

# Primary I Matter Version 3 Enhanced PSHE Curriculum Overview

	Relationships and Sex Education	Mental and Emotional Health	Keeping Safe	Healthy Lifestyles	Living in the Wider World
Year 1	1) Who are the people in my life who love and care for me?	1	1) What makes me happy?	1) What foods should I eat?	1) What are class rules? (British Values)
	2) What are the differences and similarities between people?	2) What is the difference between good secrets and bad secrets?	2) What are rules about household substances?	2) How can I look after my teeth?	2) Where does our money come from?
	3) What are the similarities between girls and boys?	3) How does my behaviour affect others?	3) What is an emergency and what do I do?	3) Why is it important to wash my hands?	3) What is the environment?
Year 2	1) What is private? (body parts)	2	1) How do medicines help us when we are unwell?	1) How do I keep myself healthy?	1) What groups and communities am I a part of?
	2) What happens when the body grows young to old?	2) How can I keep safe online?	2) How do I keep safe at home?	2) Why is it important to keep active?	2) How do we make choices about spending money?
	3) What is fair, unfair, kind and unkind?	3) What makes others happy?	3) What is my responsibility for keeping myself and others safe?	3) How can I prevent diseases spreading?	3) How can we look after the environment?
Year 3	1) What is personal space?	1) How do my feelings affect my behaviour? How can I manage my feelings?	1) What happens when I breathe smoke in the air?	1) What is a healthy diet? What is an unhealthy diet?	1) How do rules and law protect me?
	2) What does a healthy relationship look like?	2) What are the ways we are communicating online?	2) How do I recognise risks in my life?	2) How do I keep safe in the sun?	2) What is the difference between my local British communities and global communities?
	3) Why is being equal important in relationships?	3) What am I good at?	3) What do I do in an emergency?	3) Why is personal hygiene important?	3) What are the links between work and money?



Updated lesson



New lesson



Corresponding SEND lesson number



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Year 4	1) What is diversity?	1) What is resilience?	1) How do I manage risks in my life?	1) How do I make sure I sleep well?	1) What are the rights of the child?
	2) Do boys and girls have different roles?	2) What does it mean to have responsibility over my choices and actions?	2) What is self-control?	2) What is fuel for the body?	2) How do we look after our money?
	3) What changes happen to my body? 3	3) What is discrimination?	3) What is the difference between legal and illegal drugs? Are all drugs harmful?	3) How do I know if I'm physically ill? 4	3) What is sustainability?
Year 5	1) What is puberty? 4	1) What is mental health? 5	1) How do I respond to dares?	1) How can we stop the spread of infection?	1) How are rules and law made and changed?
	2) What are the different relationships in my life? 1	2) How do I negotiate and compromise? 2	2) What are 'habits'?	2) Why is it important to know about nutritional content of food? 2	2) What is Fairtrade?
	3) What is unwanted touch? 2	3) How do I stay safe on a mobile or tablet? 3	3) Who or what influences me?		3) How can I develop my enterprise skills?
	4) What is FGM?	4) How can I be happy being me? (body image)			4) What is racism?
Year 6	1) What changes happen in my life?	1) How can I challenge negative thoughts and feelings? 5	1) How do drugs affect the mind and body?	1) How is my mental and physical wellbeing connected?	1) Why is it important to be critical of the media online and offline?
	2) What happens in a loving relationship and what is forced marriage?	2) What is stereotyping?	2) How do I manage peer pressure?	2) How do I keep physically healthy? 1	2) How do people manage money?
	3) How is a baby made?	3) How can the internet positively and negatively affect our mental health?	3) What are basic emergency first aid skills? 2	3) Can I plan and prepare a healthy meal? 2	3) What do I want to be? 4
	4) What are the physical and emotional changes of puberty?		4) What are the risks out and about in my local area?		



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