## **Torbay PSHE Unit Overview**

This follows a spiral curriculum approach which enables children to revisit and deepen their understanding. These are suggested units of learning and should be adapted to reflect the local context of each school and can be reordered to reflect each school’s individual curriculum. These lessons can also be taught through discrete weekly lessons.

Years One, Three and Five

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn One** | **Autumn Two** | **Spring One** | **Spring Two** | **Summer One** | **Summer Two** |
| **PSHE Unit of Learning** | Happiness, Positivity and Feeling Special | Emotions, Feelings and Friends | Choices, Decisions and Democracy | Individuality, Independence and Assertiveness | Being Safe and Asking for Help | Growing Up, Staying Healthy and Making Ambitions |
| **PSHE Association Key Theme** | Relationships | Relationships | Living in the Wider World | Health and Well-Being | Relationships | Health and Well-Being |

Years Two, Four and Six

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn One** | **Autumn Two** | **Spring One** | **Spring Two** | **Summer One** | **Summer Two** |
| **PSHE Unit of Learning** | Citizenship, Responsibility and Leadership | Following the Law, Staying Safe and Overcoming Peer Pressure | Earning, Saving and Spending | Trade, Food Growing and Fairness | Families, Friendships and Relationships | Changes, Transitions and Maintaining Positivity |
| **PSHE Association Key Theme** | Living in the Wider World | Health and Well-Being | Living in the Wider World | Living in the Wider World | Relationships | Health and Well-Being |

*These suggested units of learning meet the statutory and non-statutory guidance for Key Stage One and Key Stage Two provided by the DfE; it is recommended the Christopher Winter Project for RSHE is used alongside this to securely meet the statutory requirements for Relationships and Health Education, alongside wider school opportunities.*