## • White Laith Primary School PSHE, SEMH & RSE Curriculum Overview 2022-2023

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 MindMate	Feeling Good and Being Me	Feeling Good and Being Me	Feeling Good and Being Me	Feeling Good and Being Me	Feeling Good and Being Me	Feeling Good and Being Me
Autumn 1 You Me & PSHE	Identity, society and equality  Me and others	Identity, society and equality Celebrating difference	Physical health and wellbeing What helps me choose?	Identity, society and equality  Democracy	Identity, society and equality  Stereotypes, discrimination and prejudice (including tackling homophobia)	Mental health and emotional wellbeing Healthy minds
Autumn 2 MindMate	Friends and Family	Friends and Family	Friends and Family	Friends and Family	Friends and Family	Friends and Family
Autumn 2 You Me & PSHE	Keeping safe and managing risk Feeling safe	Keeping safe and managing risk Indoors and outdoors	Keeping safe and managing risk  Bullying – see it, say it, stop it	Keeping safe and managing risk Playing safe	Keeping safe and managing risk When things go wrong	Relationships and sex education  Healthy relationships / How a baby is made
Spring 1 MindMate	Life Changes	Life Changes	Life Changes	Life Changes	Life Changes	Life Changes
Spring 1 You Me & PSHE	Drug, alcohol and tobacco education What do we put into and on to bodies?	Drug, alcohol and tobacco education  Medicines and me	Drug, alcohol and tobacco education  Tobacco is a drug	Drug, alcohol and tobacco education  Making choices	Drug, alcohol and tobacco education  Different influences	Drug, alcohol and tobacco education Weighing up risk
Spring 2 MindMate	Strong Emotions	Strong Emotions	Strong Emotions	Strong Emotions	Strong Emotions	Strong Emotions
Spring 2 You Me & PSHE	Relationships and sex education  Boys and girls	Relationships and sex education  Boys and girls  Careers, financial capability and economic wellbeing  My money	Relationships and sex education Families	Relationships and sex education Growing up and changing	Relationships and sex education Growing up and changing	Keeping safe and managing risk Keeping safe - out and about FGM
Summer 1 MindMate	Being the Same, Being Different	Being the Same, Being Different	Being the Same, Being Different	Being the Same, Being Different	Being the Same, Being Different	Being the Same, Being Different

Summer 1 You Me & PSHE	Mental health and emotional wellbeing Feelings	Mental health and emotional wellbeing Friendship	Mental health and emotional wellbeing Strengths and challenges	Mental health and emotional wellbeing  Dealing with feelings	Careers, financial capability and economic wellbeing Borrowing and earning money	SATS
Summer 2 MindMate	Solving Problems/Making it Better	Solving Problems/Making it Better	Solving Problems/Making it Better	Solving Problems/Making it Better	Solving Problems/Making it Better	Solving Problems/Making it Better
Summer 2 You Me & PSHE	Physical health and wellbeing Fun Times	Physical health and wellbeing What keeps me healthy?	Careers, financial capability and economic wellbeing Saving, spending and budgeting	Physical health and wellbeing What is important to me?	Physical health and wellbeing In the media	Identity, society and equality  Human rights