Weston Rhyn
EST. Primary School 1926

PSHE Curriculum Overview
Cycle C

Term	Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4	Year 5	Year 6
AUTUMN 1	Recognise and talk about their feelings. Build positive relationships with adults and other children. Share, take turns and play cooperatively. Develop confidence to try new activities. Begin to understand rules and routines. Become increasingly independent with self-care, dressing and hygiene. Learn about healthy choices and keeping themselves safe.	**Self-Regulation** Understand and talk about their feelings and the feelings of others. Work towards simple goals. Listen attentively and follow instructions. **Managing Self** Show confidence, resilience and perseverance. Understand right and wrong and the reasons for rules. Manage personal hygiene and basic needs independently. **Building Relationships** Work and play cooperatively with others. Take turns and share. Form positive friendships and relationships. Show kindness and consideration towards others.	Belonging to Our School Community *(VIPs)* **Relationships**	Rights, Rules and Responsibilities *(One World)* **Living in the Wider World**	Being a Responsible Citizen *(One World)* **Living in the Wider World**	Being a Responsible Citizen *(One World)* **Living in the Wider World**	Democracy and Our Community *(One World)* **Living in the Wider World**	Respectful Relationships and Anti-Bullying *(TEAM)* **Relationships**
AUTUMN 2			Celebrating Differences *(One World)* **Relationships**	Respecting Ourselves and Others (*TEAM)* **Relationships**	Valuing Diversity *(Diverse Britain)* **Relationships/Living in the Wider World**	Valuing Diversity *(Diverse Britain)* **Relationships/Living in the Wider World**	Identity and Diversity *(Diverse Britain)* **Relationships**	Mental Health, Self-Esteem and Transition *(Think Positive)* **Health and Wellbeing**
SPRING 1			Online Safety: Staying Safe Online *(Digital Wellbeing)* **Health and wellbeing**	Online Relationships and Digital Citizenship *(Digital Wellbeing)* **Relationships**	Digital Footprints and Online Safety *(Digital Wellbeing)* **Health & Wellbeing**	Digital Footprints and Online Safety *(Digital Wellbeing)* **Health & Wellbeing**	Online Respect and Media Literacy *(Digital Wellbeing)* **Living in the Wider World**	Citizenship, Democracy and Social Responsibility *(One World)* **Living in the wider world**
SPRING 2			Keeping Healthy and Safe *(Safety First)* **Living in the wider world**	Healthy Lifestyles *(It's My Body)* **Health and wellbeing**	Mental Health and Emotional Wellbeing *(Be Yourself)* **Health & Wellbeing**	Mental Health and Emotional Wellbeing *(Be Yourself)* **Health & Wellbeing**	Healthy Choices and Healthy Relationships *(Growing Up)* **Health and wellbeing**	Physical Health, Safety and Risk *(Safety First)* **Health and Wellbeing**
SUMMER 1			People Who Help Us *(Diverse Britain)* **Living in the Wider World**	Communities and Belonging *(Diverse Britain)* **Living in the Wider World**	Positive Relationships and Anti-Bullying *(TEAM)* **Relationships**	Positive Relationships and Anti-Bullying *(TEAM)* **Relationships**	Keeping Safe: Risks and Influences *(Safety First)* **Health & Wellbeing**	Growing Up and Changing *(It's My Body)* **Relationships**
SUMMER 2			Growing and Changing *(Growing Up)* **Health & Wellbeing**	Changes and Growing Up *(Growing Up)* **Health and wellbeing**	Aspirations and Goal Setting *(Aiming High)* **Living in the Wider World**	Aspirations and Goal Setting *(Aiming High)* **Living in the Wider World**	Careers, Ambitions and Enterprise *(Aiming High)* **Living in the Wider World**	Economic Wellbeing and Secondary Transition *(Money Matters)* **Living in the wider world**