



P.S.H.C.E

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Continuous learning: Strong Emotions- linked to SCERTS, 5 Ways to Wellbeing and the Zone of Regulation (Introduced in Autumn 1) Recognising risk and responsibility Online Safety (Computing)						
Year 1	Managing Feelings	People who care for me	Economic Wellbeing: Money and Savings	Recognising Risk and Responsibility	5 Ways to Wellbeing Be active and connect	Life Changes
Year 2	Feeling good and being me	My World Near and Far	Recognising Risk and Responsibility	Medicines and Me	5 Ways to Wellbeing Take Notice	Life Changes Loss and Bereavement
Year 3	Different Feelings	Bullying	Harmful Substances	Economic Wellbeing: Jobs	5 Ways to Wellbeing Connect	Life Changes Health and Hygiene
Year 4	Overcoming Negative Feelings	Leaders and Gender Stereotypes	Risks and Dangers	Puberty	5 Ways to Wellbeing Climate Change	Living in a Diverse World
Year 5	Feeling Positive	Activism	Equal Opportunities and Unconscious Bias	Economic Wellbeing: Managing Money	5 Ways to Wellbeing Giving	Life Changes Relationships
Year 6	Expressing Feelings	Digital Wellbeing	5 Ways to Wellbeing	Relationship Equality and Diversity	Sex and Relationships	Life Changes Moving on



			Connect and Giving			
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