

Key Stage 2 PSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	DISCOVERY	SAFETY	UNIQUENESS	HEALTH	EXPLORATION	CELEBRATION
PSHE	Health and wellbeing		Relationships		Living in the wider world	
Lower Key Stage 2	Who am I? Pt 1 Strengths, skills, interests, dreams, etc. Who is in my network?	Who am I? Pt 2 What kind of a friend am I? How do I deal with bullying?	What makes a community? What is difference? (disability, race and religion) How do I care and respect my environment?	How do I take care of my physical and mental health? Emergencies. (Managing emotions, sleep, hygiene, dental).	Changing and growing - baby to now. Are families the same? (Civil partnerships and marriage)	What jobs do people have? What rules and laws are important for me? My responsibility to people and animals.
Upper Key Stage 2	Who am I? What is self-esteem: self-worth? What is gender? Age and puberty?	What is my responsibility and what are my rights? How do I Express and manage feelings?	What are careers / aspirations / role models? What are my future options?	How do I take care of myself? (change, loss, feelings, medicines, screen time, alcohol, tobacco, drugs, etc).	What is puberty? What are the different types of relationships? What are safe hands?	What are money making decisions? Considering age and responsibility.
Therapeutic offer	Self-awareness Cooperating sharing	Safety and emotional literacy Managing feelings Empathy	Perspectives and negotiation Social skills	Social inferencing Managing feelings	Social problem-solving Conflict resolution	Assertiveness skills Colour therapy
PSHE	Health and wellbeing		Relationships		Living in the wider world	
Protected Factors	Age and gender		Civil Partnerships and marriage, pregnancy and maternity		Disability, religion/belief and race	
BV	RULE OF LAW, INDIVIDUAL LIBERTY, DEMOCRACY, RESPECT, TOLERANCE					
SMSC	SOCIAL, MORAL, SPIRITUAL, CULTURAL					