



PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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 Owing our Class Charter	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 Identifying and overcoming	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	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 Being a good friend to myself	Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning

			Obstacles Feelings of success		Celebrating special relationships	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 Seeing things from others' perspectives	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 Giving and receiving compliments	Dreams and Goals Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes	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 Respect for myself and others Healthy and safe choices	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 Awareness of how other children have different lives	Changing me How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

			Managing feelings Simple budgeting		Expressing appreciation for family and friends	
Year 4	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	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
	Rights, responsibilities and democracy (school council)	Accepting self and others	Creating new, realistic dreams	Smoking	Memories of loved ones	Girls and puberty
	Rewards and consequences	Understanding influences	Achieving goals	Alcohol	Getting on and Falling Out	Confidence in change
	Group decision-making	Understanding bullying	Working in a group	Assertiveness	Girlfriends and boyfriends	Accepting change
	Having a voice What motivates behaviour	Problem-solving	Celebrating contributions	Peer pressure	Showing appreciation to people and Animals	Preparing for transition
		Identifying how special and unique everyone is	Resilience	Celebrating inner strength		Environmental change
		First impressions	Positive attitudes			
Year 5	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Planning the forthcoming year	Cultural differences and how they can cause conflict	Future dreams	Smoking, including vaping	How to make friends	Self - and body image
	Being a citizen	Racism Rumours and name-calling	The importance of money Jobs and careers	Alcohol and anti-social behaviour	How to solve friendship problems	Influence of online and media on body image
	Rights and responsibilities	Types of bullying	Dream job and how to get there	Emergency aid Body image	How to help others feel involved as part of a group (online and in the community)	Puberty for girls Puberty for boys
	Rewards and consequences How behaviour affects groups	Material wealth and happiness	Goals in different cultures Supporting others (charity)	Relationships with food Healthy choices		Conception (including IVF) Growing responsibility

	<p>Democracy Having a voice, participating</p>	<p>Enjoying and respecting other cultures</p>	<p>Motivation</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>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>