|  |  |
| --- | --- |
| 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 FamiliesWhere we liveMaking friends Standing up for yourself | ChallengesPerseveranceGoal-settingOvercoming obstaclesSeeking helpJobs Achieving goals | Exercising bodiesPhysical activityHealthy foodSleepKeeping cleanSafety | Family lifeFriendshipsBreaking friendshipsFalling outDealing with bullyingBeing a good friend | BodiesRespecting my bodyGrowing upGrowth and changeFun and fearsCelebrations |
| Y1/2 (A – Y1) | Feeling special and safeBeing part of a classRights and responsibilities Rewards and feeling proud ConsequencesOwning the learning charter | Similarities and differences Understanding bullying and knowing how to deal with it Making new friendsCelebrating the differences in everyone | Setting goalsIdentifying successes and achievementsLearning stylesWorking well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstaclesFeelings of success | Keeping myself healthyHealthier lifestyle choicesKeeping cleanBeing safeMedicine safety/ safety with household itemsRoad safetyLinking health and happiness | Belonging to a familyMaking friends/being a good friendPhysical contact preferences People who help usQualities as a friend and person Self-acknowledgementBeing a good friend to myself Celebrating special relationships | Life cycles – animal and human Changes in meChanges since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with changeTransition |
| Y1/2 (B – Y2) | Hopes and fears for the year Rights and responsibilities Rewards and consequencesSafe and fair learning environmentValuing contributionsChoicesRecognising feelings | Assumptions and stereotypes about genderUnderstanding bullyingStanding up for self and others Making new friendsDiversityCelebrating difference and remaining friends | Achieving realistic goals PerseveranceLearning strengthsLearning with othersGroup co-operationContributing to and sharing success | MotivationHealthier choicesRelaxationHealthy eating and nutrition Healthier snacks and sharing food | Different types of familyPhysical contact boundaries Friendship and conflictSecrets Trust and appreciation Expressing appreciation for special relationships | Life cycles in natureGrowing from young to old Increasing independence Differences in female and male bodies (correct terminology) AssertivenessPreparing for transition |
| Y3/4 (A – Y4) | Being part of a class teamBeing a school citizenRights, responsibilities and democracy (school council) Rewards and consequences Group decision-makingHaving a voice What motivates behaviour | Challenging assumptionsJudging by appearanceAccepting self and others Understanding influences Understanding bullyingProblem-solving Identifying how special and unique everyone is First impressions | Hopes and dreamsOvercoming disappointment Creating new, realistic dreams Achieving goalsWorking in a groupCelebrating contributions ResiliencePositive attitudes | Healthier friendshipsGroup dynamicsSmokingAlcohol and vapingAssertivenessPeer pressureCelebrating inner strength | JealousyLove and lossMemories of loved onesGetting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals | Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting changePreparing for transition Environmental change |
| Y3/4 (B – Y3) | Setting personal goalsSelf-identity and worthPositivity in challengesRules, rights and responsibilities Rewards and consequences Responsible choicesSeeing things from others’ perspectives | Families and their differences Family conflict and how to manage it (child-centered) Witnessing bullying and how to solve itRecognising how words can be hurtfulGiving and receiving compliments | Difficult challenges and achieving successDreams and ambitionsNew challengesMotivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting | ExerciseFitness challengesFood labelling and healthy swaps Attitudes towards drugs Keeping safe and why it’s important online and off line scenariosRespect for myself and others Healthy and safe choice | Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for helpBeing a global citizenBeing aware of how my choices affect othersAwareness of how other children have different livesExpressing appreciation for family and friends | How babies growUnderstanding a baby’s needs Outside body changes Inside body changesFamily stereotypesChallenging my ideas Preparing for transition |
| Y5/6 (A – Y6) | Identifying goals for the year Global citizenshipChildren’s universal rightsFeeling welcome and valued Choices, consequences and rewardsGroup dynamicsDemocracy, having a voice Anti-social behaviour Role-modelling | Perceptions of normality Understanding disabilityPower strugglesUnderstanding bullying Inclusion/exclusionDifferences as conflict, difference as celebrationEmpathy | Personal learning goals, in and out of schoolSuccess criteriaEmotions in successMaking a difference in the world MotivationRecognising achievements Compliments | Taking personal responsibility How substances affect the body Exploitation including ‘county lines’ and gang cultureEmotional and mental health Managing stress | Mental health Identifying mental health worries and sources of supportLove and lossManaging feelingsPower and controlAssertiveness Technology safety Take responsibility with technology use | Self-imageBody-imagePuberty and feelingsConception to birthReflections about changePhysical attractionRespect and consent Boyfriends/girlfriendsSexting Transition |
| Y5/6 (B – Y5) | Planning the year aheadBeing a citizenRights and responsibilities Rewards and consequencesHow behaviour affects groups Democracy, having a voice, participating | Cultural differences and how they can cause conflictRacism, rumours and name-callingTypes of bullyingMaterials wealth and happiness Enjoying and respecting other cultures | Future dreamsThe importance of money Jobs and careersDream job and how to get there Goals in different cultures Supporting others (charity) Motivation | Smoking including vapingAlcohol and vapingAlcohol and anti-social behaviour Emergency aidBody image Relationships with foodHealthy choices Motivation and behaviour | Self-recognition and self-worth Building self-esteemSafer online communitiesRights and responsibilities online Online gaming and gambling Reducing screen timeDangers of online grooming SMARRT internet safety rules | Self- and body imageInfluence of online and media on body imagePuberty for girlsPuberty for boys Conception (IVF)Growing responsibilityCoping with changePreparing for transition |