

PSHE Curriculum Overview						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
F1-F2	Self-identify, 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 friends, 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, Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it, Making new friends, Celebrating the differences in everyone	Setting goals, Persevere, Learning strengths, Learning styles, Working well and celebrating achievement, Identifying and overcoming obstacles, Feelings of success	Keeping myself healthy, Healthier lifestyle choices, Keeping clean, Medicine safety/safety with household items, Road safety, Linking health and happiness	Belonging to a family, Making Friends/being a good friend, Physical contact preferences, People who help us, Being a good friend to myself, Celebrating my special relationships	Life cycles, Changing in me, Changes since being a baby, Differences in female and male bodies, Learning and growing, Coping with changes
Year 2	Hopes & fears for the year, Rights & Responsibilities, Rewards and feeling proud, Consequences, Owning the Learning Charter	Assumptions and stereotypes about gender, Understanding bullying, Standing up for self and others, Making new friends, Celebrating difference and still remaining friends	Achieving realistic goals, Persevere, Learning strengths, Learning with others, Group co-operation, Contributing to sharing success	Motivation Relaxation, Medicine safety, Healthy eating and nutrition, Healthier snacks and sharing food	Different types of family Physical contact and 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, Assertiveness, Preparing for transition
Year 3	Setting personal goals, Positivity in challenges, Rules, rights & responsibilities, Rewards and consequences, Responsible choices, Seeing things from other's 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	Difficult challenges and achieving success, Dreams and ambitions, New challenges, Motivation and enthusiasm, Recognising and overcoming obstacles, Evaluating learning processes	Exercise, Fitness challenges, Attitudes towards drugs Keeping safe and why it's important (online and offline scenarios), Keeping myself and others safe at home Respect for myself and others	Family roles and Responsibilities, Friendship and negotiation, Keep safe online and who to go to for help, Being a global citizen, Expressing appreciation for friends and family	How babies grow, Understanding a baby's needs, Outside body changes, Family stereotypes, Preparing for transition

Year 4	Becoming a class 'Team', Being a school citizen, Rights, Responsibilities And Democracy, Rewards and consequences, Responsible choices, Owning the Learning Charter	Judging by appearances, Understanding influences, Understanding bullying, Problem-solving, Special me, Celebrating difference: how we look	Hopes and dreams, Broken dreams, Overcoming disappointment, Creating new dreams, Achieving goals, Working in a group and celebrating contributions	My friends and me, Group dynamics, Smoking, Alcohol, Healthy Friendships and peer pressure, Celebrating my inner strength and assertiveness	Relationship web Love and Loss, Memories of loved ones, Are animals special? Special pets, Celebrating my relationships with people and animals	Being unique, What babies need to grow, Differences between boys and girls, Confidence in change, Accepting change Preparing for transition
Year 5	My year ahead, Being a citizen, Rights and responsibilities, Rewards and consequences, Democracy, Owning the Learning charter	Different cultures, Racism, Rumours and name-calling, Types of bullying, Does money matter? Celebrating difference across the world	Future dreams, Investigate jobs & careers, My dream job, Dreams and goals of young people in other cultures, How we can support each other	Smoking Alcohol, Emergency aid, Body image, My relationship with food, Healthy choices	Recognising me, Getting on and falling out, Girlfriends and boyfriends, Relationships and technology,	Self and body image Puberty for girls, Puberty for boys, How a baby develops, Growing responsibilities, Preparing for transition
Year 6	My year ahead, Being a global citizen, The learning charter Consequences	Am I normal? Understanding disability, Power struggles, Understanding bullying, Celebrating difference	Personal learning goals, Steps to success My dream for the world, Helping to make a difference, Recognising our achievements	Food, Drugs, Alcohol, Emergency aid, Emotional and mental health, Managing stress	My relationship web, Love and loss, Power and control, Being safe with technology,	Self and body image Puberty and feelings Reflections about change Conception to birth, Growing responsibilities, Preparing for transition