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| A logo with a bird and text  Description automatically generated | **PSHE** Overview | | | | | |
|  | Term 1  **Being me in my world** | Term 2  **Celebrating differences** | Term 3  **Dreams and goals** | Term 4  **Healthy me** | Term 5  **Relationships** | Term 6  **Changing me** |
| EYFS | 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 |
| Y1/2  (A – Y1) | 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  Identifying successes and achievements  Learning styles  Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles  Feelings of success | Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  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  Qualities as a friend and person Self-acknowledgement  Being a good friend to myself Celebrating special relationships | 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 Coping with change  Transition |
| Y1/2  (B – Y2) | 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  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 |
| Y3/4  (A – Y4) | 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 | Challenging assumptions  Judging by appearance  Accepting self and others Understanding influences Understanding bullying  Problem-solving Identifying how special and unique everyone is First impressions | Hopes and dreams  Overcoming disappointment Creating new, realistic dreams Achieving goals  Working in a group  Celebrating contributions Resilience  Positive attitudes | Healthier friendships  Group dynamics  Smoking  Alcohol and vaping  Assertiveness  Peer pressure  Celebrating inner strength | Jealousy  Love and loss  Memories of loved ones  Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals | Being unique  Having a baby  Girls and puberty  Confidence in change  Accepting change  Preparing for transition Environmental change |
| Y3/4  (B – Y3) | Setting personal goals  Self-identity and worth  Positivity in challenges  Rules, rights and responsibilities Rewards and consequences Responsible choices  Seeing things from others’ perspectives | Families and their differences Family conflict and how to manage it (child-centered) 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 trying to overcome obstacles  Evaluating learning processes Managing feelings Simple budgeting | 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 choice | 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 | How babies grow  Understanding a baby’s needs Outside body changes Inside body changes  Family stereotypes  Challenging my ideas Preparing for transition |
| Y5/6  (A – Y6) | 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 Anti-social behaviour Role-modelling | 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 |
| Y5/6  (B – Y5) | Planning the year ahead  Being a citizen  Rights and responsibilities Rewards and consequences  How behaviour affects groups Democracy, having a voice, participating | Cultural differences and how they can cause conflict  Racism, rumours and name-calling  Types of bullying  Materials wealth and happiness Enjoying and respecting other cultures | Future dreams  The importance of money Jobs and careers  Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation | Smoking including vaping  Alcohol and vaping  Alcohol and anti-social behaviour Emergency aid  Body image Relationships with food  Healthy choices Motivation and behaviour | 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 | Self- and body image  Influence of online and media on body image  Puberty for girls  Puberty for boys Conception (IVF)  Growing responsibility  Coping with change  Preparing for transition |