

PSHE Curriculum Overview







Year Group	Autumn 1 Being Me in My World Articles 2, 3, 12, 13, 15, 28	Autumn 2 Celebrating Differences Articles 2, 14, 30, 22, 29, 23	Spring 1 Healthy me (DATE) Articles 6, 17, 19, 24, 27, 33	Spring 2 Changing Me (SRE) Articles 12, 19, 24, 29, 34, 36	Summer 1 Relationships Articles 9, 16, 19, 20, 21, 36	Summer 2 Dreams and Goals Articles 8, 12, 13, 27, 28, 29
Reception	Self-Identity Understanding Feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making Friends Standing up for yourself	Exercising bodies Physical Activity Healthy food Sleep Keeping Clean Safety	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving Goals Preparing for transition
Year 1	Feeling special and safe Being part of the class Right and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Life cycles-animals and humans Changes in me Changes since being a baby Differences between male and female bodies (correct terminology) Linking growing and learning Coping with change	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success Preparing for transition
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating differences and remaining friends	Motivation Healthier choices Relaxations Healthy eating and nutrition Healthier snacks and sharing foods	Life cycles in nature Growing from young to old Increasing independence Differences in females and male bodies (correct terminology) Assertiveness	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success Preparing for transition
Year 3	Setting personal goals Self-identity and self-worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	How babies grow Understanding a baby's needs Outside body changes Family stereotypes Challenging my ideas	Family roles and responsibilities Friendships and negotiation Keeping safe online and who to go to for help Being a good global citizen Being aware of how my choices affect others Awareness of how children have different lives	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting

					Expressing appreciation for family and friends	Preparing for transition
Year 4	Being part of a class team Being a school citizen Right, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem solving Identifying how special and unique everyone is First impressions	Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Being unique Having a baby Girls and puberty Confidence in change Accepting change Environmental changes	Jealousy Love and loss Memories and loved ones Getting and Falling out Girlfriends and Boyfriends Showing appreciation to people and animas	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Preparing for transition
Year 5	Planning for the year ahead Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice	Cultural differences and how they cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Health choices Motivation and behaviour	Self and body image Influence online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Future dreams The importance of money Jobs and carers Dream jobs and how to get there Goals in different cultures Supporting others (charity) Motivation Preparing for transition
Year 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role models	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict Differences as celebration Empathy	Taking personal responsibility How substances affect the body Exploitation including county lines and gang culture Emotional and mental health Managing stress	Self-mage Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexing	Mental health Identifying mental health worries and sources of support Love and Loss Managing feelings Power and control Assertiveness Technology safety Taking responsibility with technology use	Personal leaning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Preparing for transition

*Healthy Me- DATE

*Changing Me/Relationships- SRE

Being Me in My World

 2 All children have these rights no matter what their differences are	 3 Adults must do what's best for me	 12 I have the right to be listened to, and taken seriously	 13 I have the right to get information and share my views	 15 I have the right to meet with friends and join groups	 30 I have a right to speak my own language and to follow my family's way of life
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Celebrating Difference

 2 All children have these rights no matter what their differences are	 14 I have the right to have my own thoughts and beliefs and to choose my religion, with help from my parents	 22 If I am a refugee, I have a right to help, protection, and the same rights as children born in this country	 23 If I am disabled, I have the right to special care and education	 29 I have the right to an education which develops my personality, talents and abilities	 30 I have a right to speak my own language and to follow my family's way of life
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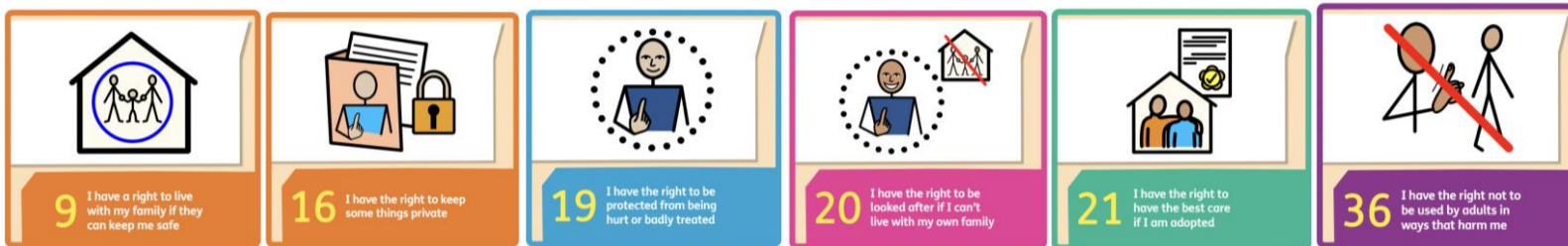
Healthy Me



Changing Me



Relationships



Dreams and Goals

