

PSHE Overview



	Autumn Being Me in My World Celebrating Difference	Spring Dreams and Goals Healthy Me	Summer Relationships Changing Me
EYFS	Understanding feelings Being gentle Families Being Special Rights and Responsibilities Making friends Where we live	Challenges Goal setting Persevering with activities Keeping clean Healthy food Physical activities	Growth and change Being a good friend Friendships Life at home Celebrations Growing up
Year 1	Being Safe Rights and responsibilities Rewards & Feeling Proud Consequences Accept that everyone is different Know how to help if someone is being bullies	Achieving Together Overcoming Obstacles Healthy Choices Clean and Healthy Road Safety Medicine Safety	Families Making Friends People who help us How my body has changed since I was a baby. Identifying and naming body parts
Year 2	Hopes and Fears for the future Rights and Responsibilities Rewards and Consequences Understanding male and female stereotypes Valuing differences	Achieving realistic goals Group co-operation Relaxation Healthy Eating Medicine Safety	Different types of family Friends and Conflict Trust and Appreciation Growing from young to old Naming body parts Being ready for Year 3
Year 3	Recognising my worth Understanding Rules and Responsibilities Different Families Being a witness to bullying and what to do Words that harm	Difficult challenges and achieving success Growth of babies Inside and outside body changes Managing feelings Exercise, healthy choices and fitness challenges	Family roles and responsibilities Friendships and negotiations Outside and inside body changes Family stereotypes
Year 4	Becoming a class team Being a school citizen – rights and responsibilities Judging by Appearance Understanding influences Problem solving	Overcoming Disappointment Creating New Dreams Smoking and Alcohol Group Dynamics	Love and Loss Memories of Loved Ones Being Unique Accepting Change

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Year 5	Being a Citizen of my Country Rewards and Consequences Racism and Name Calling Different Cultures	Future Dreams and career aspirations Smoking and Alcohol Emergency aid Body Image	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 Coping with change Preparing for transition
Year 6	Global citizenship Identifying goals for the year Children’s universal rights Understanding Difference Power Struggles Why do people bully?	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 My Self Image Respect and Consent Transition into secondary school