

Westgate Primary School PSHE Curriculum Overview 2023-2024

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 BHM Celebration MindMate – being the same and being different	Identity, society and equality Me and others (CE)	Identity, society and equality Celebrating difference (CE)	MINDMATE (JH) Being the same and being different Strengths and challenges Strong emotions	Identity, society and equality Democracy (CE)	Identity, society and equality Stereotypes, discrimination and prejudice (including tackling homophobia) (DH)	Identity, society and equality, Human rights (CE) Mindmate Being the same and being different - CE
Autumn 2 Anti bullying week MindMate – Friends and family	Keeping safe and managing risk Feeling safe (CE)	Sex and relationship education Boys and girls, families (CE)	Keeping safe and managing risk Bullying – see it, say it, stop it (JH)	Keeping safe and managing risk Playing safe (CE)	Keeping safe and managing risk When things go wrong (CE)	Keeping safe and managing risk Keeping safe - out and about (CE) FGM (depends on cohort)
Spring 1 Fair Trade MindMate – Solving problems and making it better	Careers, financial capability and economic wellbeing My money (CE) MANAGING MONEY	Keeping safe and managing risk Indoors and outdoors (CE)	Sex and relationship education Boys and girls, families (JH)	Sex and relationship education Growing up and changing (CE) Mindmate Solving problems and making it better -CE	Sex and relationship education Growing up and changing (CE) Mindmate Solving problems and making it better -CE	Sex and relationship education Healthy relationships / How a baby is made (ZR) Mindmate Solving problems and making it better -CE
Spring 2 D-Side MindMate – Strong Emotions	Drug, alcohol and tobacco education What do we put into and on to bodies? (CE)	Drug, alcohol and tobacco education Medicines and me (CE)	Drug, alcohol and tobacco education Tobacco is a drug (JH)	Drug, alcohol and tobacco education Making choices (CE)	Drug, alcohol and tobacco education Different influences (CE)	Drug, alcohol and tobacco education Weighing up risk (CE)
Summer 1 MindMate – Feeling good and being me	Physical health and wellbeing Fun times (CE) SLEEP LESSON	Physical health and wellbeing What keeps me healthy? (CE) SLEEP LESSON	Physical health and wellbeing What helps me choose? (JH) SLEEP LESSON	Physical health and wellbeing What is important to me? (CE) SLEEP LESSON	Physical health and wellbeing In the media (CE) SLEEP LESSON	Prevent lesson 1-5 CE SLEEP LESSON
Summer 2 Health and Wellbeing Week MindMate – Life changes and transition	Mindmate Life changes and transition (CE)	Mindmate Life changes and transition (CE)	Careers, financial capability and economic wellbeing Saving, spending and budgeting MANAGING MONEY	Mindmate Life changes and transition (CE)	Careers, financial capability and economic wellbeing Borrowing and earning money (CE) MANAGING MONEY	Mindmate – Life changes and transition (CE)

Red flag demarcates where lessons cover safe guarding. NB) Each unit of work starts with a Mindmate session.

