

Wigan St Andrew's Primary School Curriculum Overview

PSHE/RSHE

Year	Autumn Term	Spring Term	Summer Term
YR	Me and My Relationships & Valuing Difference What makes me special? People close to me Getting help Similarities and difference Celebrating difference Showing kindness	Keeping Safe & Rights and Respect Keeping my body safe Safe secrets and touches People who help to keep us safe Looking after things: friends, environment, money	Being my Best & Growing and Changing Keeping my body healthy – food, exercise, sleep Growth Mindset Cycles Life stages Babies come from a woman's tummy
Y1	Me and My Relationships & Valuing Difference Classroom Rules How are you listening? Our feelings and good friends Same or different? It's not fair Our special people	Keeping Safe & Rights and Respect Super Sleep Good or bad touches Sharing pictures Harold has a bad day How should we look after money Basic first aid	Being my Best & Growing and Changing I can eat a rainbow Harold's wash and brush up Pass on the praise Healthy me Surprise and secrets Keep privates private
Y2	Me and My Relationships & Valuing Difference Our ideal classroom Let's all be happy Being a good friend What makes us who we are When someone is feeling low Solve the problem	Keeping Safe & Rights and Respect Harold's picnic How safe would you feel? I don't like that! Getting on with others Playing games Harold saves for something special	Being my Best & Growing and Changing You can do it Harold's postcard What does my body do? Haven't you grown? Respecting privacy Some secrets should never be kept
Y3	Me and My Relationships & Valuing Difference As a rule Friends are special Thanks Respect and Challenge Our friends and neighbours Celebrate our differences	Keeping Safe & Rights and Respect Safe or unsafe? Super Searcher Help or harm? Help stay safe Helpful volunteers Can Harold afford it?	Being my Best & Growing and Changing Derek cooks dinner Poorly Harold I am fantastic Relationship tree Body Space Basic first aid

Y4	Me and My Relationships & Valuing Difference Human machines OK or not OK? Under pressure Different feelings What would I do? People we share our world with Friend or acquaintance	Keeping Safe & Rights and Respect Danger, risk or hazard? How dare you? Picture wise Who helps us stay safe and healthy? How do we make a difference? In the news!	Being my Best & Growing and Changing What makes me, me! Making Choices Harold's Seven Rs My feelings are all over the place Preparing for changes Secret or surprise? Together
Y5	Me and My Relationships & Valuing Difference Collaboration Challenge! How good a friend are you? Being assertive Kind conversations Happy being me Is it true?	Keeping Safe & Rights and Respect Stop bullying Play like share Would you risk it? What's the story? Rights, respect and duties Spending wisely	Being my Best & Growing and Changing Different skills Star qualities Basic first aid Take notes of our feelings Dear Ash Changing bodies
Y6	Me and My Relationships & Valuing Difference Assertiveness skills Behave yourself Don't force me Acting appropriately Respecting difference Gender stereotypes	Keeping Safe & Rights and Respect Think before you click To share or not to share What sort of drug is...? Alcohol: what is the normal? Democracy in Britain 1 Democracy in Britain 2	Being my Best & Growing and Changing I look great Media manipulation Pressure online Helpful or unhelpful Is this normal? Making babies

PSHE and wellbeing long-term plan based on SCARF half-termly units and related key themes

(units include lesson plans that cover all the DfE statutory requirements of Relationships Education and Health Education)

E safety linked sessions