



PSHE Curriculum Overview

Drug, alcohol and tobacco education: Tobacco is a drug

Pupils will learn:

- the definition of a drug and that drugs (including medicines) can be harmful to people
- about the effects and risks of smoking tobacco and secondhand smoke
- about the help available for people to remain smoke free or stop smoking Asthma lesson for Year 2, 3 or 4
- that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

Mental health and emotional wellbeing: Strengths and challenges

Pupils will learn:

- about celebrating achievements and setting personal goals
- about dealing with put-downs
- about positive ways to deal with set-backs

Careers, financial capability and economic wellbeing: Saving, spending and budgeting

Pupils will learn:

- about what influences people's choices about spending and saving money
- how people can keep track of their money
- about the world of work

Keeping safe and managing risk: Bullying – see it, say it, stop it

Pupils will learn:

- to recognise bullying and how it can make people feel
- about different types of bullying and how to respond to incidents of bullying
- about what to do if they witness bullying



Identity, society and equality: Celebrating difference

Pupils learn:

- about valuing the similarities and differences between themselves and others
- about what is meant by community
- about belonging to groups

Physical health and wellbeing: What helps me choose?

Pupils learn:

- about making healthy choices about food and drinks
- about how branding can affect what foods people choose to buy
- about keeping active and some of the challenges of this