## St Cuthbert with St Matthias CE Primary School Curriculum Outline 2018 – 2019 SUBJECT: PSHE

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	New Beginnings. My identity. Black History Month.	New Beginnings. Feelings/Rules. MEND. Black History Month.	New Beginnings. Healthy and Safety. Black History Month.	New Beginnings. Keeping Safe. Black History Month.	New Beginnings. MEND - Healthy Eating. Risks and Safety. Black History Month.	New Beginnings. Emotional Health. Black History Month.	New Beginnings. Emotional Health. Self-Confidence. Black History Month.
Autumn 2	Relationships. Living in the wider world – safety. Anti bullying.	Relationships. Personal safety. Anti bullying.	All about Me. Anti-Bullying. Living in the wider world – money.	Healthy Eating. Anti-Bullying.	Anti-Bullying. Rights and responsibilities – respect, democracy	Healthy Eating. Anti bullying. Stereotypes.	Empathy. Conflict Resolution. Anti bullying.
Spring 1	Friendships and what makes a good friend. Being Healthy (Hand Washing).	Growing and Changing. Fairtrade. Losing and Finding.	Relationships. Friendships. Fairtrade. Exercise and health.	Relationships. Self-awareness. Fairtrade.	Relationships. Fairtrade. Decision Making.	Relationships. Fairtrade. Drug Education.	Relationships. Gender. Fairtrade. Drug Education.
Spring 2	Healthy Eating. Rules and responsibility.	Values. Recycling.	Values. Friendships relationships.	Emotional Health. Diversity Families Healthy relationships	Recycling. E Safety.	Democracy. Values. Diversity.	Democracy. British Values.
Summer 1	Dealing with Emotions. Being Healthy (Oral Hygiene).	Road Safety. People who help us.	Healthy Eating. Life Cycles. E Safety	E Safety. Values. Mental Health – stress.	Behaviour and consequence. Equality. Diversity. Values.	E Safety. RSE. Personal Safety.	E Safety. RSE. Living in the Wider World.

Summer 2	Special People. Changes. Transition.	Changes. Growing up. Transition.	Self-esteem. Changes. Transition.	Changes. Community. Transition.	Changes. Transition.	Community. Working together. Changes. Transition	Values, diversity. Transition. Changes.
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