

St Peter's CE Middle School Curriculum Overview

Subject: PSHE

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topic: Mental Health	Topic: Friendships & Diversity	Topic: RSE	Topic: Safety	Topic: Health	Topic: Personal Development
	Concept: Understanding 'Mental Health' Expressing feelings and emotions Warning signs of 'Mental Health'	Concept: Importance of friendships Strategies to resolve disputes Impact of bullying	Concept: Physical and emotional changes Marriage and civil partnership Recognizing unhealthy family relationships	Concept: Personal safety and well-being Importance of medicines Staying safe in an emergency Staying safe online	Concept: Elements of healthy lifestyle Importance of physical activity Oral hygiene Being online	Concept: Personal identity Rules and law Rights and responsibilities Personal achievements Personal interests and values
	Skills: Self-awareness and reflection Empathy Listening	Skills: Communication Co-operation & conflict resolution Recognising bullying Becoming aware of their own words and behaviour	Skills: Identifying emotions and physical changes Recognising healthy relationships Emotional intelligence	Skills: Self-awareness and reflection How to keep themselves safe	Skills: Informed and reflective action Responsibility for personal hygiene Understanding the important of physical health and healthy eating	Skills: Self-awareness and reflection Goal-setting Developing a positive self-image Recognising human rights Teamwork
	Outcome: A introductory understanding of their own mental health and how to keep mentally healthy	Outcome: Commitment to participation, inclusion, and an anti-bullying culture	Outcome: Age-appropriate understanding of sex and relationships	Outcome: Age-appropriate responsibility for personal safety	Outcome: Understanding of how to keep healthy	Outcome: Understanding of who they are and what their rights and responsibilities are

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topic: Mental Health	Topic: Friendships & Diversity	Topic: RSE	Topic: Safety	Topic: Health	Topic: Personal Development
	Concept: Understanding 'Mental Health' Expressing feelings and emotions Warning signs of 'Mental Health'	Concept: Importance of friendships Strategies to resolve disputes Impact of bullying	Concept: Physical and emotional changes Marriage and civil partnership Recognizing unhealthy family relationships	Concept: Personal safety and well-being Importance of medicines Staying safe in an emergency Staying safe online	Concept: Elements of healthy lifestyle Importance of physical activity Oral hygiene Being online	Concept: Personal identity Rules and law Rights and responsibilities Personal achievements Personal interests and values
	Skills: Understanding changing intensity of emotions Dealing with emotions	Skills: Managing peer influence Challenging discrimination Teamwork	Skills: Recognising healthy relationships Understanding biological changes	Skills: Recognising how to stay safe online Keeping safe out and about	Skills: Informed and reflective action Responsibility for personal hygiene Understanding the important of physical health and healthy eating	Skills: Self-awareness and reflection Goal-setting Developing a positive self-image Recognising human rights Teamwork
	Outcome: A deeper understanding of the issues surrounding mental health problems	Outcome: Commitment to participation, inclusion, and an anti-bullying culture	Outcome: Age-appropriate understanding of sex and relationships	Outcome: Age-appropriate responsibility for personal safety	Outcome: Understanding and responsibility of how to keep healthy	Outcome: Understanding of who they are and what their rights and responsibilities are

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topic: Mental Health	Topic: Friendships & Diversity	Topic: RSE	Topic: Safety	Topic: Health	Topic: Personal Development
	Concept: Building self-esteem & resilience Understanding a range of emotions Coping strategies	Concept: Gender & sexual orientation Positive friendships, impact of bullying Stereotyping, prejudice & discrimination	Concept: Puberty & menstrual wellbeing Healthy relationships Consent, gender roles, expectations Sexting	Concept: Information about legal and illegal substances Social media First aid	Concept: School/life balance Exercise Sleep Balanced diet	Concept: Study skills Personal strengths Goal setting Career pathways Money
	Skills: Ability to manage complexity and uncertainty Empathy Resilience	Skills: Empathy Acceptance of other people Respect for all	Skills: Understanding dynamics of romantic relationships	Skills: Informed and reflective action Recognising and reducing risk	Skills: Self-reflective Honest self-evaluation Commitment to change	Skills: Goal-setting Resilience Positive mindset
	Outcome: A deeper understanding of the issues surrounding mental health problems	Outcome: Commitment to participation, inclusion, and an anti-bullying culture	Outcome: A mature understanding and responsiveness to romantic and sexual relationships	Outcome: Age-appropriate responsibility for personal safety	Outcome: Understanding and responsibility of how to keep healthy	Outcome: Ready for final year, mature and empathic

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topic: Mental Health	Topic: Friendships & Diversity	Topic: RSE	Topic: Safety	Topic: Health	Topic: Personal Development
	Concept: Challenging stigmas Causes & triggers of unhealthy coping strategies Asking for and receiving support	Concept: Communication, negotiation & compromise Conflict management Prejudiced language – racism, sexism etc	Concept: Contraception & sexual health Unintended pregnancies, services available Pornography & sex in the media	Concept: Gangs & knives Addiction, substance abuse Abusive behaviours Social media	Concept: Taking responsibility for physical health Personal hygiene FGM Accessing services	Concept: Job skills Options & transition Financial risks
	Skills: Ability to manage complexity and uncertainty Empathy Resilience	Skills: Empathy Acceptance of other people Respect for all	Skills: Understanding dynamics of romantic relationships	Skills: Informed and reflective action Recognising and reducing risk	Skills: Self-reflective Honest self-evaluation Commitment to change	Skills: Goal-setting Resilience Positive mindset
	Outcome: A deeper understanding of the issues surrounding mental health problems	Outcome: Commitment to participation, inclusion, and an anti-bullying culture	Outcome: A mature understanding and responsiveness to romantic and sexual relationships	Outcome: Age-appropriate responsibility for personal safety	Outcome: Understanding and responsibility of how to keep healthy	Outcome: Ready for transition, self-assured and self-aware