

PSHE Curriculum Overview

	Term 1 Being Me In My World	Term 2 Celebrating Difference	Term 3 Dreams and Goals	Term 4 Healthy Me	Term 5 Relationships	Term 6 Changing Me
Year R	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	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology)

	Owning the Learning Charter		Identifying and overcoming obstacles Feelings of success	household items Road safety Linking health and happiness	Self-acknowledgement Being a good friend to myself Celebrating special relationships	Linking growing and learning Coping with change 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 Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

Year 3	Setting personal goals	Families and their differences	Difficult challenges and achieving success	Exercise	Family roles and responsibilities	How babies grow
	Self-identity and worth	Family conflict and how to manage it (child-centred)	Dreams and ambitions	Fitness challenges	Friendship and negotiation	Understanding a baby's needs
	Positivity in challenges	Witnessing bullying and how to solve it	New challenges	Food labelling and healthy swaps	Keeping safe online and who to go to for help	Outside body changes
	Rules, rights and responsibilities	Recognising how words can be hurtful	Motivation and enthusiasm	Attitudes towards drugs	Being a global citizen	Inside body changes
	Rewards and consequences	Giving and receiving compliments	Recognising and trying to overcome obstacles	Keeping safe and why it's important (online and off line scenarios)	Being aware of how my choices affect others	Family stereotypes
	Responsible choices		Evaluating learning processes	Respect for myself and others	Awareness of how other children have different lives	Challenging my ideas
	Seeing things from others' perspectives		Managing feelings	Healthy and safe choices	Expressing appreciation for family and friends	Preparing for transition
			Simple budgeting			
Year 4	Being part of a class team	Challenging assumptions	Hopes and dreams	Healthier friendships	Jealousy	Being unique
	Being a school citizen	Judging by appearance	Overcoming disappointment	Group dynamics	Love and loss	Having a baby
						Girls and puberty

	Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Memories of loved ones Getting on and falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF)

	Democracy, having a voice, participating	Enjoying and respecting other cultures	Supporting others (charity) Motivation	Relationships with food Healthy choices Motivation and behaviour	Reducing screen time Dangers of online grooming SMARRT internet safety rules	Growing responsibility Coping with change 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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

	Anti-social behaviour					
	Role-modelling					