



PSHE Curriculum Overview

EYFS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Self-regulation: My feelings	Building relationships: My family and friends	Self-regulation: Listening and following instructions	Building relationships: Special relationships	Managing Self: My wellbeing	Managing self: Taking on challenges

Y1 - Y6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Y6 only Summer
MindUp/Zones of regulation/Intro lesson for Kapow PSHE	Family and Relationships (link with Anti-bullying week)	Safety and the Changing Body (link to Internet Safety week)	Citizenship	Economic Well-being	Health and Wellbeing (link to Healthy Schools Week)	Identity