

PSHCE and Life Skills Curriculum Long Term Overview 2023 - 2025

	Autumn			Spring			Summer		
	My Body	My Relationships	My Everyday World	My Body	My Relationships	My Everyday World	My Body	My Relationships	My Everyday World
Class 1 2023-24	My needs	My family	Exploring the outdoor world	My face	My familiar adults	Simple classroom rules	Showing my feelings	Sharing playtimes and adult attention	Finding my belongings
Class 1 2024-25	Communicating my preferences and interests	Responding to familiar faces	Unfamiliar places in school	My body parts	Interacting with familiar faces	Simple school rules	Noticing the feelings of others	Playing and turn taking with others	Adult help in different places
Classes 2/3 2023-24	Healthy food choices for my body	Who loves and cares for me	Road safety – using pathways	Looking after my body – basic personal hygiene	What does love and care feel and look like	Caring for my belongings	Recognising my ‘big’ positive and negative feelings	Kind and unkind friendships	Caring for my classroom
Classes 2 2024-25	Healthy activity choices for my body	Who are safe adults	Road safety – roadside safety	Substances and how they affect my body	Recognising and dealing with unsafe people	Travel safely on wheels	Managing my ‘big’ positive and negative feelings	Sharing experiences with friends	Different rules for different places
Classes 4/5/6 2023-24	A healthy day for my body and mind	Features of our family lives	Managing a risk and getting help	What makes me and my body unique	Recognising and dealing with hurtful behaviours	Ways to stay safe online	What makes me feel positive and how to build positive feelings	Co-operation in work and play	Sources of money
Classes 3/4/5 2024-25	Recognising when my body needs first aid	My private body	Contacting the emergency services	Physical differences between boys and girls	Protecting my privacy	Positive effects on our local natural environment	What makes me feel negative and how to get help	Sharing my worries and sources of help	Negative effects on our local natural environment
Classes 7/8/9/10 2023-24	Recognising warning signs from my body about my physical and mental health	Features of different families	Caring for the environment	Physical changes of puberty	Features of different relationships	Online behaviours	Coping with disappointment	What is consent	Staying safe online
Classes 6/7/8/9/10 2024-25	Giving basic first aid for common injuries	Recognising and dealing with pressure	Recognising street safety features	Emotional changes of puberty	When do I need to give or get consent	Using street safety features	Sources of support for mental health	Building respectful relationships	Making money choices

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Classes 11/12/13 2023-24	Taking responsibility for my physical health	Healthy intimate relationships	Future education pathways	How a baby is made	Unhealthy intimate relationships	Future work pathways	Positive uses of drugs and other substances	Abusive behaviours	Questioning the truth of online content
Classes 11/12/13/14 2024-25	Taking responsibility for my mental health	What is a stable, positive relationship	Exploring safe transport options	Managing negative influences on my physical and mental health	The impact of stable, positive relationships	Using safe transport options	Negative uses of drugs and other substances	Abusive influences	Planning simple budgets
Classes 14/15 2023-24	Planning for life-long choices for physical fitness	My body – my rights	My skillset – education and work	The choices available to me for good sexual health	Intimate relationship values	Matching skills and interests to education, work and leisure	Managing negative lifestyle influences	Sexual activity values	Risky lifestyle choices – being online
Classes 15/16 2024-25	Planning for life-long for mental fitness	Consent across relationships	Demands on my money	Sources of support and advice for sexual health	Consequences of pregnancy	Planning and preparing a budget	Using basic life-saving skills	Handling unwanted attention	Risky lifestyle choices – substances, gambling and gangs
Class 17	Monitoring my own health	Building positive work place relationships	Using technology for transport	Managing my feelings through different strategies in personal situations	Managing challenging work place relationships	Preparing for my personal safety	Managing my feelings through different strategies in professional situations	Sources of advice and support	My rights