



Physical, Social & Health Education Curriculum Overview

Year	Autumn Term Compassion and Respect	Spring Term Service and Gratitude	Summer Term Integrity and Excellence
EYFS	Relationships - Compassion - Understanding feelings - Being in a classroom - Being gentle and kind - Rights and responsibilities - Self-identity Relationships/Living in the Wider World - Respect - Difference - Identifying talents - Being special - Families - Making friends	Living in the Wider World – Service - Challenges - Seeking help - Perseverance/overcoming obstacle - Jobs - Goal setting - Achieving goals Relationships - -family life - Friendships - Breaking friendships - Making new friends - Dealing with bullying - Being a good friend	Health and Wellbeing - Bodies – body parts and sense - Respecting my body and privacy - Growth and change - Celebrations Health and Wellbeing - Growing up – past and present - Safety - Change in life - Fun and fears - Wishes for the future
Developing an understanding and appreciation for the school values: compassion, respect, service, gratitude, integrity and excellence			
Year 1	Relationships – Be Yourself - Marvelous me - created and loved by Allah swt - Feelings - recognizing different feelings– (compassion) - Things I like - what makes me happy - Uncomfortable feelings - grief, anger etc (compassion) - Changes - loss/moving home etc - Speaking up - polite assertiveness (respect and integrity) Relationships – Team - Together everyone achieves more (service) - Listening (Respect) - Being Kind (Compassion) - Bullying and Teasing (Respect, Integrity)	Living in the Wider World – Aiming High - Star Qualities (Excellence) - Positive Learners (Excellence) - Bright Futures (Excellence) - Jobs for All (Excellence, Service) - Going for Goals (Excellence) - Looking Forward (Excellence) Health and Wellbeing – It's my Body - My body, my business - Amanah of Allah (swt) (Respect, integrity) - Active and Asleep (respect, integrity) - Happy Healthy Food - Clean as a whistle (respect, integrity) - Can I Eat it? (incl. Halaal/Haram foods) (respect, integrity) - Can I Choose? (Choosing a healthy lifestyle) (respect, integrity)	Living in the Wider World – Money Matters - Money - Keep it Safe (Gratitude, Respect) - Save or Spend (gratitude, integrity) - Want or need (Gratitude) - Look After it (Gratitude, respect) - Going Shopping Living in the Wider World – Diverse Britain - My School (Service, Respect) - My Community (Service, Respect) - My Neighbourhood (Service, Respect) - My Country (Service, Respect) - British People - What Makes me Proud of Britain (Gratitude)

	- Brilliant Brains (Excellence) - Making good choice (Integrity)		
Year 2	Living in the Wider World – One World - Families around the world (Respect) - Homes around the world (Respect) - Schools around the world (Respect) - Environments (Respect) - Resources (Respect) - Planet Protectors (Respect, Gratitude, Integrity, Excellence) Health and Wellbeing – Safety First - Keeping Safe (Integrity, Respect) - Staying Safe at Home (Integrity, Respect) - Stay Safe Outside (Integrity, Respect) - Staying Safe Online (Integrity, Respect) - The Underwear Rule (My body belongs to me, safe vs unsafe physical contact) (Integrity, Respect) - People who can help	Relationships - VIPs - Who are your VIPs (Service, Respect) - Families (Service, Respect, Compassion) - Friends (Service, Respect, Compassion) - Falling Out (Respect, Integrity, Compassion) - Working Together (Service) - Showing You Care (Compassion) Relationships – Digital Wellbeing - The internet and Me (Integrity) - Online and Offline (Integrity) - Staying safe online (Integrity) - Personal information (Integrity) - Communicating Online (Integrity, Respect)	Health and Wellbeing – Think Positive - Think Happy, Feel Happy (Compassion) - It's Your Choice (Respect) - Go Getters (Excellence) - Let it out (Compassion) - Be Thankful (Gratitude) - Be Mindful (Compassion, Respect) Health and Wellbeing – Growing up - Our bodies (naming body parts - No references to genitalia) – (Respect, Gratitude) - Is it okay? (No means no, I like hugs, I don't etc) (Respect) - Pink and Blue (what are stereotypes/what makes us unique) (Respect) - Your Family, My Family (Respect) - Getting older/changes (Gratitude, Respect)
Year 3	Relationships Education – Team - A new start (Excellence) - Together everyone achieves more (Service, Respect, Compassion) - Working together (Service, Respect, Compassion) - Being considerate (Compassion) - When things go wrong (Respect, Integrity) - Responsibilities (especially as a person of faith) (Integrity, Service, Excellence) Living in the Wider World – Diverse Britain - Living in Britain (Respect) - Democracy (and what it means in Britain) (Integrity, Respect) - Rules, laws and responsibilities (Integrity) - Liberty - Tolerance and respect (Respect)	Relationships Education – Be yourself - Pride in achievements (achievements as a muslim – keeping all your fasts, completing the reading of the Quran, performing Hajj etc.) (Excellence, Gratitude) - Feelings (Compassion) - Express yourselves - Know your mind (Integrity, Respect) - Media-wise (Integrity, Respect) - Making it right (Integrity, Compassion, Excellence) Health and Wellbeing – It's my body - My body my choice (making the right choices) (Respect, Integrity) - Fit as a fiddle (Respect, Integrity) - Good night, Good day (Respect, Integrity) - Cough, splutter, sneeze (Respect, Integrity) - Drugs: heeling or harmful (Respect, Integrity) - Choices everywhere (Respect, Integrity)	Living in the Wider World – Money Matters - Where does money come from (Gratitude) - Ways to pay (Integrity) - Lending and borrowing (Respect, Integrity) - Priorities (Integrity, Gratitude) - Advertising - Keeping track (Integrity, Excellence) Living in the Wider World – Aiming High - Achievements (Excellence, Gratitude) - Goals (Excellence) - Always learning (Excellence) - Jobs and skills (Excellence, Service) - No limit! (Excellence, Gratitude) - When I grow up (Excellence)

Year 4	Relationships Education – VIP’S - Family and Friends (Compassion, Respect) - Fabulous Friends (Compassion, Respect) - Is this a good relationship? (Integrity) - Falling out (Integrity, respect, compassion) - Bullying (understanding ‘what is bullying; knowing the strategies to communicate about bullying) (Integrity) - Anti bullying (Integrity) Health and Wellbeing – Think positive - Happy minds, happy people (Compassion, Gratitude) - Thoughts and feelings (Compassion) - Changes (compassion, Excellence) - Keep calm and relax! (The power of prayer) – (Compassion) - You’re the boss (Compassion, Integrity) - Always learning (Understanding humility) (Excellence)	Health and Wellbeing – Safety first - New responsibilities (Integrity, Excellence) - Risks, hazards and dangers (Integrity, Respect) - Under pressure (Integrity, Respect) - Safety when out and about (Integrity, Respect) - Stay safe online (Integrity, Respect) - Injuries and Emergencies (Service, Excellence) Relationships – Digital Wellbeing - The digital world (Integrity, Respect) - Digital kindness (Compassion) - Do I know you? (Respect, Integrity) - Online information (Integrity, Excellence) - Keep it private (Integrity, Respect) - My digital wellness	Health and wellbeing – It’s my body - Your body is your own (Respect, Integrity) - Sleep well, be well (Respect, Integrity) - Taking care of your changing bodies (Respect, Integrity) - Harmful substances (Respect, Integrity) - How we think and feel about our bodies (Compassion, Respect, Gratitude) - Healthy choices (Respect, Integrity) Living in the wider world – One World - Chiwa and Kwedne (Respect, Gratitude) - Chiwa’s dilemma (1) (Respect, Gratitude) - Chiwa’s dilemma (2) (Respect, Gratitude) - Chiwa’s sugar (Respect, Integrity) - Chiwa’s world (Respect, Integrity) - Charity for Chiwa (Compassion, Integrity, Excellence)
Year 5	Relationships Education – Team - Together everyone achieves more (Service, compassion, integrity, respect) - Communicate (respect) - Collaborate and compromise (Service, compassion, integrity, respect) - Care (Compassion) - Unkind Behaviour (Integrity) - Shared responsibilities (Integrity, Excellence, Service) Relationships Education – Be Yourself - You are unique (Respect) - Let it out! (Respect, Compassion) - Uncomfortable feelings (Compassion) - The confidence track (Compassion) - Do the right thing (Integrity) - Making amends (Integrity, Respect, Compassion)	Health and Wellbeing – Growing up - Wonderful Me (Respect, Gratitude) - Changes in boys and girls (taught in gender groups) (Respect) - Personal Hygiene (Respect, Integrity) - Changing Emotions (Compassion) - Relationships and Families (Compassion, Respect, Gratitude) Health and wellbeing – Think positive - The cognitive triangle - Thoughts are not facts (Gratitude) - Facing your feelings (compassion) - Choices and consequences (Integrity) - Being present (Gratitude) - Yes, I can! (Excellence)	Living in the Wider World – Aiming High - You can achieve anything (Excellence) - Breaking down barriers (Excellence) - Future focus (Excellence) - Equal opportunities (Respect) - Innovation and enterprise (Service, Excellence) - Onwards and upwards (Excellence) Living in the wider world – Diverse Britain - Identities (Respect) - Communities (Respect, Service) - Respecting the law (Respect, Integrity) - Local government (Integrity) - National government (Integrity) - Making a difference (Service)

Year 6	Living in the wider world – One world - Global citizens (Integrity, Service) - Global warming (Integrity, Respect) - Energy (Integrity, Respect) - Water (Integrity, Respect) - Biodiversity (Integrity, Respect) - In our hands (Respect, Integrity, Service) Relationships Education – VIPs - People we love (e.g. family) (Compassion, Respect) - Think before you act (Integrity) - It's okay to disagree (Respect) - You decide (Respect, Integrity) - Secrets (Integrity, Respect) - False Friendships (Respect, Integrity)	Living in the wider world – Money Matters - Look after it! (Gratitude, Respect, Integrity) - Critical consumers (Integrity) - Value for money and Ethical Spending (Gratitude, Integrity) - Budgeting (Integrity) - Money and emotional wellbeing (Integrity) - Money in the wider world (Integrity, Respect) Relationships – Digital Wellbeing - My digital life (Respect, Compassion) - Staying safe, healthy and happy online (Integrity, Respect) - Online relationships (Respect, Integrity) - Social Media (Respect, Integrity) - Saying No to online bullying (Integrity, Respect) - Fake News (Integrity, Excellence)	Health and wellbeing – Safety First - You are responsible (Respect, Integrity, Excellence) - What are the risks? (Integrity) - Making your mind up (Integrity) - In an emergency (Excellence, Integrity) - Home- Safe and Sound (Excellence, Integrity) - Outdoors – Playing it Safe (Excellence, Integrity) Health and Wellbeing – Growing up - Just the way you are (Compassion, Gratitude, respect) - Changing bodies (taught in gender groups) (Respect) - Changing emotions (Compassion) - Relationships (E.g. friendships, family) (Compassion, Respect, Gratitude) - Connecting with Allah; character building (embedding school values) - Transitioning to secondary school and beyond (Excellence)
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