



Prince Avenue Academy and Nursery PSHE Curriculum and Overview

EYFS – Year 6 Yearly Overview

	Autumn	Spring	Summer
Nursery (2-3)	I am learning to: • Leave my parent or carer when arriving at nursery • Calm myself when upset with the support of a familiar adult • Show preferences for toys and activities • Express a range of emotions • Begin to manage my emotions and talk about them. • Grow in independence, rejecting some help if offered • Wait my turn with adult support • Begin to notice differences between myself and others • Begin to use the toilet independently • With adult support, feed myself, wash my hands and look after my belongings. • Develop a relationship with my familiar adults • Develop friendships with other children • Talk to and listen to others in a small group, often with adult support		
Nursery (3-4)	I am learning to: • Follows rules and begins to understand why they are important • Talks with others to solve conflicts • Talks about their feelings – happy, sad, angry, tired • Takes turns with others • Settles at an activity for a short time • Leaves carer without needing support • Use the toilet independently • Wash hands • Look after my belongings – put my bag on my peg • Feed self • Begin to understand making healthy choices • Play with others, extending play and exploring different play ideas • Begin to resolve conflicts independently • Begins to understand how others are feeling		
Reception	I am learning to: • Express feelings and considers the feelings of others • Show resilience when facing challenges		

PRIDE RESPECT INCLUSION NURTURE COURAGE EXCELLENCE



Prince Avenue Academy and Nursery PSHE Curriculum and Overview

	- Identifies and names own feelings - Begin to see themselves as an individual - Manage their own needs - personal hygiene - Begins to know what can affect their own well being - Build relationships with others - Thinks about the perspective of others - Plays cooperatively with others
--	---

	Autumn	Spring	Summer
Year 1	- Shared Responsibility - Respecting Self and Others - Managing Hurtful behaviour and Bullying	- Safe Relationships - Economic well being, aspirations, work and career	- Friendships and feelings - Different families * - My brilliant body - Keeping safe - Sleeping well - Keeping clean - Safety in the sun - Good manners
Year 2	- Friendships - Communities - Media Literacy and Digital Resilience - Economic Wellbeing & Money	- Mental Health - Drugs, Alcohol and Tobacco	- Keeping clean and taking care of myself - Naming body parts – external and private - Keeping safe (lesson revisited) - Healthy eating * - Emotions and anger - Keeping fit - Safety – out and about
Year 3	- Managing Hurtful behaviour and bullying (all year groups - anti bullying week) - Healthy Wellbeing (Physical Wellbeing)	- Drugs, Alcohol and Tobacco - Shared Responsibilities - Communities	- Yasmine and Tom recap and ground rules for Year 3 - Me, myself and I - What makes a good friend? - Families and getting on with our families

PRIDE RESPECT INCLUSION NURTURE COURAGE EXCELLENCE



Prince Avenue Academy and Nursery PSHE Curriculum and Overview

			• My personal and private body parts and keeping safe * • People who can help us on and offline • Being safe in the sun • Hidden sugar • Getting physical
Year 4	• Managing Hurtful behaviour and bullying (all year groups - anti bullying week) • Healthy Wellbeing (Physical Wellbeing)	• Mental Health • Respecting Self and others	• Gender stereotypes and aspirations • My personal and private body parts and keeping safe • Body care • Is it risky? • People who can help us on and offline (lesson revisited) • Germs • Getting enough sleep • Oral hygiene • Feeling good • Keeping safe – online risks • Wellbeing online
Year 5	• Economic Wellbeing: Money • Economic Wellbeing: Aspirations, work and career • Managing Hurtful behaviour and bullying (all year groups - anti bullying week)	• Drugs, Alcohol and Tobacco • Safe Relationships • Ourselves, Growing and Changing	• Respectful relationships • On and offline friendships • Keeping safe – online images • Friendships and secrets • Friendships and pressure • Keeping safe – safe and unsafe touch • Consent • Wellbeing online • Misogyny • Keeping safe – online risks • Physical fitness • Feeling good • Getting help • Isolation and loneliness • Immunisation and vaccinations • Periods (menstruation)

PRIDE RESPECT INCLUSION NURTURE COURAGE EXCELLENCE



Prince Avenue Academy and Nursery PSHE Curriculum and Overview

Year 6	• Mental Health • Managing Hurtful behaviour and bullying (all year groups - anti bullying week) • Media Literacy and Digital Resilience	• Economic Wellbeing: Aspirations, work and career • Economic Wellbeing: Money	• Changes at puberty • Wet dreams and masturbation (optional opt out) • Making babies – sexual intercourse (optional opt out) • Making babies – assisted fertility and multiple births (optional opt out) • Making babies – pregnancy and birth (optional opt out) • Identity and prejudice • Equality and the law • Dangers of smoking • The effects of alcohol • Legal and illegal drugs • Coping with grief • Marriage • First aid

PRIDE RESPECT INCLUSION NURTURE COURAGE EXCELLENCE