**PSHE Syllabus Overview: Lower Schoolroom**

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|  | **Lower Schoolroom** |
| Autumn 1 | Transition to secondary school |
|  | Gremlins and Heroes |
|  | First Aid |
|  | Wellbeing (5 ways) |
| Autumn 2 | Managing emotions |
|  | Managing friendships |
|  | Bullying and group dynamics |
|  | Diversity, stereotyping and prejudice |
| Spring 1 | Digital Awareness |
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| Spring 2 | Puberty Education |
|  | Healthy routines |
|  | Influences on health |
|  | Mental health: emotional management |
| Summer 1 | Healthy and Unhealthy Relationships |
|  | Managing Conflict |
|  | Introduction to Consent |
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| Summer 2 | Saving |
|  | Borrowing |
|  | Budgeting |
|  | Making financial choices |
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