PSHE Curriculum Overview

PSHE Overview and Key Learning

Year Group	Autumn 1 *Being Me In My World*	Autumn 2 *Celebrating Difference*	Spring 1 *Dreams and Goals*	Spring 2 *Healthy Me*	Summer 1 *Relationships*	Summer 2 *Changing Me*
EYFS (Ages 3–5)	• Self-identity • Understanding feelings • Being in a classroom • Being gentle • Rights and responsibilities	• Identifying talents • Being special • Families • Where we live • Making friends • Standing up for yourself	• Challenges • Perseverance • Achieving and setting goals • Overcoming obstacles • Seeking help • Jobs	• Exercising bodies • Physical activity • Healthy food • Sleep • Keeping clean • Safety	• Family life • Friendships • Breaking friendships • Falling out • Dealing with bullying • Being a good friend	• Bodies • Respecting my body • Growing up • Growth and change • Fun and fears • Celebrations **Transition to Year 1**
Year 1 (Ages 5–6)	• Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and feeling proud • Consequences • Owning the learning charter	• Similarities and differences • Understanding bullying and knowing how to deal with it • Making new friends • Celebrating the differences in everyone	• Setting goals • Identifying successes and achievements • Learning styles • Working well and celebrating achievement with a partner • Tackling new challenges • Identifying and overcoming obstacles • Feelings of success	• Keeping myself healthy • Healthier lifestyle choices • Keeping clean • Being safe • Medicine safety/safety with household items • Road safety • Linking health and happiness	• Belonging to a family • Making friends/being a good friend • Physical contact preferences • People who help us • Qualities as a friend and person • Self-acknowledgement • Being a good friend to myself • Celebrating special relationships	• Life cycles - animal and human • Changes in me • Changes since being a baby • Differences between female and male bodies (correct terminology) • Linking growing and learning • Coping with change • Transition **Transition to Year 2**

Year 2 (Ages 6–7)	• Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment	• Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Celebrating difference	• Achieving realistic goals • Staying healthy to achieve goals • Perseverance and strengths • Learning with others • Group co-operation	• Motivation • Healthier choices • Healthy eating and nutrition • Safety in the home • Safety out and about • Medicines	• Different types of family • Physical contact boundaries • Friendship and conflict • Secrets • Trust and appreciation • Expressing appreciation for special relationships	• Life cycles in nature • Growing from young to old • Increasing independence • Differences in female and male bodies (correct terminology) • Assertiveness • Preparing for transition **Transition to Year 3**
Year 3 (Ages 7–8)	• Valuing contributions • Choices • Recognising feelings • Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights and responsibilities • Rewards and consequences • Responsible choices • Seeing things from others' perspectives	• Families and their differences • Family conflict and how to manage it (child-centred) • Witnessing bullying and how to solve it • Recognising how words can be hurtful • Giving and receiving compliments	• Contributing to and sharing success • Difficult challenges and achieving success • Dreams and ambitions • Motivation and enthusiasm • Recognising and trying to overcome obstacles • Evaluating learning processes • Contributing to the community	• Exercise • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe online and offline • Respect for myself and others • Healthy and safe choices outdoors	• Family roles and responsibilities • Friendship and negotiation • Keeping safe online and who to go to for help • Media influence • Being a global citizen • How my choices affect others • Awareness of other children's different lives • Expressing appreciation for family and friends	• How babies grow • Outside body changes • Inside body changes • Personal hygiene • Family stereotypes • Challenging my ideas • Preparing for transition **Transition to Year 4**

Year 4 (Ages 8–9)	• Being part of a class team • Being a school citizen • Rights, responsibilities and democracy (school council) • Rewards and consequences • Group decision-making • Having a voice • What motivates behaviour	• Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • Identifying how special and unique everyone is • First impressions	• Hopes and dreams • Overcoming disappointment • Creating new realistic dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitudes	• Healthier friendships • Peer influences • Railway safety • Staying safe with friends • Smoking • Alcohol and vaping • Assertiveness • Peer pressure • Celebrating inner strength	• Jealousy • Love and loss • Memories of loved ones • Getting and Falling Out • Girlfriends and Boyfriends • Showing appreciation to people and animals	• Being unique • Girls and puberty • Confidence in change • Accepting change • Preparing for transition • Environmental change **Transition to Year 5**
Year 5 (Ages 9–10)	• Planning the year ahead • Being a citizen • Rights and responsibilities • Rewards and consequences • How behaviour affects groups • Democracy, having a voice, participating	• Cultural differences and how they can cause conflict • Racism • Rumours and name-calling • Types of bullying • Material wealth and happiness • Enjoying and respecting other cultures	• Future dreams • Spending, saving and value of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Supporting others (charity) • Motivation	• Smoking including vaping • Alcohol and vaping • Alcohol and anti-social behaviour • Emergency aid • Body image • Relationships with food • Healthy choices • Motivation and behaviour	• Self-recognition/self-worth • Building self-esteem • Safer online communities • Rights and responsibilities online • Online gaming and risks • Reducing screen time • Dangers of online grooming • Internet safety rules	• Self- and body image • Influence of online and media on body image • Puberty for girls • Puberty for boys • Conception (including IVF) • Growing responsibility • Coping with change • Preparing for transition **Transition to Year 6**

Year 6 (Ages 10–11)	• Identifying goals for the year • Global citizenship • Children's universal rights • Feeling welcome and valued • Choices, consequences and rewards • Group dynamics • Democracy, having a voice • Anti-social behaviour • Role-modelling	• Perceptions of normality • Understanding disability • Power struggles • Understanding bullying • Inclusion/exclusion • Differences as conflict, difference as celebration • Empathy	• Personal learning goals, in and out of school • Success criteria • Emotions in success • Making a difference in the world • Motivation • Recognising achievements • Compliments	• Taking personal responsibility • How substances affect the body • Exploitation including 'county lines' and gang culture • Emotional and mental health • Managing stress	• Mental health • Identifying mental health worries and sources of support • Love and loss • Managing feelings • Power and control • Assertiveness • Technology safety • Take responsibility with technology use	• Self-image • Body-image • Puberty and feelings • Conception to birth • Reflections about change • Physical attraction • Respect and consent • Boyfriends/girlfriends • Sexting • Transition