



PSHE – Curriculum for Life Curriculum Overview

	Autumn 1 Sep-Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 Feb-Mar	Summer 1 Apr-May	Summer 2 Jun-Jul
EYFS	Managing self: Rules and routines	Building constructive and respectful relationships	Self-regulation: Identifying and moderating social and emotional feelings	Building relationships: Expressing your feelings and considering those of others	Managing self: Knowing about health and wellbeing	Self-regulation: Resilience and perseverance
Year 1	Health and wellbeing Identity and feelings	Relationships My relationships	Living in the wider world: Safety rules and jobs	Health and wellbeing Staying healthy	Relationships Safe relationships	Living in the wider world: Our environment
Year 2	Living in the wider world: Money	Health and wellbeing Staying healthy	Relationships Friendships	Living in the wider world: My community and online safety	Health and wellbeing My body, safety and risk	Relationships Hurtful behaviour
Year 3	Health and wellbeing Identity	Relationships Caring relationships	Living in the wider world: Careers	Health and wellbeing Healthy choices	Relationships Respect and boundaries	Living in the wider world: Rules, laws and rights
Year 4	Living in the wider world: Money	Health and wellbeing Health	Relationships Online safety	Living in the wider world: Community	Health and wellbeing Puberty	Relationships Relationships
Year 5	Living in the wider world: Careers and media awareness	Health and wellbeing Wellbeing and emotions	Relationships Stranger danger and online safety	Living in the wider world: The environment	Health and wellbeing Healthy choices & first aid	Relationships Behaviour, respect & friends
Year 6	Health and wellbeing Physical health	Relationships Safe relationships	Living in the wider world: Diversity and privacy data	Health and wellbeing Puberty, drugs and alcohol	Relationships Bullying and sex education	Living in the wider world: Money
Year 7	Health and Well-being: How can I make the best start at Christ's College? How can I look after my mental health?	Healthy Relationships: What makes a positive relationship? Friendships and bullying.	Living in the Wider World: How can I support my community?	Health and Well-being: How does puberty impact me?	Health and Well-being: How can I keep myself healthy?	Living in the Wider World: Why is budgeting important?
Year 8	Health and Well-being: How do I look after my mental well-being?	Healthy Relationships How do I identify and challenge discriminative behaviours?	Living in the Wider World: What opportunities are out there?	Health and Well-being: How do my lifestyle choices impact my health?	Healthy Relationships: How do I maintain a healthy and safe relationship?	Living in the Wider World: How do I keep myself safe online?

Year 9	Health and Well-being: What is gang culture?	Healthy Relationships: How do I maintain positive family relationships?	Living in the Wider World: What are my options for the future?	Health and Well-being: What are the implications of drinking alcohol?	Healthy Relationships: How do I keep myself safe in an intimate relationship?	Living in the Wider World: What systems are in place to keep society safe and just?
Year 10	Health and Well-being: How do I look after my own mental health?	Healthy Relationships: How do I keep myself safe in an intimate relationship?	Living in the Wider World: How do I make sensible financial decisions?	Living in the Wider World: How does the British Legal System work?	Health and Well-being: How do I keep myself safe around external pressures?	Healthy Relationships: How can I protect myself against radicalisation? Living in the Wider World: What are my responsibilities for my future employment?
Year 11	Living in the Wider World: How can I prepare myself for my next steps?	Health and Well-being: How do I look after myself during exams?	Healthy Relationships: How do I prepare myself for situations that might occur in adulthood?	Living in the Wider World: What is equality?	Health and Well-being: How do I look after my mental health?	