









St. Michael's

Church of England Primary Academy

PSHE Curriculum

Long-term Overview

Updated September 2023

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Theme	Citizenship	Health and Wellbeing	Safety and the Changing Body	Relationships	Economic Wellbeing	My Wellbeing
						
British Values Focus	Democracy Rule of Law	Individual Liberty	Individual Liberty	Mutual Respect	Individual Liberty	
UN Rights	4, 5, 7, 8, 11, 13, 14, 22, 23, 27, 30, 35, 40, 41	6, 24, 32, 36	19, 20, 33, 34, 37, 38, 39	6, 9, 10, 12, 14, 15, 16, 17, 18, 21, 23, 25	26, 27, 28, 29, 32	6, 12, 31, 36
Safeguarding Assemblies	UNCRC – Rights Rights, Responsibilities and Privileges Community Democracy Differences Laws and Rules	Healthy Diet Teeth, Oral Hygiene and the Importance of Sleep Feelings and Emotions Mental Health Goals and Ambitions Forms of Abuse Bullying*	Trusted Adults Appropriate Contact Pants (NSPCC) Drugs and Alcohol Online Activity and Social Media* Holocaust*	Families Friendship Stereotypes Discrimination – Protected Characteristics* Bullying Misogyny*	Money Financial Management Careers University	Refuge – Asylum Seekers and Refugees* Social Justice*
Significant Days/Weeks*		Anti-Bullying Week Remembrance Day International Day for the Elimination of Violence Against Women	Holocaust Memorial Safer Internet Day	International Women's Day International Day for the Elimination of Racial Discrimination		Refugee Week International Refugee Day Malala Yousafzai's Birthday Nelson Mandela Day

Term	Autumn 1					
Overall Theme	Citizenship					
Lesson	1	2	3	4	5	6
Reception	K: Managing self – Taking on Challenges Lessons: 1 Theme: Rules	K: Managing self – Taking on Challenges Lessons: 2 Theme: Persistence	K: Managing self – Taking on Challenges Lessons: 3 Theme: Working Together	K: Managing self – Taking on Challenges Lessons: 4 Theme: Grounding	K: Managing self – Taking on Challenges Lessons: 5 Theme: Perseverance	K: Managing self – Taking on Challenges Lessons: 6 Theme: Resilience
Year 1	K: Citizenship Lessons: 1 Theme: Rules	K: Citizenship Lessons: 2 Theme: Caring for Animals	K: Citizenship Lessons: 3 Theme: Needs of Others	K: Citizenship Lessons: 4 Theme: Differences	K: Citizenship Lessons: 5 Theme: Belonging	K: Citizenship Lessons: 6 Theme: Democracy
Year 2	K: Citizenship Lessons: 1 Theme: Rules	K: Citizenship Lessons: 2 Theme: School environment	K: Citizenship Lessons: 3 and 4 Theme: The local community	K: Citizenship Lessons: 5 Theme: Differences	K: Citizenship Lessons: 7 Theme: Giving opinions	K: Citizenship Lessons: 6 Theme: Democracy
Year 3	K: Citizenship Lessons: 1 Theme: Human Rights & UNCRC	K: Citizenship Lessons: 2 and 7 Theme: Rights and Responsibilities	K: Citizenship Lessons: 3 Theme: The Environment and Recycling	K: Citizenship Lessons: 4 Theme: Community Groups	K: Citizenship Lessons: 5 Theme: Charity	K: Citizenship Lessons: 6 Theme: Local Democracy
Year 4	K: Citizenship Lessons: 1 Theme: Human Rights & UNCRC	JS: Being Me in My World Lessons: 3 Theme: Rights and Responsibilities	K: Citizenship Lessons: 2 Theme: The Environment	K: Citizenship Lessons: 3 and 4 Theme: Community	K: Citizenship Lessons: 5 Theme: Diverse communities	K: Citizenship Lessons: 6 Theme: Local councillors

Year 5	K: Citizenship Lessons: 2 Theme: Rights, Responsibilities & UNCRC	K: Citizenship Lessons: 1 Theme: Law and Order	K: Citizenship Lessons: 3 Theme: The Environment	K: Citizenship Lessons: 4 Theme: Community	K: Citizenship Lessons: 5 Theme: Pressure Groups	K: Citizenship Lessons: 6 Theme: Parliament
Year 6	K: Citizenship Lessons: 1 Theme: Human Rights & UNCRC	K: Citizenship Lessons: 6 Theme: Democracy	K: Citizenship Lessons: 2 Theme: Food and the Environment	K: Citizenship Lessons: 3 Theme: Caring for Others	K: Citizenship Lessons: 4 Theme: Discrimination	K: Citizenship Lessons: 5 Theme: Diversity

Term	Autumn 2					
Overall Theme	Health and Wellbeing					
Lesson	1	2	3	4	5	6
Reception	K: Managing self – My Wellbeing	K: Managing self – My Wellbeing	K: Managing self – My Wellbeing	K: Managing self – My Wellbeing	K: Managing self – My Wellbeing	K: Managing self – My Wellbeing
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	Lessons: 6
	Theme: Exercise	Theme: Relaxation	Theme: Looking after myself	Theme: Road safety	Theme: Eating Healthily	Theme: A Balanced Diet
Year 1	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing
	Lessons: 1	Lessons: 2	Lessons: 3 and 4	Lessons: 5	Lessons: 7	Lessons: 8
	Theme: Emotions	Theme: Self - Identity	Theme: Sleep and Relaxation	Theme: Personal Hygiene	Theme: Allergies	Theme: Health Practitioners
Year 2	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4 and 5	Lessons: 6	Lessons: 7
	Theme: Emotions	Theme: Being Active	Theme: Relaxation	Theme: Growth Mindset	Theme: Healthy Diet	Theme: Oral Hygiene
Year 3	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing
	Lessons: 1	Lessons: 3	Lessons: 4	Lessons: 5	Lessons: 6	Lessons: 6
	Theme: Healthy Lifestyle	Theme: Self-Identity	Theme: Personal Strengths	Theme: Resilience	Theme: Feelings and Emotions	Theme: Diet and Oral Hygiene
Year 4	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing	K: Health and Wellbeing
	Lessons: 1	Lessons: 3	Lessons: 4	Lessons: 5	Lessons: 6	Lessons: 7
	Theme: Teeth	Theme: Celebrating mistakes	Theme: My role	Theme: My happiness	Theme: Emotions	Theme: Mental Health

Year 5	K: Health and Wellbeing Lessons: 1 and 2 Theme: Rest	K: Health and Wellbeing Lessons: 3 Theme: Failure and Resilience	K: Health and Wellbeing Lessons: 4 Theme: Goals and Ambitions	K: Health and Wellbeing Lessons: 5 Theme: Feelings and Emotions	K: Health and Wellbeing Lessons: 6 Theme: Healthy Diet	
Year 6	K: Health and Wellbeing Lessons: 1 Theme: Ambitions	K: Health and Wellbeing Lessons: 2 Theme: Mindfulness	K: Health and Wellbeing Lessons: 3 and 4 Theme: My Health	K: Health and Wellbeing Lessons: 5 Theme: Resilience	K: Health and Wellbeing Lessons: 7 Theme: Habits	K: Health and Wellbeing Lessons: 8 Theme: Health Concerns

Term	Spring 1					
Overall Theme	Safety and the Changing Body					
Lesson	1	2	3	4	5	6
Reception	K: Self-Regulation – My Feelings	K: Self-Regulation – My Feelings	K: Self-Regulation – My Feelings	K: Self-Regulation – My Feelings	K: Self-Regulation – My Feelings	K: Self-Regulation – My Feelings
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	Lessons: 6
	Theme: My Feelings	Theme: Feelings	Theme: Regulating Emotions	Theme: Describing Feelings	Theme: Facial Expressions	Theme: Calm Corner
Year 1	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body
	Lessons: 1	Lessons: 2	Lessons: 5	Lessons: 3 and 4	Lessons: 6	Lessons: 7 and 8
	Theme: Trusted Adults in School	Theme: Trusted Adults Outside of School	Theme: Appropriate contact	Theme: Getting Lost and Emergency Phone Call	Theme: Safety with Substances	Theme: Safety at Home
Year 2	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body
	Lessons: 1 and 2	Lessons: 3	Lessons: 4 and 5	Lessons: 6	Lessons: 7 and 8	Lessons: 9
	Theme: Online Safety	Theme: Secrets and Surprises	Theme: Appropriate Contact	Theme: Respecting personal boundaries	Theme: Road Safety	Theme: Staying Safe with Medicine
Year 3	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body	K: Safety and the Changing Body
	Lessons: 3	Lessons: 4	Lessons: 6	Lessons: 7	Lessons: 8	Lessons: 1
	Theme: Online Behaviour	Theme: Online Bullying	Theme: Choices	Theme: Influences	Theme: Road Safety	Theme: First Aid

Year 4	K: Safety and the Changing Body Lessons: 1 and 2 Theme: Online Safety	K: Safety and the Changing Body Lessons: 5 Theme: Consuming online information	K: Safety and the Changing Body Lessons: 4 Theme: Privacy	K: Safety and the Changing Body Lessons: 6 and 7 Theme: Growing up and puberty	K: Safety and the Changing Body Lessons: 8 Theme: Tobacco	K: Safety and the Changing Body Lessons: 3 Theme: First Aid
Year 5	K: Safety and the Changing Body Lessons: 1 and 2 Theme: Online Safety	K: Safety and the Changing Body Lessons: 7 Theme: Drugs and Alcohol	K: Safety and the Changing Body Lessons: 3 Theme: Puberty	K: Safety and the Changing Body Lessons: 4 Theme: Menstruation	K: Safety and the Changing Body Lessons: 5 Theme: Puberty and Emotional Wellbeing	K: Safety and the Changing Body Lessons: 6 Theme: First Aid
Year 6	K: Safety and the Changing Body Lessons: 2 and 3 Theme: Online Activity and Social Media	K: Safety and the Changing Body Lessons: 1 Theme: Alcohol	JS: Safety and the Changing Body Lessons: 1 Theme: Self Image	K: Safety and the Changing Body Lessons: 4 Theme: Puberty	JS: Changing Me Lessons: 3 Theme: Puberty	K: Safety and the Changing Body Lessons: 7 and 8 Theme: First Aid

Term	Spring 2					
Overall Theme	Relationships					
Lesson	1	2	3	4	5	6
Reception	K: My Family and Friends Lessons: 1 Theme: Festivals	K: My Family and Friends Lessons: 2 Theme: Sharing	K: My Family and Friends Lessons: 3 and 4 Theme: Being a Good Friend	K: My Family and Friends Lessons: 5 Theme: Teamwork	K: My Family and Friends Lessons: 6 Theme: Celebrating friendships	
Year 1	K: Family and Relationships Lessons: 1 Theme: Families	K: Family and Relationships Lessons: 2 Theme: Friendship	K: Family and Relationships Lessons: 6 Theme: Healthy friendships	K: Family and Relationships Lessons: 4 and 5 Theme: Working with others	K: Family and Relationships Lessons: 3 Theme: Emotions	K: Family and Relationships Lessons: 7 Theme: Stereotypes
Year 2	K: Family and Relationships Lessons: 1 Theme: Families	K: Family and Relationships Lessons: 2 Theme: Different Families	K: Family and Relationships Lessons: 3 and 4 Theme: Feelings of Others	K: Family and Relationships Lessons: 5 Theme: Manners and Courtesy	K: Family and Relationships Lessons: 6 Theme: Change and Loss	K: Family and Relationships Lessons: 7 Theme: Stereotypes
Year 3	K: Family and Relationships Lessons: 1 Theme: Families	K: Family and Relationships Lessons: 2 Theme: Friendship	K: Family and Relationships Lessons: 5 Theme: Trust	K: Family and Relationships Lessons: 6 Theme: Respecting Differences	K: Family and Relationships Lessons: 3 Theme: Bullying	K: Family and Relationships Lessons: 7 and 8 Theme: Stereotypes

Year 4	K: Family and Relationships Lessons: 1 Theme: Respect and manners	K: Family and Relationships Lessons: 2 Theme: Healthy friendships	K: Family and Relationships Lessons: 3 Theme: My behaviour	K: Family and Relationships Lessons: 7 Theme: Families in the wider world	K: Family and Relationships Lessons: 4 Theme: Bullying	K: Family and Relationships Lessons: 5 and 6 Theme: Stereotypes
Year 5	K: Family and Relationships Lessons: 1 and 2 Theme: Friendship	K: Family and Relationships Lessons: 3 Theme: Marriage	K: Family and Relationships Lessons: 4 Theme: Self-Respect	K: Family and Relationships Lessons: 5 Theme: Family Life	K: Family and Relationships Lessons: 6 Theme: Bullying	K: Family and Relationships Lessons: 7 and 8 Theme: Stereotypes
Year 6	K: Family and Relationships Lessons: 1 and 2 Theme: Respect	K: Family and Relationships Lessons: 3 and 4 Theme: Stereotypes	K: Family and Relationships Lessons: 5 Theme: Conflict	K: Family and Relationships Lessons: 6 Theme: Loss and Grief	JS: Relationships Lessons: 3 Theme: Loss and Grief	JS: Relationships Lessons: 4 Theme: Power and Control

Term	Summer 1					
Overall Theme	Economic Wellbeing					
Lesson	1	2	3	4	5	6
Reception						
Year 1	K: Economic Wellbeing Lessons: 1 Theme: Money	K: Economic Wellbeing Lessons: 2 Theme: Money	K: Economic Wellbeing Lessons: 3 Theme: Banking	K: Economic Wellbeing Lessons: 4 Theme: Saving and Spending	K: Economic Wellbeing Lessons: 5 Theme: Jobs in School	
Year 2	K: Economic Wellbeing Lessons: 1 Theme: Money	K: Economic Wellbeing Lessons: 2 Theme: Basic Needs	K: Economic Wellbeing Lessons: 3 Theme: Exploring wants	K: Economic Wellbeing Lessons: 4 Theme: Managing money	K: Economic Wellbeing Lessons: 5 Theme: Including others	
Year 3	K: Economic Wellbeing Lessons: 1 Theme: Ways of Paying	K: Economic Wellbeing Lessons: 2 Theme: Budgeting	K: Economic Wellbeing Lessons: 3 and 4 Theme: Spending	K: Economic Wellbeing Lessons: 5 Theme: Different jobs	K: Economic Wellbeing Lessons: 6 Theme: Workplace Stereotypes	
Year 4	K: Economic Wellbeing Lessons: 1 Theme: Spending	K: Economic Wellbeing Lessons: 2 and 3 Theme: Income and Expenditure	K: Economic Wellbeing Lessons: 4 and 5 Theme: Careers	JS: Dreams and Goals Lessons: 1 Theme: Ambition	JS: Dreams and Goals Lessons: 2 and 3 Theme: Overcoming Disappointment	

Year 5	K: Economic Wellbeing Lessons: 1 Theme: Prioritising needs over wants	K: Economic Wellbeing Lessons: 2 Theme: Budgeting	K: Economic Wellbeing Lessons: 3 Theme: Financial Risks	K: Economic Wellbeing Lessons: 4 Theme: Money online	K: Economic Wellbeing Lessons: 5 and 6 Theme: Workplace Stereotypes	
Year 6	K: Economic Wellbeing Lessons: 1 and 2 Theme: Managing Money	K: Economic Wellbeing Lessons: 4 Theme: Gambling	K: Economic Wellbeing Lessons: 5 and 6 Theme: Careers	JS: Dreams and Goals Lessons: 3 Theme: Humanitarian Issues	JS: Dreams and Goals Lessons: 4 and 5 Theme: Making a Difference	

Term	Summer 2					
Overall Theme	My Wellbeing					
Lesson	1	2	3	4	5	6
Reception	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	
	Theme: New Experiences	Theme: Surroundings	Theme: Connecting with Others	Theme: Kind Words	Theme: Being Active	
Year 1	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	
	Theme: Mistakes	Theme: Music and Emotions	Theme: Empathy	Theme: Sharing	Theme: Gardening	
Year 2	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	
	Theme: Perseverance	Theme: Expression	Theme: Compliments	Theme: Generosity	Theme: Nature	
Year 3	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	
	Theme: Practice	Theme: Making a Difference	Theme: Shared Interests	Theme: Appreciation	Theme: Being Active	
Year 4	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	
	Theme: Resilience	Theme: My thoughts	Theme: Communicating	Theme: Kindness	Theme: Being Active	
Year 5	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	
	Lessons: 1	Lessons: 1	Lessons: 1	Lessons: 1	Lessons: 1	
	Theme: Growth Mindset	Theme: Taking Notice of Others	Theme: Teamwork	Theme: Kindness	Theme: Adaptive Sports	

Year 6	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	K: Wellbeing	
	Lessons: 1	Lessons: 2	Lessons: 3	Lessons: 4	Lessons: 5	
	Theme: Goal Setting	Theme: Myself	Theme: Community	Theme: Apologising	Theme: Increasing focus	



Autumn Term

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Theme Days and Weeks

Updated September 2023

Day	Monday	Tuesday	Wednesday	Thursday	Friday
04/09/2023	5/9/23 National Charity Day				
11/09/2023					15/9/23 International Day of Democracy
18/09/2023				21/9/23 World Alzheimer's Day International Day of Peace	
25/09/2023	25/9/23 National Recycle Week Rosh Hashanah	26/9/23 European Day of Languages			29/9/23 National Teaching Assistant Day
02/10/2023	2/10/23 Mahatma Gandhi's B'day National Libraries Week		4/10/23 Yom Kippur	5/10/23 National Poetry Day	
09/10/2023		10/10/23 World Homeless Day World Mental Health Day			
16/10/2023	16/10/23 World Food Day National Recycling Week	17/10/23 International Day for the Eradication of Poverty	18/10/23 Anti-slavery Day		
23/10/2023		24/10/23 Diwali United Nations Day			
30/10/2023			1/11/23 World Vegan Day		
06/11/2023		7/11/23 Marie Curie's Birthday			Closest day to Remembrance Day
13/11/2023	13/11/23 Inter-Faith Week World Kindness Day Anti-bullying Week World Nursery Rhyme Week			16/11/23 World Philosophy Day	
20/11/2023	20/11/23 Road Safety Week			23/11/23 Thanksgiving	24/11/23 International Day for the Elimination of Violence Against Women
27/11/2023					1/12/23 Anniversary of Rosa Parks' Arrest International Day for the Abolition of Slavery
04/12/2023	Closest day to (3/12/23) International Day of Disabled Persons	5/12/23 International Volunteer Day			Closest day to (10/12/23) International Human Rights Day
11/12/2023					
18/12/2023	18/12/23 International Migrants Day				



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Theme Days and Weeks

Updated September 2023

Spring Term

Day	Monday	Tuesday	Wednesday	Thursday	Friday
01/01/2024				4/1/24 World Braille Day	
08/01/2024	8/11/24 National Obesity Awareness Week				
15/01/2024	15/1/24 Martin Luther King's Birthday				
22/01/2024	22/1/24 Chinese New Year				Nearest day to (27/1/24) Holocaust Memorial Day
29/01/2024				1/2/24 World Inter-Faith Harmony Week LGBT History Month	
05/02/2024			7/2/24 Charles Dicken's Birthday Time to Talk Day	8/1/24 Safer Internet Day	Closest day to (11/2/24) International Day of Women and Girls in Science
12/02/2024					
19/02/2024		20/2/24 World Day of Social Justice	21/2/24 World Mother Language Day	22/2/24 World Thinking Day	
26/02/2024			28/2/24 Eating Disorder Awareness Week		1/3/24 Zero Discrimination Day
04/03/2024					8/3/24 International Women's Day
11/03/2024	11/3/24 British Science Week Commonwealth Day				
18/03/2024	18/11/24 Wilfred Owen's Birthday Start of Holi		20/4/24 International Day of Happiness	21/4/24 World Down Syndrome Day Global Money Week International Day of the Tree International Day for the Elimination of Racial Discrimination	22/3/24 World Water Day
25/03/2024					
01/04/2024	1/4/24 National Pet Month	2/4/24 International Children's Book Day Start of Ramadan World Autism Day			



Summer Term

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Theme Days and Weeks

Updated September 2023

Day	Monday	Tuesday	Wednesday	Thursday	Friday
08/04/2024			10/4/24 National Siblings Day		
15/04/2024	Closest day to (14/4/24) Vaisakhi				
22/04/2024		23/4/24 St. George's Day William Shakespeare's Birthday			
29/04/2024				2/5/24 Eid Al-Fitr	
06/05/2024	6/5/24 Vesak	7/5/24 World Asthma Day	8/5/24 Sir David Attenborough's Birthday	9/5/24 Europe Day	
13/05/2024			15/5/24 International Day of Families		
20/05/2024	20/5/24 Walk to School Week World Bee Day				
27/05/2024		28/5/24 Founding of Amnesty International			
03/06/2024	3/6/24 World Bicycle Day		5/6/24 World Environment Day		
10/06/2024	10/6/24 Diabetes Awareness Week		12/6/24 Anne Frank's Birthday World Day Against Child Labour		Closest day to (16/6/24) Father's Day
17/06/2024	17/6/24 Refugee Week			20/6/24 International Refugee Day	21/6/24 World Humanist Day
24/06/2024					
01/07/2024					
08/07/2024					12/7/24 Malala Yousafzai's Birthday
15/07/2024			17/7/24 World Day for International Justice	18/7/24 Nelson Mandela Day	

<https://assembliesforall.org.uk/events/>