



Wells Park School

PSHE Curriculum Overview

Lower School- Cycle A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Belonging (incl. families/ people who care for us)	Respectful relationships	Internet safety/ internet harm	Online relationships/ mental wellbeing	Health and prevention	Healthy eating

Lower School- Cycle B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Belonging (incl. caring friendships)	Physical health and fitness	Basic 1 st aid	Being safe	Changing bodies	Harmful substances- Keeping healthy

Upper School- Cycle A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Belonging (incl. families, partnerships etc)	Respectful relationships and unsafe relationships	Internet safety/ internet harm	Online relationships/ mental wellbeing	Health and prevention	Healthy eating

Upper School- Cycle B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Belonging (incl. friendships)	Physical health and fitness	Basic 1 st aid	Being safe	Changing bodies	Harmful substances- drugs, alcohol and tobacco