

## PSHE Whole School Overview

|                            | <b>Autumn</b>                                                                                                                                                                             |                                                                                                                                                                                                    | <b>Spring</b>                                                                                                                                                                                                                   |                                                                                                                                                                                        | <b>Summer</b>                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                  |
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| <b>Nursery / Reception</b> | <b>Overarching Theme:</b><br>Being me in my World                                                                                                                                         | <b>Overarching Theme:</b><br>Light and Dark                                                                                                                                                        | <b>Overarching Theme:</b><br>Thrills and Chills                                                                                                                                                                                 | <b>Overarching Theme:</b><br>New Life                                                                                                                                                  | <b>Overarching Theme:</b><br>Out and About                                                                                                                                                                                                              | <b>Overarching Theme:</b><br>Summer Adventures                                                                                                                                                                                   |
|                            | <b>Being in My World</b>                                                                                                                                                                  | <b>Celebrating Differences</b>                                                                                                                                                                     | <b>Dreams and Goals</b>                                                                                                                                                                                                         | <b>Healthy Me</b>                                                                                                                                                                      | <b>Relationships</b>                                                                                                                                                                                                                                    | <b>Changing Me</b>                                                                                                                                                                                                               |
| <b>Year 1</b>              | Feeling Special and safe<br>Being part of a class<br>Rights and responsibilities<br>Rewards and feeling proud<br>Consequences<br>Owning the learning charter                              | Similarities and differences<br>Understanding bullying and knowing how to deal with it<br>Making new friends<br>Celebrating the differences in everyone                                            | Setting goals<br>Identifying successes and achievements<br>Learning styles<br>Working well and celebrating achievement with a partner<br>Tackling new challenges<br>Identifying and overcoming obstacles<br>Feelings of success | Keeping myself healthy<br>Healthier lifestyle choices<br>Keeping clean<br>Being safe<br>Medicine safety and safety with household items<br>Road safety<br>Linking health and happiness | Belonging to a family<br>Making friends and being a good friend<br>Physical contact preferences<br>People who help us<br>Qualities as a friend and person<br>Self-acknowledgement<br>Being a good friend to myself<br>Celebrating special relationships | Life cycles of animals and humans<br>Changes in me<br>Changes since being a baby<br>Differences between female and male bodies using the correct terminology<br>Linking growing and learning<br>Coping with change<br>Transition |
| <b>Year 2</b>              | Hopes and fears for the year<br>Rights and responsibilities<br>Rewards and consequences<br>Safe and fair learning environment<br>Valuing contributions<br>Choices<br>Recognising feelings | Assumptions and stereotypes about gender<br>Understanding bullying<br>Standing up for myself and others<br>Making new friends<br>Gender diversity<br>Celebrating differences and remaining friends | Achieving realistic goals<br>Perseverance<br>Learning strengths<br>Learning with others<br>Group co-operation<br>Contributing to and sharing success                                                                            | Motivation<br>Healthier Choices<br>Relaxation<br>Healthy eating and nutrition<br>Healthier snacks and sharing food                                                                     | Different types of family<br>Physical contact boundaries<br>Friendship and conflict<br>Secrets<br>Trust and appreciation<br>Expressing appreciation for special relationships                                                                           | Life cycles in nature<br>Growing from young to old<br>Increasing independence<br>Differences in female and male bodies using the correct terminology<br>Assertiveness<br>Preparing for transition                                |
| <b>Year 3</b>              | Setting personal goals<br>Self-identity and worth<br>Positivity in challenges                                                                                                             | Families and their differences                                                                                                                                                                     | Difficult challenges and achieving success<br>Dreams and ambitions<br>New challenges                                                                                                                                            | Exercise<br>Fitness challenges<br>Food labelling and healthy swaps                                                                                                                     | Family roles and responsibilities<br>Friendship and negotiation                                                                                                                                                                                         | How babies grow<br>Understanding a baby's needs                                                                                                                                                                                  |

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|               | Rules, rights and responsibilities<br>Rewards and consequences<br>Responsible choices<br>Seeing things from others' perspectives                                                                                    | Family conflict and how to manage it in a child centred way<br>Witnessing bullying and how to solve it<br>Recognising how words can be hurtful<br>Giving and receiving compliments                                            | Motivation and enthusiasm<br>Recognising and trying to overcome obstacles<br>Evaluating learning processes<br>Managing feelings<br>Simple budgeting                                       | Attitudes towards drugs<br>Keeping safe and why it's important using online and offline scenarios<br>Respect for myself and others<br>Healthy and safe choices                     | Keeping safe online and who to go to for help<br>Being a global citizen<br>Being aware of how my choices affect others<br>Awareness of how other children have different lives<br>Expressing appreciation for family and friends              | Outside body changes<br>Inside body changes<br>Family stereotypes<br>Challenging my ideas<br>Preparing for transition                                                                                                 |
|               | <b>Autumn</b>                                                                                                                                                                                                       |                                                                                                                                                                                                                               | <b>Spring</b>                                                                                                                                                                             |                                                                                                                                                                                    | <b>Summer</b>                                                                                                                                                                                                                                 |                                                                                                                                                                                                                       |
|               | <b>Being in My World</b>                                                                                                                                                                                            | <b>Celebrating Differences</b>                                                                                                                                                                                                | <b>Dreams and Goals</b>                                                                                                                                                                   | <b>Healthy Me</b>                                                                                                                                                                  | <b>Relationships</b>                                                                                                                                                                                                                          | <b>Changing Me</b>                                                                                                                                                                                                    |
| <b>Year 4</b> | Being part of a class team<br>Being a school citizen<br>Rights, responsibilities and democracy (school council)<br>Rewards and consequences<br>Group decision-making<br>Having a voice<br>What motivates behaviour? | Challenging assumptions<br>Judging by appearance<br>Accepting self and others<br>Understanding influences<br>Understanding bullying<br>Problem-solving<br>Identifying how special and unique everyone is<br>First impressions | Hopes and dreams<br>Overcoming disappointment<br>Creating new, realistic dreams<br>Achieving goals<br>Working in a group<br>Celebrating contributions<br>Resilience<br>Positive attitudes | Healthier friendships<br>Group dynamics<br>Smoking<br>Alcohol<br>Assertiveness<br>Peer pressure<br>Celebrating inner strength                                                      | Jealousy<br>Love and loss<br>Memories of loved ones<br>Getting on and falling out<br>Girlfriends and boyfriends<br>Showing appreciation to people and animals                                                                                 | Being unique<br>Having a baby<br>Girls and puberty<br>Confidence in change<br>Accepting change<br>Preparing for transition<br>Environmental change                                                                    |
| <b>Year 5</b> | Planning the forthcoming year<br>Being a citizen<br>Rights and responsibilities<br>Rewards and consequences<br>How behaviour affects groups<br>Democracy, having a voice and participating                          | Cultural differences and how they can cause conflict<br>Racism<br>Rumours and name calling<br>Types of bullying<br>Material wealth and happiness<br>Enjoying and respecting other cultures                                    | Future dreams<br>The importance of money<br>Jobs and careers<br>Dream jobs and how to get there<br>Goals in different cultures<br>Supporting others (charity)<br>Motivation               | Smoking, including vaping<br>Alcohol<br>Alcohol and anti-social behaviour<br>Emergency aid<br>Body image<br>Relationships with food<br>Healthy choices<br>Motivation and behaviour | Self-recognition and self-worth<br>Building self-esteem<br>Safer online communities<br>Rights and responsibilities online<br>Online gaming and gambling<br>Reducing screen time<br>Dangers of online grooming<br>SMARRT internet safety rules | Self and body image<br>Influence of online and media on body image<br>Puberty for girls<br>Puberty for boys<br>Conception (including IVF)<br>Growing responsibility<br>Coping with change<br>Preparing for transition |

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