

PSHED Curriculum Overview

Overarching concepts addressed, revisited and consolidated

Identity	Relationships	A healthy balanced lifestyle
Risk and safety	Diversity and equality	Rights, responsibilities and consent
Change and resilience	Power	Economic wellbeing

	Autumn	Spring	Summer
Term 1	Self-Awareness RRS Articles 7, 12, 14, 15, 29, 31	Relationships: Managing Feelings RRS Articles 12, 14, 15, 17, 29, 31	Self-care, support and Safety RRS Articles 12, 14, 15, 17, 23, 24, 27, 29
	Topics include: Me, Who I am, my likes, dislikes, talents and interests	Topics include: Understanding feelings and that how I feel and how others feel affects choices and behaviour	Topics include: Looking after myself and keeping safe
	<ol style="list-style-type: none"> 1. Things we are good at 2. Kind and unkind behaviours 3. Playing and working together 4. People who are special to us 5. Getting on with others 	<ol style="list-style-type: none"> 1. Identifying and expressing feelings 2. Managing strong feelings 	<ol style="list-style-type: none"> 1. Taking care of ourselves 2. Keeping safe 3. Trust 4. Keeping safe online 5. Public and private

Term 2	The World I Live in RRS Articles 14, 15, 17, 23, 29, 31	Healthy Lifestyles RRS Articles 12, 14, 17, 23, 24, 27	Relationships: Changing and Growing RRS Articles 12, 14, 15, 17, 23
	Topics include: Living confidently in the wider world	Topics include: Being and keeping healthy on the 'outside and on the 'inside'	Topics include: How I and others are changing, new opportunities and responsibilities
	<ol style="list-style-type: none"> 1. Respecting differences between people 2. Jobs people do 3. Rules and laws 4. Taking care of the environment 5. Belonging to a community 6. Money 	<ol style="list-style-type: none"> 1. Healthy eating 2. Taking care of physical health 3. Keeping well 	<ol style="list-style-type: none"> 1. Baby to adult 2. Changes at puberty 3. Dealing with touch 4. Different types of relationships

Essential skills and attributes

Developing confidence and making the most of their abilities:

- Self-concept and self-awareness
- Self-esteem
- Self-knowledge
- Resilience
- Self-regulation
- Recognising and managing peer influence and pressure
- Self-organisation
- Strategies for identifying and accessing appropriate help and support
- Clarifying own understanding, values and beliefs and re-evaluating them in the light of new learning, experiences and evidence
- Recalling, revisiting, consolidating and applying knowledge and understanding in familiar as well as new situation

Developing positive relationships and social effectiveness:

- Self-awareness
- Empathy and compassion
- Respect for others' rights
- Communication skills
- Enterprise skills and attributes
- Respecting differences and similarities
- Consent
- Recognising and managing change
- Maintaining a healthy lifestyle