

## Primary IMatter PSHE Curriculum Overview

Year Group	Relationships and Sex Education	Mental and Emotional Health	Keeping Safe	Healthy Lifestyles	Living in the Wider World
<b>Year 1</b>	<ol style="list-style-type: none"> <li>Who are the people in my life who love and care for me?</li> <li>What are the differences and similarities between people?</li> <li>What are the similarities between girls and boys?</li> </ol>	<ol style="list-style-type: none"> <li>What makes me happy? What are feelings?</li> <li>What is the difference between good secrets and bad secrets?</li> <li>How does my behaviour affect others?</li> </ol>	<ol style="list-style-type: none"> <li>What are the rules for keeping me safe at school and outside?</li> <li>What are rules about household substances?</li> <li>What is an emergency and what do I do?</li> </ol>	<ol style="list-style-type: none"> <li>What foods should I eat?</li> <li>How can I look after my teeth?</li> <li>Why is it important to wash my hands?</li> </ol>	<ol style="list-style-type: none"> <li>What are class rules? (British Values)</li> <li>Where does our money come from?</li> <li>What is the environment?</li> </ol>
<b>Year 2</b>	<ol style="list-style-type: none"> <li>What is private? (body parts)</li> <li>What happens when the body grows young to old?</li> <li>What is fair, unfair, kind and unkind? (friendship)</li> </ol>	<ol style="list-style-type: none"> <li>What is the difference between small feelings and big feelings?</li> <li>How can I keep safe online?</li> <li>What makes others happy? What is the different between joking, teasing and bullying?</li> </ol>	<ol style="list-style-type: none"> <li>How do medicines help us when we are unwell?</li> <li>How do I keep safe at home?</li> <li>What is my responsibility for keeping myself and others safe?</li> </ol>	<ol style="list-style-type: none"> <li>How do I keep myself healthy?</li> <li>Why is it important to keep active?</li> <li>How can I prevent diseases spreading?</li> </ol>	<ol style="list-style-type: none"> <li>What groups and communities am I a part of?</li> <li>How do we make choices about spending money?</li> <li>How can we look after the environment?</li> </ol>
<b>Year 3</b>	<ol style="list-style-type: none"> <li>What is personal space?</li> <li>What does a healthy relationship look like?</li> <li>Why is being equal important in relationships?</li> </ol>	<ol style="list-style-type: none"> <li>How do my feelings affect my behaviour? How can I manage my feelings?</li> <li>What are the ways we communicating online?</li> <li>What am I good at?</li> </ol>	<ol style="list-style-type: none"> <li>What happens when I breathe smoke in the air?</li> <li>How do I recognise risks in my life?</li> <li>What do I do in an emergency?</li> </ol>	<ol style="list-style-type: none"> <li>What is a healthy diet? What is an unhealthy diet?</li> <li>How do I keep safe in the sun?</li> <li>Why is personal hygiene important?</li> </ol>	<ol style="list-style-type: none"> <li>How do rules and law protect me?</li> <li>What is the difference between my local British communities and global communities?</li> <li>What are the links between work and money?</li> </ol>

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<b>Year 4</b>	<ol style="list-style-type: none"> <li>1) What is diversity?</li> <li>2) Do boys and girls have different roles?</li> <li>3) What changes happen to my body?</li> </ol>	<ol style="list-style-type: none"> <li>1) What is resilience?</li> <li>2) What does it mean to have responsibility over my choices and actions?</li> <li>3) What is discrimination?</li> </ol>	<ol style="list-style-type: none"> <li>1) How do I manage risks in my life?</li> <li>2) What is self-control?</li> <li>3) What is the difference between legal and illegal drugs? Are all drugs harmful?</li> </ol>	<ol style="list-style-type: none"> <li>1) How do I make sure I sleep well?</li> <li>2) What is fuel for the body?</li> <li>3) How do I know if I'm physically ill?</li> </ol>	<ol style="list-style-type: none"> <li>1) What are the rights of the child?</li> <li>2) How do we look after our money?</li> <li>3) What is sustainability?</li> </ol>
<b>Year 5</b>	<ol style="list-style-type: none"> <li>1) What is puberty?</li> <li>2) What are the different relationships in my life?</li> <li>3) What is unwanted touch?</li> <li>4) (Additional lesson) Understanding FGM</li> </ol>	<ol style="list-style-type: none"> <li>1) What is mental health?</li> <li>2) How do I negotiate and compromise?</li> <li>3) How do I stay safe on a mobile or tablet?</li> <li>4) How can I be happy being me? (body image)</li> </ol>	<ol style="list-style-type: none"> <li>1) How do I respond to dares?</li> <li>2) What are 'habits'?</li> <li>3) Who or what influences me?</li> </ol>	<ol style="list-style-type: none"> <li>1) How can we stop the spread of infection?</li> <li>2) Why is it important to know about nutritional content of food?</li> </ol>	<ol style="list-style-type: none"> <li>1) How are rules and law made and changed?</li> <li>2) What is Fair Trade?</li> <li>3) How can I develop my enterprise skills?</li> </ol>
<b>Year 6</b>	<ol style="list-style-type: none"> <li>1) What changes happen in my life?</li> <li>2) What happens in a loving relationship and what is forced marriage?</li> <li>3) How is a baby made?</li> </ol>	<ol style="list-style-type: none"> <li>1) How can I challenge negative thoughts and feelings?</li> <li>2) What is stereotyping?</li> <li>3) How can the internet positively and negatively affect our mental health?</li> </ol>	<ol style="list-style-type: none"> <li>1) How do drugs affect the mind and body?</li> <li>2) How do I manage peer pressure?</li> <li>3) What are basic emergency first aid skills?</li> </ol>	<ol style="list-style-type: none"> <li>1) How is my mental and physical wellbeing connected?</li> <li>2) How do I keep physically healthy?</li> <li>3) Can I plan and prepare a healthy meal?</li> </ol>	<ol style="list-style-type: none"> <li>1) Why is it important to be critical of the media online and offline?</li> <li>2) How do people manage money?</li> <li>3) What do I want to be?</li> </ol>