • My community 	<ul style="list-style-type: none"> • Managing risk • Decision-making skills • Drugs and their risks • Staying safe online 	<ul style="list-style-type: none"> • Skills we need to develop as we grow up • Helping and being helped • Looking after the environment • Managing money 	<ul style="list-style-type: none"> • Keeping myself healthy and well • Celebrating and developing my skills • Developing empathy 	<ul style="list-style-type: none"> • Relationships • Changing bodies and puberty • Keeping safe • Safe and unsafe secrets
<p>Y4</p>	<ul style="list-style-type: none"> • Healthy relationships • Listening to feelings • Bullying • Assertive skills 	<ul style="list-style-type: none"> • Recognising and celebrating difference (including religions and cultural difference) • Understanding and challenging stereotypes 	<ul style="list-style-type: none"> • Managing risk • Understanding the norms of drug use (cigarette and alcohol use) • Influences • Online safety 	<ul style="list-style-type: none"> • Making a difference (different ways of helping others or the environment) • Media influence • Decisions about spending money 	<ul style="list-style-type: none"> • Having choices and making decisions about my health • Taking care of my environment • My skills and interests 	<ul style="list-style-type: none"> • Body changes during puberty • Managing difficult feelings • Relationships including marriage
<p>Y5</p>	<ul style="list-style-type: none"> • Feelings • Friendship skills, including compromise • Assertive skills • Cooperation • Recognising emotional needs 	<ul style="list-style-type: none"> • Recognising and celebrating difference, including religions and cultural • Influence and pressure of social media 	<ul style="list-style-type: none"> • Managing risk, including online safety • Norms around use of legal drugs (tobacco, alcohol) • Decision-making skills 	<ul style="list-style-type: none"> • Rights and responsibilities • Rights and responsibilities relating to my health • Making a difference • Decisions about lending, borrowing and spending 	<ul style="list-style-type: none"> • Growing independence and taking responsibility • Keeping myself healthy • Media awareness and safety • My community 	<ul style="list-style-type: none"> • Managing difficult feelings • Managing change • How my feelings help keeping safe • Getting help
<p>Y6</p>	<ul style="list-style-type: none"> • Assertiveness • Cooperation • Safe/unsafe touches • Positive relationships 	<ul style="list-style-type: none"> • Recognising and celebrating difference • Recognising and reflecting on prejudice-based bullying • Understanding Bystander behaviour 	<ul style="list-style-type: none"> • Understanding emotional needs • Staying safe online • Drugs: norms and risks (including the law) 	<ul style="list-style-type: none"> • Understanding media bias, including social media • Caring: communities and the environment • Earning and saving money • Understanding democracy 	<ul style="list-style-type: none"> • Aspirations and goal setting • Managing risk • Looking after my mental health 	<ul style="list-style-type: none"> • Coping with changes • Keeping safe • Body Image • Sex education • Self-esteem

		<ul style="list-style-type: none">• Gender stereotyping				
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