









In the EYFS, PSHE is taught as an integral part of topic work and is embedded throughout the curriculum. Pol-Ed lessons, developed by the West Yorkshire Police, are also used in addition to the listed PSHE topics to provide further learning opportunities within KS1 and KS2; as these are continually being adapted and modified by West Yorkshire Police in response to local need, they are reviewed each half term and matched to suitable PSHE units of work or as and when required in response to the needs of our pupils.

Whole school curriculum overview

EYFS	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Relationships and sex education	Mental health and wellbeing	Physical health and wellbeing	Identity, society and equality	Identity, society and equality	Physical health and wellbeing	Mental health and emotional wellbeing
You, Me, PSHE	I am unique  	Feelings 	What keeps me healthy? 	Celebrating difference  	Democracy 	In the media 	Healthy minds 
	MindMate Feeling good and being me	Recognising feelings	Celebrate strengths	Goals and aspirations	Feelings - intensity	Self-belief 	Self-integrity
This theme supports the individual liberty aspects of British Values through exploring self-knowledge, self-esteem and self-confidence. 							
Autumn 2	Mental Health and Wellbeing	Keeping safe and managing risk	Mental health and emotional wellbeing	Keeping safe and managing risk	Keeping Safe and Managing Risk	Relationships and sex education	Keeping safe and managing risk
You, Me, PSHE	Feeling happy 	Feeling safe 	Friendship 	Bullying - see it, say it, stop it 	Playing safe 	Growing up and changing 	Keeping safe - out and about 
	MindMate Friends and family	Recognise how others show feelings and know how to respond	impact of behaviour on others	Unkind behaviours	Skills to keep and maintain positive relationships	Unhealthy friendships and relationships	Celebrating friendships
This theme supports the individual liberty aspects of British Values through exploring how feelings, actions and behaviours are linked enabling pupils to take responsibility for their behaviour. 							
Spring 1	Identity, society and equality	Identity, society and equality	Relationship education	Mental health and emotional wellbeing	Physical health and wellbeing	Relationships and sex education	Relationships and sex education
You, Me, PSHE	Looking after each other and our environment 	Me and others 	Boys and girls, families  	Strengths and challenges 	What is important to me?  	Growing up and changing 	Healthy relationships / How a baby is made  
	MindMate Life changes	New school/class and making new friends	Loss; losing loved objects, pets, person	New faces/ new routines	Positive and negative effects on emotional wellbeing	Aspirations to manage change positively	Moving on

		This theme supports the individual liberty aspects of British Values through exploring self-knowledge, self-esteem and self-confidence. 					
Spring 2 You, Me, PSHE	Physical Health and Wellbeing Eat a rainbow	Drug, alcohol and tobacco education What do we put into and on to bodies? 	Relationships education Boys and girls, families 	Physical health and wellbeing What helps me choose? 	Mental health and emotional wellbeing Dealing with feelings 	Identity, society and equality Stereotypes, discrimination and prejudice (including tackling homophobia) 	Relationships and sex education Healthy relationships / How a baby is made 
	MindMate Strong emotions	Recognising what is fair and unfair, right and wrong	Comfortable and uncomfortable feelings	Introducing strong emotions including anger	Resisting pressure	Strong emotions and mental health	Happiness
		This theme supports the individual liberty aspects of British Values through exploring self-knowledge, self-esteem and self-confidence and supports the Rule of Law aspect of British Values through exploring rights. 					
Summer 1 You, Me, PSHE	Keeping safe and managing risk Stranger danger 	Physical health and wellbeing Fun times 	Keeping safe and managing risk Indoors and outdoors 	Careers, financial capability and economic wellbeing Saving, spending and budgeting 	Drug, alcohol and tobacco education Making choices 	Careers, financial capability and economic wellbeing Borrowing and earning money 	Drug, alcohol and tobacco education Weighing up risk 
	MindMate Being the same being different	Celebrating difference 	Begin to understand empathy	Differing opinions	Know actions affect themselves and others	Stigma 	Body image / social media
		This theme supports the respect and tolerance and individual liberty aspects of British Values through exploring differences, discrimination and stereotypes and how behaviours impact others. 					
Summer 2 You, Me, PSHE	Drug, alcohol and tobacco education  Coughs and sneezes	Careers, financial capability and economic wellbeing My money  	Drug, alcohol and tobacco education Medicines and me 	Drug, alcohol and tobacco education Tobacco is a drug 	Keeping Safe and Managing Risk When things go wrong 	Drug, alcohol and tobacco education Different influences 	Identity, society and equality  Keeping safe and managing risk Keeping safe - out and about FGM 
	MindMate Solving problems	Setting goals and targets	Not giving up/ perseverance	Dealing with difficult situations	Coping with difficult situations	Talking it through	Winning; what does it take?
		This theme supports the individual liberty aspects of British Values through exploring self-knowledge, self-esteem and self-confidence. 					



The red flag demarcates lessons which link directly to safeguarding