



West Jesmond Primary School

PSHE Curriculum

Key: Health and Wellbeing, Relationships, Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Building Relationships: special relationships	Self-regulation: My feelings	Self-regulation: Listening and following instructions	Managing self: My wellbeing	Building relationships: My family and friends	Managing self: Taking on challenges
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What jobs do people do?	How can we look after each other and the world?	Who helps to keep us safe?
Year 2	How do we recognise our feelings?	What makes a good friend?	What helps us grow and stay healthy?	What can we do with money?	What is bullying?	What helps us to stay safe?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	How do we look after our health?	How can we manage our feelings?
Year 4	What strengths, skills and interests do we have?	How can our choices make a difference to others and the environment?	What influences job choices?	How can we respond to hurtful behaviour?	How do we treat each other with respect?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How will we grow and change?	What does it mean to be a good citizen?
Year 6	How can the media influence people?		How can we keep healthy as we grow?	What jobs would we like?	How do friendships change as we grow? What will change as we become more independent?	