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**PSHE Overview 2021 – 2022**

At Smithdown Primary School, through our ethos of ‘Together We Grow’, we want all children to grow up healthy, happy, safe and able to manage the challenges and opportunities of modern Britain. Through the teaching of PSHE and RHE, we believe in modelling key skills of sharing, turn taking and caring about and respecting others.

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