

PSHE Overview



	Autumn Being Me in My World Celebrating Difference	Spring Dreams and Goals Healthy Me	Summer Relationships Changing Me
Year 1	Being Safe Rights and responsibilities Owning the learning charter Consequences Feeling proud Celebrating the difference in everyone Similarities	Overcoming obstacles Linking health and happiness Feelings of success Celebrating achievements with a partner Road safety	Physical contact preferences Coping with change Transition Changes since being a baby
Year 2	Hopes and fears for the year Gender diversity Choices Recognising feelings Valuing contributions	Achieving realistic goals Group co-operation Relaxation Healthy choices Learning strengths and learning with others	Different types of family Trust and appreciation Assertiveness Preparing for transition Increasing independence Differences in male and female bodies
Year 3	Setting personal goals Self- identity and worth Families and their differences and how to manage difference Giving and receiving compliments	Difficult challenges and achieving success Respect for myself and others Managing feelings Exercise, healthy choices and fitness challenges	Family roles and responsibilities Friendships and negotiations Outside and inside body changes Family stereotypes
Year 4	Being part of a class team Being a school citizen Group decision making Having a voice Challenging assumptions Accepting self and others Problem solving and first impressions	Overcoming disappointment Hopes and dreams and working in a group Smoking and alcohol Assertiveness and peer pressure	Love and loss Jealousy Memories of loved ones Girlfriends and boyfriends Confidence in change and accepting change Being unique
Year 5	Being a citizen and planning the forthcoming year Democracy and having a voice How behaviour affects groups Cultural differences	Future dreams Importance of money Motivation Charity work Smoking and alcohol Body image Healthy choices	Self- recognition and self – worth Safer online communities Rights and responsibilities online Internet safety and the dangers of grooming

	<p>Racism</p> <p>Enjoying and respecting cultures</p> <p>Material wealth</p>		<p>Social media and internet influences on body image</p> <p>Puberty</p> <p>Coping with change</p> <p>Preparing for transition</p>
<p>Year</p> <p>6</p>	<p>Global citizenship</p> <p>Identifying goals for the year</p> <p>Children's universal rights</p> <p>Feeling welcome and valued</p> <p>Group dynamics</p> <p>Having a voice</p> <p>Role modelling</p> <p>Anti- social behaviour</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Empathy</p>	<p>Personal learning goals</p> <p>Emotions of success</p> <p>Making a difference in the world</p> <p>Recognising achievements</p> <p>Gang culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>	<p>Love and loss</p> <p>Power and assertiveness</p> <p>Technology safety</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Respect and consent</p> <p>Boyfriends and girlfriends</p> <p>Transition</p>