

PSHE curriculum
'Being Our Best Selves'
My happy mind plus other coverage

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Meet your Brain and Manage their own needs, personal hygiene and basic needs.	Meet your brain and Healthy Lifestyles	Meet your brain and Healthy Lifestyles	Meet your brain and Healthy Lifestyles	Meet your brain and Healthy Lifestyles	Meet your brain and Media literacy and digital resilience	Meet your brain and Media literacy and digital resilience
Autumn 2	Celebrate and Manage their own needs, personal hygiene and basic needs.	Celebrate and Keeping Safe	Celebrate and Keeping safe	Celebrate and Keeping safe	Celebrate and Keeping safe	celebrate and Keeping safe	Celebrate and Keeping safe
Spring 1	Appreciate and Manage their own needs, personal hygiene and basic needs.	Appreciate and Safe relationships	Appreciate and Drugs, alcohol and tobacco Shared responsibilities	Appreciate and Economic Well-being: Money	Appreciate and Economic well being – money	Appreciate and Drugs, alcohol and tobacco	Appreciate and Relationships – families and close positive relationships

Spring 2	Relate and Manage their own needs, personal hygiene and basic needs.	Relate and Shared Responsibilities Communities	Relate and Media literacy and digital resilience	Relate and Economic Wellbeing: Aspirations, work, career	Relate and Economic Wellbeing: Aspirations, work, career	Relate	Relate and Mental Health
Summer I	Engage Manage their own needs, personal hygiene and basic needs.	Engage and Economic Wellbeing: Aspirations, work, career	Engage and Economic Well-being: Money	Engage and Communities:	Engage and Shared Responsibilities	Engage and Ourselves growing and changing	Engage and Ourselves – growing and changing
Summer 2	Manage their own needs, personal hygiene and basic needs. Preparing for transition	Ourselves growing and changing Relationships	Mental Health Ourselves growing and changing	Relationships	Safe relationships	Safe relationships	Preparing for transition and change