

PSHE Overview		MY SELF & OTHERS	MY BODY	MY	MENTAL HEALTH AND WELLBEING
AUTUMN 1	MY SELF & OTHERS	Staying safe : Friendships E safety Road and rail Fire Water Staying well Lost/worried/frightened			Understanding my feelings Managing my feelings Understanding the feelings of others Friendship Social skills
AUTUMN 2					
SPRING 1	MY WORLD	Democracy and citizenship Prevent Community cohesion (British values)			Belonging Making choices Working together
SPRING 2					
SUMMER 1	MY BODY	Healthy eating, healthy lifestyles Alcohol, tobacco, drugs education SRE			Making choices Setting and reaching a goal Persistence Optimism Resilience Mind set
SUMMER 2					
<i>Drop -in days/ focus weeks /cross-curricular units</i>		<i>Anti - bullying Internet safety Economic awareness / Enterprise Work place /Aspire Voting Day Healthy Eating week</i>			<i>Standing up for myself Resolving conflict Setting and reaching a goal Persistence Optimism Resilience Mind set</i>