



**Ellesmere College**  
**PSHE Curriculum Overview 2019/20**



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Marvellous Me! PSHE - Self-awareness (Me, who I am, my likes, dislikes, talents and interests)	Transport PSHE - Self-care, support and safety (Looking after myself and keeping safe)	Life in the freezer PSHE - Relationships: Managing Feelings (Understanding feelings and that how I feel and how others feel affects choices and behaviour)	Down on the farm PSHE - Healthy lifestyles (Being and keeping healthy on the 'outside' and on the 'inside')	It's a bugs life PSHE - Relationships: Changing and Growing (How I and others are changing; new opportunities and responsibilities)	Under the sea PSHE - The world I live in (Living confidently in the wider world)
<b>KS1</b>	PSHE - Self-awareness (Me, who I am, my likes, dislikes, talents and interests)  <b>I am Special and Unique</b>	PSHE - Self-care, support and safety (Looking after myself and keeping safe) includes aspects of Relationships and sex education  <b>People that help us</b>	PSHE - Relationships: Managing Feelings (Understanding feelings and that how I feel and how others feel affects choices and behaviour) includes aspects of Relationships and sex education  <b>Feelings</b>	PSHE - Healthy lifestyles (Being and keeping healthy on the 'outside' and on the 'inside')  <b>Healthy Foods and Treats</b>	PSHE - Relationships: Changing and Growing (How I and others are changing; new opportunities and responsibilities) includes aspects of Relationships and sex education  <b>Growing up</b>	PSHE - The world I live in (Living confidently in the wider world)  <b>Same and/or Different</b>
<b>KS2</b>	PSHE - Self-awareness (Me, who I am, my likes, dislikes, talents and interests)  <b>That's Not Nice!/ Bullying</b>	PSHE - Self-care, support and safety (Looking after myself and keeping safe) includes aspects of Relationships and sex education  <b>Keeping Safe</b>	PSHE - Relationships: Managing Feelings (Understanding feelings and that how I feel and how others feel affects choices and behaviour) includes aspects of Relationships and sex education  <b>Feelings</b>	PSHE - Healthy lifestyles (Being and keeping healthy on the 'outside' and on the 'inside')  <b>Healthy Foods and Treats</b>	PSHE - Relationships: Changing and Growing (How I and others are changing; new opportunities and responsibilities) includes aspects of Relationships and sex education  <b>Growing up</b>	PSHE - The world I live in (Living confidently in the wider world)  <b>The World of Work</b>
<b>Year 7 Learning for Life</b>	PSHE - Self-awareness (Me, who I am, my likes, dislikes, talents and interests)	PSHE - Self-care, support and safety (Looking after myself and keeping safe) includes aspects of Relationships and sex education	PSHE - Relationships: Managing Feelings (Understanding feelings and that how I feel and how others feel affects choices and behaviour) includes aspects of Relationships and sex education	PSHE - Healthy lifestyles (Being and keeping healthy on the 'outside' and on the 'inside')	PSHE - Relationships: Changing and Growing (How I and others are changing; new opportunities and responsibilities) includes aspects of Relationships and sex education	PSHE - The world I live in (Living confidently in the wider world)
<b>KS3 High Needs</b>	Skills and Talents  Aims and Aspirations	Keeping our bodies Safe  Personal/Public and Private	Self-Esteem and staying positive  Strong Emotions	A Healthy Body  A Healthy Mind	My Changing Body  Healthy Relationships	Same or/and Different



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<b>KS3 Connecting &amp; Responding</b>	PSHE - Self-care, support and safety (Looking after myself and keeping safe) includes aspects of Relationships and sex education  Keeping ourselves safe and well  People that Help Us	PSHE - Self-awareness (Me, who I am, my likes, dislikes, talents and interests)  Learning for Life  We are all Different	PSHE - Healthy lifestyles (Being and keeping healthy on the 'outside' and on the 'inside')  Active Me  Healthy Eating	PSHE - Relationships: Managing Feelings (Understanding feelings and that how I feel and how others feel affects choices and behaviour) includes aspects of Relationships and sex education  Happy/Unhappy  Relationships and Feelings	PSHE - Relationships: Changing and Growing (How I and others are changing; new opportunities and responsibilities) includes aspects of Relationships and sex education  Friendship  Relationships and Sex  Consent	PSHE - The world I live in (Living confidently in the wider world)  Managing Money
<b>Year 8 &amp; 9 Learning for Life</b>						
<b>Year 8 &amp; 9 Stretch &amp; Challenge</b>						
<b>KS4 Connecting &amp; Responding</b>	Developing self-awareness: All about me  Be aware of their relationships with others	Developing self-awareness: All about me  Be aware of themselves as an individual	Getting on with other people  Interact with others	Getting on with other people  Take part in a group activity	Citizenship British Values	SRE
<b>KS4 High Needs</b>						
<b>KS4 Learning for Life</b>	Developing Self.		Individual Rights and Responsibilities		Citizenship British Values	SRE
<b>KS4 Stretch &amp; Challenge</b>						
<b>Post 16 High Needs</b>	PSHE - Self-care, support and safety (Looking after myself and keeping safe) includes aspects of Relationships and sex education  Keeping ourselves Safe and Well  People that Help Us	PSHE - Self-awareness (Me, who I am, my likes, dislikes, talents and interests)  Learning for Life  We are all Different	PSHE - Healthy lifestyles (Being and keeping healthy on the 'outside' and on the 'inside')  Active Me  Healthy Eating	PSHE - Relationships: Managing Feelings (Understanding feelings and that how I feel and how others feel affects choices and behaviour) includes aspects of Relationships and sex education  Happy/Unhappy  Relationships and Feelings	PSHE - Relationships: Changing and Growing (How I and others are changing; new opportunities and responsibilities) includes aspects of Relationships and sex education  Friendship  Relationships and Sex  Consent	PSHE - The world I live in (Living confidently in the wider world)  Managing Money  Citizenship
<b>Post 16 Learning for Life</b>						
<b>Post 16 Stretch &amp; Challenge</b>						