

Primary IMatter PSHE Curriculum Overview

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

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