

## NPSB PHSCE Curriculum Overview

|                            | Autumn 1  | Autumn 2  | Spring 1   | Spring 2   | Summer 1   | Summer 2  |
|----------------------------|---|---|--|--|--|---|
| <b>Whole School Events</b> | The Importance of Being Safe & Happy Week.<br>NSPCC Speak Out & PANTS sessions.<br>SJA - First Aid Day<br>Democracy & Elections Week. | Remembrance Day.<br>Anti-Bullying Week.<br>Homeless and Charity Appeal. | iSafe Computing Unit and Safer Internet Day.<br>Children's Mental Health Week. | STEM Week – Time<br>BAME Art Day.<br>Charitable Fundraising. | Great Birmingham Run – Running for Charity.<br>Mental Health Awareness Week. | Transition Sessions.<br>Sports Day.                         |
| <b>My Happy Mind</b>       | My Happy Mind Enrichment Day<br><b>Module One – Meet the Brain.</b>   | My Happy Mind Enrichment Day<br><b>Module Two – Celebrate</b>           | My Happy Mind Enrichment Day<br><b>Module Three – Appreciate</b>               |  | My Happy Mind Enrichment Day<br><b>Module Four – Relate</b>                  | My Happy Mind Enrichment Day<br><b>Module Five – Engage</b> |
| <b>EYFS</b>                | Self-Regulation:<br>My Feelings   | Building Relationships:<br>Special relationships                        | Self-regulation: Listening and following instructions                          | E-safety   | Building relationships:<br>My family and friends                             | Managing self:<br>My Wellbeing                              |
| <b>Yr1</b>                 | Introduction lesson<br>Family and relationships   | Family and relationships<br>Health and wellbeing                        | Health and wellbeing<br>Safety and the changing body                           | Safety and the changing body.<br>Citizenship.                | Citizenship.<br>Economic Wellbeing   | Economic Wellbeing.<br>Transition Lesson                    |
| <b>Yr2</b>                 | Introduction lesson<br>Family and relationships.  | Family and relationships<br>Health and wellbeing                        | Health and wellbeing<br>Safety and the changing body                           | Safety and the changing body.<br>Citizenship.                | Citizenship.   | Economic Wellbeing.<br>Transition Lesson                    |

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|------------|---|--|--|---|-------------------------------------|--|
| <b>Yr3</b> | Introduction lesson<br>Family and relationships.  | Family and relationships<br>Health and wellbeing | Health and wellbeing<br>Safety and the changing<br>body                                  | Safety and the changing body.<br>Citizenship. | Citizenship.                        | Economic Wellbeing.<br>Transition Lesson   |
| <b>Yr4</b> | Introduction lesson<br>Family and relationships.  | Family and relationships<br>Health and wellbeing | Health and wellbeing<br>Safety and the changing<br>body                                  | Safety and the changing body.                 | Citizenship.                        | Citizenship.<br>Economic Wellbeing.<br>Transition Lesson: Roles and<br>responsibilities. |
| <b>Yr5</b> | Introduction lesson<br>Family and relationships.  | Family and relationships<br>Health and wellbeing | Health and wellbeing<br>Safety and the changing<br>body.<br>NHS Nurse – Puberty Session  | Safety and the changing body.<br>Citizenship. | Citizenship.<br>Economic Wellbeing. | Economic Wellbeing.<br>Transition Lesson: Roles and<br>Responsibilities.                 |
| <b>Yr6</b> | Introduction lesson.<br>Family and relationships. | Health and wellbeing.                            | Health and wellbeing.<br>Safety and the changing<br>body.<br>NHS Nurse – Puberty Session | Safety and the changing body.<br>Citizenship. | Citizenship.<br>Economic Wellbeing. | Economic Wellbeing.<br>Identity.<br>Transition Lesson: Dealing<br>with Change.           |