

PSHE Overview

<u>Year group</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>1</u>	<p><i>Being Me In My World</i></p> <ul style="list-style-type: none"> • Self-identity • Understanding feelings • Being in a classroom • Being gentle • Rights and responsibilities 	<p><i>Celebrating Differences</i></p> <ul style="list-style-type: none"> • Identifying talents • Being special • Families • Where we live • Making friends • Standing up for yourself 	<p><i>Dreams and Goals</i></p> <ul style="list-style-type: none"> • Challenges • Perseverance • Goal-setting • Overcoming obstacles • Seeking help • Jobs • Achieving goals 	<p><i>Healthy Me</i></p> <ul style="list-style-type: none"> • Exercising bodies • Physical activity • Healthy food • Sleep • Keeping clean • Safety 	<p><i>Relationships</i></p> <ul style="list-style-type: none"> • Family life • Friendships • Breaking friendships • Falling out • Dealing with bullying • Being a good friend 	<p><i>Changing Me</i></p> <ul style="list-style-type: none"> • Bodies • Respecting my body • Growing up • Growth and change • Fun and fears • Celebrations
<u>2</u>	<p><i>Being Me In My World</i></p> <ul style="list-style-type: none"> • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings 	<p><i>Celebrating Differences</i></p> <ul style="list-style-type: none"> • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Gender diversity • Celebrating difference and remaining friends 	<p><i>Dreams and Goals</i></p> <ul style="list-style-type: none"> • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group cooperation • Contributing to and sharing success 	<p><i>Healthy Me</i></p> <ul style="list-style-type: none"> • Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks and sharing food 	<p><i>Relationships</i></p> <ul style="list-style-type: none"> • Different types of family • Physical contact boundaries • Friendship and conflict • Secrets • Trust and appreciation • Expressing appreciation for special relationships 	<p><i>Changing Me</i></p> <ul style="list-style-type: none"> • Life cycles in nature • Growing from young to old • Increasing independence • Differences in female and male bodies (correct terminology) • Assertiveness • Preparing for transition

<p><u>3</u></p>	<p><i>Being Me In My World</i></p> <ul style="list-style-type: none"> ● Setting personal goals ● Self-identity and worth ● Positivity in challenges ● Rules, rights and responsibilities ● Rewards and consequences ● Responsible choices ● Seeing things from others' perspectives 	<p><i>Celebrating Differences</i></p> <ul style="list-style-type: none"> ● 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 	<p><i>Dreams and Goals</i></p> <ul style="list-style-type: none"> ● 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 	<p><i>Healthy Me</i></p> <ul style="list-style-type: none"> ● 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 	<p><i>Relationships</i></p> <ul style="list-style-type: none"> ● Family roles and responsibilities ● Friendship and negotiation ● Keeping safe online and who to go to for help ● Being a global citizen ● Being aware of how my choices affect others ● Awareness of how other children have different lives ● Expressing appreciation for family and friends 	<p><i>Changing Me</i></p> <ul style="list-style-type: none"> ● How babies grow ● Understanding a baby's needs ● Family stereotypes ● Challenging my ideas ● Preparing for transition
<p><u>4</u></p>	<p><i>Being Me In My World</i></p> <ul style="list-style-type: none"> ● Being part of a class team ● Being a school citizen ● Rights, responsibilities and democracy (school council) ● Rewards and consequences ● Group decision-making ● Having a voice 	<p><i>Celebrating Differences</i></p> <ul style="list-style-type: none"> ● Challenging assumptions ● Judging by appearance ● Accepting self and others ● Understanding influences ● Understanding bullying ● Problem-solving 	<p><i>Dreams and Goals</i></p> <ul style="list-style-type: none"> ● Hopes and dreams ● Overcoming disappointment ● Creating new, realistic dreams ● Achieving goals ● Working in a group ● Celebrating contributions ● Resilience 	<p><i>Healthy Me</i></p> <ul style="list-style-type: none"> ● Healthier friendships ● Group dynamics ● Smoking ● Alcohol ● Assertiveness ● Peer pressure ● Celebrating inner strength 	<p><i>Relationships</i></p> <ul style="list-style-type: none"> ● Jealousy Love and loss ● Memories of loved ones ● Getting on and Falling Out ● Girlfriends and boyfriends ● Showing appreciation to people and animals 	<p><i>Changing Me</i></p> <ul style="list-style-type: none"> ● Being unique ● <i>Having a baby</i> ● Girls and puberty ● Outside body changes ● Inside body changes ● Confidence in change ● Accepting change ● Preparing for

		<ul style="list-style-type: none"> Identifying how special and unique everyone is First impressions 				<ul style="list-style-type: none"> transition Environment
5	<p>Being Me In My World</p> <ul style="list-style-type: none"> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating 	<p>Celebrating Differences</p> <ul style="list-style-type: none"> Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation 	<p>Healthy Me</p> <ul style="list-style-type: none"> Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour 	<p>Relationships</p> <ul style="list-style-type: none"> 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 SMARRT internet safety rules 	<p>Changing Me</p> <ul style="list-style-type: none"> Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition
6	<p>Being Me In My World</p> <ul style="list-style-type: none"> Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a 	<p>Celebrating Differences</p> <ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusio 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation 	<p>Healthy Me</p> <ul style="list-style-type: none"> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health 	<p>Relationships</p> <ul style="list-style-type: none"> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control 	<p>Changing Me</p> <ul style="list-style-type: none"> Self-image Body image Puberty and feelings Conception (including IVF) Conception to birth Reflections about change

	<p>voice</p> <ul style="list-style-type: none"> • Anti-social behaviour • Role-modelling 	<p>n</p> <ul style="list-style-type: none"> • Differences as conflict, difference as celebration • Empathy 	<ul style="list-style-type: none"> • Recognising achievements • Compliments 	<ul style="list-style-type: none"> • Managing stress 	<ul style="list-style-type: none"> • Assertiveness • Technology safety • Take responsibility with technology use 	<ul style="list-style-type: none"> • Physical attraction • Respect and consent • Attraction • Sexting • Transition
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