



PSHE Curriculum Overview

	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
Reception	Being me in my World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating Differences Identifying talents Being special Families Where we live Making friends Standing up for yourself	Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Relationships Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Being me in my World Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences	Celebrating Differences Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Dreams and Goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety	Relationships 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	Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology)

	Owning our Class Charter		Identifying and overcoming Obstacles Feelings of success	Linking health and happiness	Being a good friend to myself Celebrating special relationships	Linking growing and learning Coping with change Transition
Year 2	Being me in my World Hopes and fears for the year Rights and responsibilities (class charter) Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Celebrating Differences Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing foo	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Changing Me 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	Being me in my World Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices	Celebrating Difference Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how hurtful words can be	Dreams and Goals Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles	Healthy me Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios	Relationships 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	Changing me How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas

	Seeing things from others' perspectives	Giving and receiving compliments	Evaluating learning processes Managing feelings Simple budgeting	Respect for myself and others Healthy and safe choices	Awareness of how other children have different lives Expressing appreciation for family and friends	Preparing for transition
Year 4	Being Me in My World 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 What motivates behaviour	Celebrating Difference Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Dreams and Goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthy me Healthier Friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Relationships Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals	Changing Me Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Being Me in My World Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences	Celebrating Difference Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying	Dreams and Goals Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures	Healthy Me Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food	Relationships How to make friends How to solve friendship problems How to help others feel involved as part of a group (online and in the community)	Changing Me Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF)

	<p>How behaviour affects groups</p> <p>Democracy Having a voice, participating</p>	<p>Material wealth and happiness</p> <p>Enjoying and respecting other cultures</p>	<p>Supporting others (charity)</p> <p>Motivation</p>	<p>Healthy choices</p> <p>Motivation and behaviour</p>	<p>How to help themselves and others when they feel sad or are hurt</p> <p>To recognise that too much screen time is not helpful</p> <p>To identify that some relationships are harmful and how to identify good relationships.</p>	<p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p>
Year 6	<p>Being me in my World</p> <p>Identifying goals for the year</p> <p>Global citizenship Children's universal rights</p> <p>Feeling welcome and valued</p> <p>Choices, consequences and rewards Group dynamics</p> <p>Democracy, having a voice Anti-social behaviour Role-modelling</p>	<p>Celebrating Difference</p> <p>Perceptions of normality</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Understanding bullying</p> <p>Inclusion/exclusion</p> <p>Differences as conflict, difference as celebration</p> <p>Empathy</p>	<p>Dreams and Goals</p> <p>Personal learning goals, in and out of school. Success criteria</p> <p>Emotions in success</p> <p>Making a difference in the world</p> <p>Motivation</p> <p>Recognising achievements</p> <p>Compliments</p>	<p>Healthy me</p> <p>Taking personal responsibility</p> <p>How substances affect the body</p> <p>Exploitation, including 'county lines' and gang culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>	<p>Relationships</p> <p>Mental health</p> <p>Identifying mental health worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p> <p>Technology safety</p> <p>Take responsibility with technology use</p>	<p>Changing me</p> <p>Self-image</p> <p>Body image</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Reflections about change</p> <p>Physical attraction</p> <p>Respect and consent</p> <p>Boyfriends/girlfriends</p> <p>Sexting Transition</p>