








PSHE Overview 2021 - 2022

	Autumn Term: Belonging		Spring Term: Me and my body		Summer Term: Staying safe		
Year 1	Mind Mate Lessons Mental Health	Identity, society and equality Me and others	Careers, financial capability and economic wellbeing My money	Physical health and wellbeing Fun times	Keeping safe and managing risk Feeling safe	Drug, alcohol and tobacco education What do we put into and on to bodies?	MindMate Mindfulness
Year 2	Mind Mate Lessons Mental Health		Living and Growing (6 lessons) 	Physical health and wellbeing What keeps me healthy?	Keeping safe and managing risk Indoors and outdoors	Drug, alcohol and tobacco education Medicines and me	MindMate Mindfulness
Year 3	Mind Mate Lessons Mental Health	Identity, society and equality Celebrating difference	Careers, financial capability and economic wellbeing Saving, spending and budgeting	Physical health and wellbeing What helps me choose?	Keeping safe and managing risk Bullying – see it, say it, stop it	Drug, alcohol and tobacco education Tobacco is a drug	MindMate Domestic abuse 
Year 4	Mind Mate Lessons Mental Health	Identity, society and equality Democracy	Careers, financial capability and economic wellbeing <u>Y5 topic</u> Borrowing and earning money	Physical health and wellbeing What is important to me?	Keeping safe and managing risk Playing safe	Drug, alcohol and tobacco education Making choices	MindMate Domestic abuse 
Year 5	Mind Mate Lessons Mental Health	Identity, society and equality Stereotypes, discrimination and prejudice	Living and Growing (6 lessons) 	Physical health and wellbeing In the media	Keeping safe and managing risk When things go wrong	Drug, alcohol and tobacco education Different influences	MindMate Domestic abuse 
Year 6	Mind Mate Lessons Mental Health	Identity, society and equality Human rights	Living and Growing (6 lessons) 	Safety outside of Hovingham 	Keeping safe and managing risk Keeping safe - out and about	Drug, alcohol and tobacco education Weighing up risk	Safety outside of Hovingham 

 This indicates that this topic links to our safeguarding curriculum.