

Alma Primary PSHE & Wellbeing Curriculum Overview

We use this 'Health Education Partnership' (HEP) suggested framework for our statutory PSHE & Wellbeing curriculum content for Key Stage 1 and Key Stage 2.



Year Group	Autumn Term	Spring Term	Summer Term
Year 1	Awareness of feelings All about me Being different Money	Keeping well and clean My friendships The Environment	Keeping Safe My family Losing and finding Looking after myself
Year 2	Healthy people All about my feelings Money, shopping and saving	Keeping safe Making and breaking friendships Coping with conflict Special days	About my body Exploring our families Global food
Year 3	Emotions and feelings Peer influence/pressure Me and my community	Healthy Lifestyles Safe Relationships Where do things come from?	Drug Education - Smoking & Basic First Aid Keeping safe Different Families Aspirations Managing money
Year 4	Mental Health and Wellbeing Rights and Responsibilities Persuasion and pressure Media and Me	Healthy Lifestyles Friendships / Inclusion Local Community – shared responsibilities	Growing and Changing Drug Education - Alcohol and Decision making Types of relationships Aspirations Managing Money
Year 5	Mental Health and Wellbeing Personal Safety Self-Respect and Personal Goals Being Left Out Stereotypes and Diversity	Healthy lifestyles Friendships and Coping with Bullying Working together and aspirations Media literacy and digital resilience	Puberty Drug Education – Legal and Illegal Drugs Relationships What makes a Democracy? Money
Year 6	Healthy Lifestyles Drug Education – Drugs, risks and the Media Conflict resolution Celebration – supporting each other Protected Characteristics and Bullying	Moving on Mental Health and Online Safety Family Dynamics Democracy and decisions Media literacy and digital resilience	Puberty and Relationships Sex Education Relationships Money and Me Aspirations, work and career