



**BRIERCLIFFE PRIMARY SCHOOL**  
**PSHE Curriculum Overview**  
*"In work and play, only our best."*



Subject - PSHE						
	Autumn		Spring		Summer	
<b>Reception</b> <b>The Big Question</b>	<b>Health and wellbeing</b>  Personal hygiene, independence, caring for others <b>How do I look after myself?</b>	<b>Health and wellbeing</b>  Being healthy; attitude, eating and sleeping <b>How do we stay healthy?</b>	<b>Health and wellbeing</b>  Ourselves, types of feelings, honesty <b>Why do we have feelings?</b>	<b>Living in the wider world</b>  Keeping safe; road safety, people who help us <b>How do we stay safe?</b>	<b>Relationships</b>  Friendships; looking after our friends, special people and wider community <b>What is respect?</b>	<b>Relationships</b>  resilience, sensitivity towards others, resolving conflict <b>How can we be at our best?</b>
<b>Year 1</b> <b>The Big Question</b>	<b>Relationships</b>  Friendship; feeling lonely; managing arguments <b>What makes a good friend?</b>	<b>Health and wellbeing</b>  Being healthy; hygiene; medicines; people who help us with health <b>What helps us stay healthy?</b>	<b>Living in the wider world</b>  Money; making choices; needs and wants <b>What can we do with money?</b>	<b>Relationships</b>  Ourselves and others; people who care for us; groups we belong to; families <b>Who is special to us?</b>	<b>Health and wellbeing</b>  Keeping safe; people who help us <b>Who helps to keep us safe?</b>	<b>Living in the wider world</b>  Ourselves and others; the world around us; caring for others; growing and changing <b>How can we look after each other and the world?</b>
<b>Year 2</b> <b>The Big Question</b>	<b>Relationships</b>  Behaviour; bullying; words and actions;	<b>Relationships</b>  Ourselves and others; similarities and	<b>Living in the wider world</b>  People and jobs; money; role of the	<b>Health and wellbeing</b>	<b>Health and wellbeing</b>	<b>Health and wellbeing</b>



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	<p>respect for others</p> <p><b>What is bullying?</b></p>	<p>differences; individuality; our bodies</p> <p><b>What is the same and different about us?</b></p>	<p>internet</p> <p><b>What jobs do people do?</b></p>	<p>Keeping safe; recognising risk; rules</p> <p><b>What helps us to stay safe?</b></p>	<p>Being healthy: eating, drinking, playing and sleeping</p> <p><b>What can help us grow and stay healthy?</b></p>	<p>Feelings; mood; times of change; loss and bereavement; growing up</p> <p><b>How do we recognise our feelings?</b></p>
<p><b>Year 3</b></p> <p><b>The Big Question</b></p>	<p>Relationships</p> <p>Friendship; making positive friendships, managing loneliness, dealing with arguments</p> <p><b>How can we be a good friend?</b></p>	<p>Health and wellbeing</p> <p>Being healthy; eating well, dental care</p> <p><b>Why should we eat well and look after our teeth?</b></p>	<p>Relationships</p> <p>Families; family life; caring for each other</p> <p><b>What are families like?</b></p>	<p>Living in the wider world</p> <p>Community; belonging to groups; similarities and differences; respect for others</p> <p><b>What makes a community?</b></p>	<p>Health and wellbeing</p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p> <p><b>What keeps us safe?</b></p>	<p>Health and wellbeing</p> <p>Being healthy; keeping active, taking rest</p> <p><b>Why should we keep active and sleep well?</b></p>
<p><b>Year 4</b></p> <p><b>The Big Question</b></p>	<p>Health and wellbeing</p> <p>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p>	<p>Relationships</p> <p>Respect for self and others; courteous behaviour; safety; human rights</p> <p><b>How do we treat each other with respect?</b></p>	<p>Health and wellbeing</p> <p>Feelings and emotions; expression of feelings; behaviour</p>	<p>Living in the wider world</p> <p>Caring for others; the environment; people and animals; shared responsibilities, making choices and</p>	<p>Health and wellbeing</p> <p>Growing and changing; puberty</p> <p><b>How will we grow and change?</b></p>	<p>Health and wellbeing</p> <p>Keeping safe; out and about; recognising and managing risk</p>



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	What strengths, skills and interests do we have?		How can we manage our feelings?	decisions How can our choices make a difference to others and the environment?		How can we manage risk in different places?
<b>Year 5</b> <b>The Big Question</b>	<b>Health and wellbeing</b>  Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes  <b>What makes up our identity?</b>	<b>Living in the wider world</b>  Money; making decisions; spending and saving <b>What decisions can people make with money?</b>	<b>Health and wellbeing</b>  Basic first aid, accidents, dealing with emergencies <b>How can we help in an accident or emergency?</b>	<b>Health and wellbeing</b>  Growing and changing; puberty <b>How will we grow and change?</b>	<b>Health and wellbeing</b>  Drugs, alcohol and tobacco; healthy habits <b>How can drugs common to everyday life affect health?</b>	<b>Living in the wider world</b>  Careers; aspirations; role models; the future <b>What jobs would we like?</b>
<b>Year 6</b> <b>The Big Question</b>	<b>Health and wellbeing</b>  Looking after ourselves; growing up; becoming independent; taking more responsibility <b>How can we keep healthy as we grow?</b>		<b>Living the wider world</b>  Media literacy and digital resilience; influences and decision-making; online safety <b>How can the media influence people?</b>		<b>Health and wellbeing</b>  Growing and changing; puberty <b>How will we change and grow?</b>	<b>Relationships</b>  Different relationships, changing and growing, adulthood, independence, moving to



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				<p><b>secondary school</b> <b>What will change</b> <b>as we become</b> <b>more</b> <b>independent?</b> <b>How do</b> <b>friendships change</b> <b>as we</b> <b>grow?</b></p>
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