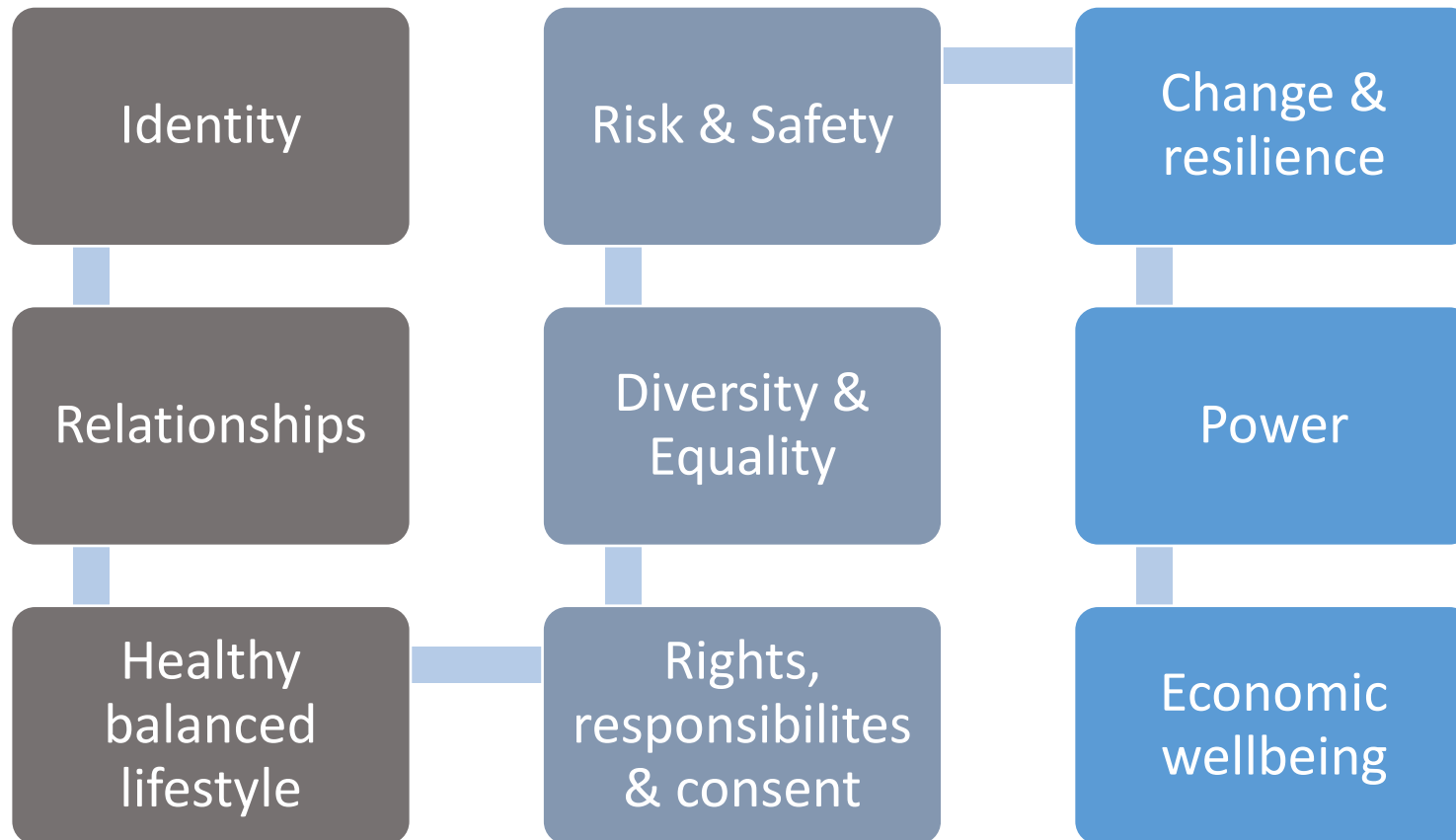


## PSHED Curriculum Overview

Overarching concepts addressed, revisited and consolidated



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Overarching concepts addressed, revisited and consolidated

Curriculum Overview

Term 1

Autumn	Spring	Summer
<b>Self-Awareness</b> RRS Articles 7, 12, 14, 15, 29, 31	<b>Relationships: Managing Feelings</b> RRS Articles 12, 14, 15, 17, 29, 31	<b>Self-care, support and Safety</b> RRS Articles 12, 14, 15, 17, 23, 24, 27, 29
Topics include: Me, Who I am, my likes, dislikes, talents and interests	Topics include: Understanding feelings and that how I feel and how others feel affects choices and behaviour	Topics include: Looking after myself and keeping safe
<b>1. Things we are good at</b> <b>2. Kind and unkind behaviours</b> <b>3. Playing and working together</b> <b>4. People who are special to us</b> <b>5. Getting on with others</b>	<b>1. Identifying and expressing feelings</b> <b>2. Managing strong feelings</b>	<b>1. Taking care of ourselves</b> <b>2. Keeping safe</b> <b>3. Trust</b> <b>4. Keeping safe online</b> <b>5. Public and private</b>
<i>Lessons from Dimensions:</i> <b>KS1</b> Core theme 2 Unit 4 OR <b>LKS2</b> Core theme 1 Unit 4, Unit 5 OR <b>UKS2</b> Core theme 1 Unit 3  ASDAN New Horizons focus – P1 – Personal Details P2 – My Family P3 – Likes and Dislikes P4 – Leisure P5 – My families job S1 – Friends R4 – Making friends	<i>Lessons from Dimensions:</i> <b>KS1</b> Core theme 1 Unit 4 <b>KS1</b> Core theme 2 Unit 1, Unit 2, Unit 3 OR <b>LKS2</b> Core theme 2 Unit 1, Unit 2, Unit 3, Unit 4, Unit 5 OR <b>UKS2</b> Core theme 2 Unit 1, Unit 2, Unit 3, Unit 4  ASDAN New Horizons focus – R5 - Feelings	<i>Lessons from Dimensions:</i> <b>KS1</b> Core theme 1 Unit 2, Unit 5 OR <b>LKS2</b> Core theme 1 Unit 6, Unit 8 OR <b>UKS2</b> Core theme 1 Unit 5  ASDAN New Horizons focus – H1 – Personal care H4 – Keeping safe H5 – Finding out about health related occupations C5 – Finding out about occupations of people who help us

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Term 2

<div>The World I Live in</div> <div>RRS Articles</div> <div>14, 15, 17, 23. 29, 31</div>	<div>Healthy Lifestyles</div> <div>RRS Articles</div> <div>12, 14, 17, 23, 24, 27</div>	<div>Relationships: Changing and Growing</div> <div>RRS Articles</div> <div>12, 14, 15, 17, 23</div>
Topics include: Living confidently in the wider world	Topics include: Being and keeping healthy on the ‘outside and on the ‘inside’	Topics include: How I and others are changing, new opportunities and responsibilities
<div>1. Respecting differences between people</div> <div>2. Jobs people do</div> <div>3. Rules and laws</div> <div>4. Taking care of the environment</div> <div>5. Belonging to a community</div> <div>6. Money</div>	<div>1. Healthy eating</div> <div>2. Taking care of physical health</div> <div>3. Keeping well</div>	<div>1. Baby to adult</div> <div>2. Changes at puberty</div> <div>3. Dealing with touch</div> <div>4. Different types of relationships</div>
<div>Lessons from Dimensions:</div> <div>KS1 Core theme 3 Unit 1, Unit 2, Unit 3</div> <div>OR</div> <div>LKS2 Core theme 3 Unit 1, Unit 2, Unit 3, Unit 4</div> <div>OR</div> <div>UKS2 Core theme 3 Unit 1, Unit 2, Unit 3, Unit 4</div> <div><div>ASDAN New Horizons focus –</div><div>S2 – My local community</div><div>S3 – Different communities</div><div>S4 – Helping others</div><div>S5 – Careers</div><div>C1 – Having your say</div><div>C2 – Rules</div><div>C3 – Rights and Responsibilities</div><div>C4 - Environment</div></div>	<div>Lessons from Dimensions:</div> <div>KS1 Core theme 1 Unit 1</div> <div>OR</div> <div>LKS2 Core theme 1 Unit 1, Unit 2, Unit 3</div> <div>OR</div> <div>UKS2 Core theme 1 Unit 1, Unit 2</div> <div><div>ASDAN New Horizons focus –</div><div>H2 – Keeping fit</div><div>H3 – Healthy eating</div></div>	<div>Lessons from Dimensions:</div> <div>KS1 Core theme 1 Unit 3</div> <div>OR</div> <div>LKS2 Core theme 1 Unit 7</div> <div>OR</div> <div><div>ASDAN New Horizons focus –</div><div>R1 – Our bodies</div><div>R2 – Understanding change</div><div>R3 – Public/private places</div></div>

# **PSHED Curriculum Overview**

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## Essential skills and attributes

### Developing confidence and making the most of their abilities:

- Self-concept and self-awareness
- Self-esteem
- Self-knowledge
- Resilience
- Self-regulation
- Recognising and managing peer influence and pressure
- Self-organisation
- Strategies for identifying and accessing appropriate help and support
- Clarifying own understanding, values and beliefs and re-evaluating them in the light of new learning, experiences and evidence
- Recalling, revisiting, consolidating and applying knowledge and understanding in familiar as well as new situations

### Developing positive relationships and social effectiveness:

- Self-awareness
- Empathy and compassion
- Respect for others' rights
- Communication skills
- Enterprise skills and attributes
- Respecting differences and similarities
- Consent
- Recognising and managing change
- Maintaining a healthy lifestyle