

St Nicholas Catholic Primary School

PSHE Two-Year Curriculum Plan

This document draws together the PSHE curriculum from the whole-school two-year rolling programme, organised by phase and term.

Route A

Phase	Autumn	Spring	Summer
Year 1 / 2	Physical health & wellbeing: Fun Times Keeping Safe & Managing Risk: Feeling Safe	Identity, society & equality: Me & others Drug, alcohol & tobacco education: What do we put into our bodies?	Mental health & emotional wellbeing: Feelings Careers, financial capability: My money
Year 3 / 4	Drug, alcohol & tobacco education: Tobacco is a drug Keeping safe & managing risk: Bullying — see it, say it, stop it	Mental health & emotional wellbeing: Strengths & challenges Identity, society & equality: Celebrating difference	Careers, financial capability: Saving, spending & budgeting Physical health & wellbeing: What helps me choose?
Year 5 / 6	Physical health & wellbeing: In the media Identity, society & equality: Stereotypes, discrimination & prejudice	Keeping Safe & Managing Risk: When things go wrong Mental health & emotional wellbeing: Dealing with feelings	Drug, alcohol & tobacco education: Different influences Careers, financial capability: Borrowing & earning money

Route B

Phase	Autumn	Spring	Summer
Year 1 / 2	Physical health & wellbeing: What keeps me healthy Mental health & emotional wellbeing: Friendship	Sex & Relationship Education (see RSE)	Keeping safe and managing risk: Indoors & outdoors
Year 3 / 4	Identity, society & equality: Democracy Drug, alcohol and tobacco education: Making choices	Physical health & wellbeing: What is important to me? Keeping safe and managing risk: Playing Safe	Sex & Relationship Education (see RSE)
Year 5 / 6	Sex & Relationship Education (see RSE)	Drug, alcohol and tobacco: Weighing up risk Identity, society & equality: Human Rights	Mental health & emotional wellbeing: Healthy Minds Keeping safe & managing risk: Keeping safe out & about · FGM