












IHOM PSHE Overview (2017 -2018)

	Autumn 1 <i>Growth Mindset</i>	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 <i>Health Week</i>
SEAL	New Beginnings	Getting On And Falling Out Say No To Bullying	Going For Goals	Good To Be Me	Relationships	Changes
Year 1	Physical health and wellbeing Fun times	Keeping safe and managing risk Feeling safe	Identity, society and equality Me and others	Sex and relationship education 	Mental health and emotional wellbeing Feelings	Drug, alcohol and tobacco education What do we put into and on to bodies?
Year 2	Growth Mindset	Mental health and emotional wellbeing Friendship 	Careers, financial capability and economic wellbeing My money	Sex and relationship education 	Keeping safe and managing risk  Indoors and Outdoors	Medicines and me  What keeps me healthy?
Year 3	Drug, alcohol and tobacco education Tobacco is a drug	Keeping safe and managing risk  Bullying – see it, say it, stop it	Mental health and emotional wellbeing Strengths and challenges	Identity, society and equality Creating difference	Sex and relationship education 	Physical health and wellbeing Who helps me choose?
Year 4	Identity, society and equality Democracy	Drug, alcohol and tobacco education  Making choices	Keeping safe and managing risk  Playing safe	Careers, financial capability and economic wellbeing Saving, spending and budgeting	Sex and relationship education 	Physical health and wellbeing What is important to me?
Year 5	Physical health and wellbeing In the media	Identity, society and equality Stereotypes, discrimination and prejudice	Keeping safe and managing risk  When things go wrong	Mental health and emotional wellbeing Dealing with feelings	Sex and relationship education 	Drug, alcohol and tobacco education  Different influences
Year 6	Drug, alcohol and tobacco education  Weighing up risk	Keeping safe and managing risk  Keeping safe out and about	Sex and relationship education 	Identity, society and equality Human rights	Mental health and emotional wellbeing Healthy minds 	Careers, financial capability and economic wellbeing Borrowing and earning money

Lessons directly link to safeguarding

