

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	- All about me - What makes me special - Me and my special people - Who can help me? - My feelings - My feelings 2	- I'm special, you're special - Same and different - Same and different families - Same and different homes - I am caring - I am a friend	- What's safe to go onto my body - Keeping myself safe- what's safe to go into my body (including medicines) - Safe indoors and outdoors - Listening to my feelings - Keeping safe online - People who help to keep me safe	- 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 1 - Looking after money 2	- Bouncing back when things go wrong - Yes, I can! - Healthy eating - My healthy mind - Move your body - A good night's sleep	- Seasons - Life stages – plants, animals and humans - Life stages: Human life sage – who will I be? - Where do babies come from? - Getting bigger - Me and my body – boys and girls
Y1	- Why we have classroom rules - How are you listening? - Thinking about feelings - Our feelings	- Same or different? - Unkindness, teasing or bullying? - Harold's school rules - It's not fair!	- Super sleep - Who can help? (1) - Good or bad touches? - Sharing pictures - What could Harold do?	- Harold has a bad day - Taking care of something - Harold's money - How should we look after our money?	- I can eat a rainbow - Eat well - Harold's wash and brush up - Catch it! Bin it! Kill it!	- Healthy me - Then and now - Taking care of a baby - Who can help? (2) - Surprises and secrets

	- Feelings and bodies - Good friends	- Who are our special people? - Our special people balloons	Harold loses Geoffrey	Basic first aid	- Harold learns to ride his bike - Pass on the praise! - Inside my wonderful body! (Optional)	Keeping privates private
Y2	- Our ideal classroom (1) - Our ideal classroom (2) (Optional) - How are you feeling today? - Let's all be happy! - Being a good friend - Types of bullying - Don't do that! - Bullying or teasing? (Optional)	- What makes us who we are? - My special people - How do we make others feel? - When someone is feeling left out - An act of kindness - Solve the problem	- Harold's picnic - How safe would you feel? - What should Harold say? - I don't like that! - Fun or not? - Should I tell?	- Getting on with others - When I feel like erupting - Feeling safe - Playing games - Harold saves for something special - Harold goes camping (Optional) - How can we look after our environment?	- You can do it! - My day - Harold's postcard - helping us to keep clean and healthy - Harold's bathroom - What does my body do? - My body needs... (Optional) - Basic first aid	- A helping hand - Sam moves away - Haven't you grown! - My body, your body - Respecting privacy - Some secrets should never be kept
Y3	- As a rule - Looking after our special people - How can we solve this problem? - Tangram team challenge (Optional) - Friends are special - Thunks - Dan's dare - My special pet (Optional)	- Respect and challenge - Family and friends - My community - Our friends and neighbours - Let's celebrate our differences - Zeb	- Safe or unsafe? - Danger or risk? - The Risk robot - Super Searcher - Help or harm? - Alcohol and cigarettes: the facts - Raisin challenge (1) (Optional)	- Helping each other to stay safe - Recount task - Our helpful volunteers - Can Harold afford it? - Earning money - Harold's environment project - Let's have a tidy up! (Optional)	- Derek cooks dinner! (healthy eating) - Poorly Harold - Body team work - For or against? - I am fantastic! - Top talents - Getting on with your nerves! (Optional)	- Relationship tree - Body space - None of your business! - Secret or surprise? - My changing body - Basic first aid
Y4	- Human machines - Ok or not ok? (part 1) - Ok or not ok? (part 2) - An email from Harold! - Different feelings - When feelings change (Optional)	- Can you sort it? - What would I do? - The people we share our world with - That is such a stereotype! - Friend or acquaintance?	- Danger, risk or hazard? - How dare you! - Keeping ourselves safe - Raisin challenge (2) - Picture wise - Medicines: check the label - Know the norms (Optional)	- Who helps us stay healthy and safe? - It's your right - How do we make a difference? - In the news! - Safety in numbers - Harold's expenses (Optional) - Why pay taxes?	- What makes me ME! - Making choices - SCARF hotel - Harold's Seven Rs - My school community (1) - Basic first aid - Volunteering is cool (Optional)	- Moving house - My feelings are all over the place! - All change! - Preparing for changes at puberty - Secret or surprise? - Together

	Under pressure	Islands	Traffic lights (Optional)	Logo quiz (Optional)		
Y5	- Collaboration Challenge! - Give and take - Communication (Optional) - How good a friend are you? - Relationship cake recipe - Our emotional needs - Being assertive	- Qualities of friendship - Kind conversations - Happy being me - The land of the Red People - Is it true? - Stop, start, stereotypes - It could happen to anyone (Optional)	- Spot bullying - Play, like, share 1 - Play, like, share 2 - Decision dilemmas - Vaping: healthy or unhealthy? - Would you risk it? - Ella's diary dilemma (Optional) 'Thunking' about habits (Optional) - Drugs: true or false? (Optional) - Smoking: what is normal? (Optional)	- What's the story? - Fact or opinion? - Mo makes a difference - Rights, respect and duties - Spending wisely - Lend us a fiver! - Local councils (Optional)	- It all adds up! - Different skills - My school community (2) - Independence and responsibility - Star qualities? - Basic first aid, including Sepsis Awareness	- How are they feeling? - Taking notice of our feelings - Dear Ash - Growing up and changing bodies - Changing bodies and feelings - Help! I'm a teenager - get me out of here! - Dear Hetty (Optional) - Making babies (Optional)
Y6	- Working together - Let's negotiate (Optional) - Solve the friendship problem - Dan's day (Optional) - Behave yourself - Assertiveness skills - Don't force me - Acting appropriately	- OK to be different - We have more in common than not - Respecting differences - Tolerance and respect for others - Advertising friendships! - Boys will be boys? - challenging gender stereotypes	- Think before you click! - It's a puzzle (Optional) - To share or not to share? - Rat Park - What sort of drug is...? - Drugs: it's the law! - Alcohol: what is normal? - Joe's story (part 1) (Optional)	- Two sides to every story - Fakebook friends - What's it worth? (Optional) - Happy shoppers - caring for the environment - Action stations! (Optional) - Project Pitch (parts 1 & 2) (Optional) - Democracy in Britain 1 - Elections - Democracy in Britain 2 - How (most) laws are made - Community art (Optional)	- This will be your life! - Our recommendations - What's the risk? (1) - What's the risk? (2) - Basic first aid, including Sepsis Awareness - Five Ways to Wellbeing project	- I look great! - Media manipulation - Pressure online - Helpful or unhelpful? Managing change - Is this normal? - Making babies - What is HIV? (Optional) - Online Sexual Content (Optional) - Intimate images and online sharing (Optional)