



## Holy Trinity PSHE Curriculum overview 2023 2024



	<b>Relationships</b>	<b>Living in the Wider World</b>	<b>Health and Well-Being</b>
	<b>Families &amp; friendships; Safe relationships; Respecting ourselves and others</b>	<b>Belonging to a community; Media literacy and - digital resilience; Money and work</b>	<b>Physical health and Mental well-being; Growing and changing; Keeping safe</b>
Y1	<p>What are British Values? - Democracy</p> <p>Who are the special people in my life that love and care for me? (family)</p> <p>What are the differences and similarities between people?</p> <p>What are the similarities between girls and boys? (body parts)</p> <p>What is the difference between good secrets and bad secrets?</p> <p>How does my behaviour affect others?</p> <p>What makes me happy? What are feelings?</p>	<p>What are British Values? - Rule of Law</p> <p>What are class rules? (British Values )</p> <p>Where does our money come from?</p> <p>What is the environment?</p> <p>What are the rules for keeping me safe at school and outside? (Road, water, fire)</p> <p>How can I keep safe online? <b>Link to Internet safety day.</b></p>	<p>What are British values? - Individual Liberty</p> <p>What are the rules for keeping me safe at school and outside? (Road, water, fire) <b>Build on from Spring</b></p> <p>How do I keep safe at home? Household products i.e. medicines</p> <p>What is an emergency and what do I do? (Who helps us/strangers) School and home - getting help and what help is provided (medicines)</p> <p>Why is it important to keep active?</p> <p>How do I look after my teeth?</p> <p>Why is it important to wash my hands?{</p>
Y2	<p>What are British Values? - Democracy</p> <p>What is private? (body parts)</p> <p>What happens when the body grows young to old?</p> <p>What is fair, unfair, kind and unkind? (friendship)</p> <p>What is the difference between small feelings and big feelings? (change and loss)</p> <p>What makes others happy? What is the difference between joking, teasing and bullying?</p>	<p>What are British Values? - Rule of Law</p> <p>How can I keep safe online?</p> <p>What are the rules about household substances? (Hazard symbols in the house)</p> <p>What groups and communities am I a part of?</p> <p>How do we make choices about spending money?</p> <p>How can we look after the environment?</p>	<p>What are British values? - Individual Liberty</p> <p>How do medicines help us when we are unwell?</p> <p>What is my responsibility for keeping myself and others safe outside?</p> <p>How do I keep myself healthy?</p> <p>Why is it important to keep active?</p> <p>How can I prevent diseases from spreading?</p>
Y3	<p>What are British Values? - Democracy</p> <p>What is personal space? (unwanted touch)</p> <p>What does a healthy relationship look like? (friendship)</p> <p>Why is being equal important in relationships? (trust)</p> <p>How do my feelings affect my behaviour? How can I manage my feelings? (stress - emotions)</p> <p>What am I good at? (strengths and differences).</p>	<p>What are British Values? - Rule of Law</p> <p>What are the ways we communicate online? (data sharing)</p> <p>How do rules and law protect me?</p> <p>What is the difference between my local British communities and global communities?</p> <p>What are the links between work and money?</p>	<p>What are British values? - Individual Liberty</p> <p>How do my feelings affect my behaviour? How can I manage my feelings? (stress - emotions) Build on from Autumn</p> <p>What happens when I breathe smoke in the air?</p> <p>How do I recognise risks in my life?</p> <p>What do I do in an emergency? (emergency services)</p> <p>What is a healthy diet? What is an unhealthy diet? (the Eat Well Guide)</p> <p>How do I keep safe in the sun?</p> <p>Why is personal and oral hygiene important?</p>
Y4	<p>What are British Values? - Democracy</p> <p>What is diversity? (inc. LGBT+)</p> <p>Do boys and girls have different roles? (sport/jobs/toys)</p>	<p>What are British Values? - Rule of Law</p> <p>What are the rights of the child?</p> <p>How do we look after our money?</p> <p>What is sustainability?</p>	<p>What are British values? - Individual Liberty</p> <p>What is self-control?</p> <p>What changes happen to my body? (menstruation)</p> <p>What is resilience? Overcoming emotions through problem-solving</p>

	<p>What does it mean to have responsibility over my choices and actions? (online vs offline behaviour/online privacy)</p> <p>What is discrimination? (bullying)</p> <p>What is self-control?</p>		<p>How do I identify 'risk', 'danger' and 'hazard'? (in the house/escape plans and outside the house- road/water)</p> <p>What is the difference between legal and illegal drugs?</p> <p>Are all drugs harmful?</p> <p>How do I make sure I get good quality sleep? (PSHE Assoc)</p> <p>What is fuel for the body? Does all food provide the same amount? (energy - Food: a fact for life)</p> <p>How do I know if I'm physically ill?</p>
Y5	<p>What are British Values? - Democracy</p> <p>What are the different relationships in my life?</p> <p>What is unwanted touch?</p> <p>How do I negotiate and compromise?</p> <p>How do I respond to risks and dares?</p> <p>Who or what influences me?</p>	<p>What are British Values? - Rule of Law</p> <p>How do I stay safe on a mobile or tablet?</p> <p>How are rules and law made and changed?</p> <p>What is Fair Trade? (enterprise skills)</p> <p>How can I combine sustainability with fair trade using my enterprise skills?</p> <p>What is racism? -</p>	<p>What are British values? - Individual Liberty</p> <p>What changes happen in my life?</p> <p>What are 'habits'?</p> <p>How do I stay safe on a mobile or tablet? <b>Build on from Spring</b></p> <p>How can we stop the spread of infection?</p> <p>How can I be happy being me? (personal qualities)</p> <p>Why is it important to know about the nutritional content of food? (include portion size/sugar smart)</p>
Y6	<p>What are British Values? - Democracy</p> <p>What happens in a loving relationship (incl. marriage) and what is forced marriage?</p> <p>What is puberty?</p> <p>What is puberty - emotional/physical?</p> <p>How do I manage peer pressure? (assertiveness/hoax calls/anti-social behaviour)</p> <p>What are the risks out and about in my local area?</p>	<p>What are British Values? - Rule of Law</p> <p>What is stereotyping?</p> <p>How can the internet positively and negatively affect our mental health?</p> <p>Why is it important to be critical of the media?</p> <p>How do people manage money? (tax, loan, interest, debt)</p> <p>What do I want to be? (jobs)</p>	<p>What are British values? - Individual Liberty</p> <p>How can I challenge negative thoughts and feelings?</p> <p>How do drugs affect the mind and body?</p> <p>What are basic emergency first aid skills?</p> <p>How is my mental and physical wellbeing connected? (C4L)</p> <p>How do I keep physically healthy?</p> <p>Can I plan and prepare a healthy meal? (C4L)</p>