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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 SafeRights and responsibilitiesOwning the learning charterConsequences Feeling proudCelebrating the difference in everyoneSimilarities | Overcoming obstaclesLinking health and happinessFeelings of success Celebrating achievements with a partner Road safety | Physical contact preferencesCoping with changeTransitionChanges since being a baby |
| Year 2 | Hopes and fears for the yearGender diversityChoicesRecognising feelingsValuing contributions | Achieving realistic goalsGroup co-operationRelaxationHealthy choicesLearning strengths and learning with others | Different types of familyTrust and appreciationAssertivenessPreparing for transitionIncreasing independenceDifferences in male and female bodies |
| Year 3 | Setting personal goalsSelf- identity and worthFamilies and their differences and how to manage differenceGiving and receiving compliments | Difficult challenges and achieving successRespect for myself and othersManaging feelingsExercise, healthy choices and fitness challenges | Family roles and responsibilitiesFriendships and negotiationsFamily stereotypes |
| Year 4 | Being part of a class teamBeing a school citizenGroup decision makingHaving a voiceChallenging assumptionsAccepting self and othersProblem solving and first impressions | Overcoming disappointmentHopes and dreams and working in a groupSmoking and alcoholAssertiveness and peer pressure | Love and lossJealousyMemories of loved onesFriendshipsConfidence in change and accepting changeBeing unique |
| Year 5 | Being a citizen and planning the forthcoming yearDemocracy and having a voiceHow behaviour affects groupsCultural differencesRacismEnjoying and respecting culturesMaterial wealth | Future dreams Importance of moneyMotivationCharity workSmoking and alcoholBody imageHealthy choices | Self- recognition and self –worthSafer online communitiesRights and responsibilities onlineInternet safety and the dangers of groomingSocial media and internet influences on body imagePubertyCoping with changePreparing for transition to secondary school |
| Year 6 | Global citizenshipIdentifying goals for the yearChildren’s universal rightsFeeling welcome and valuedGroup dynamicsHaving a voiceRole modellingAnti- social behaviourUnderstanding disabilityPower strugglesEmpathy | Personal learning goalsEmotions of successMaking a difference in the worldRecognising achievementsGang cultureEmotional and mental healthManaging stress | Love and lossPower and assertivenessTechnology safetyPuberty and feelingsRespect and consentBoyfriends and girlfriendsTransition |