

## PSHE Curriculum Overview

	BLOCK 1	BLOCK 2	BLOCK 3	BLOCK 4	BLOCK 5	BLOCK 6
FS	<p><b><u>Being Me in My World</u></b> Children talk about how they have similarities and differences from their friends. They begin working on managing feelings and talk about being kind and using gentle hands. They begin to find out what it means to be responsible.</p>	<p><b><u>Celebrating Difference</u></b> Children think about things they are good at and how being different makes everyone special. They talk about what to do if someone is unkind and how to be a kind friend.</p>	<p><b><u>Dreams and Goals</u></b> Children talk about challenges and not giving up. They think about different jobs and how they feel when they achieve a goal.</p>	<p><b><u>Healthy Me</u></b> Children learn the names of key parts of their body and how to stay healthy. They talk about healthy foods, sleep and hygiene and discuss stranger danger.</p>	<p><b><u>Relationships</u></b> Children learn about families and different roles in families. They are introduced to simple strategies to help mend friendships and what to do when upset or angry. They think about what makes a good friend.</p>	<p><b><u>Changing Me</u></b> Children think about how they have changed from being a baby and consolidate names of the main parts of the body. They learn that sharing feelings helps.</p>
Year 1	<p><b><u>Being Me in My World</u></b> Children learn how to make everyone feel safe in class and discuss rights, responsibilities and consequences. They think about welcoming others and keeping their classrooms safe.</p>	<p><b><u>Celebrating Difference</u></b> Children learn about the similarities and differences between people. They talk about bullying and how to get help. The practice making new friends and think about how to be a good friend.</p>	<p><b><u>Dreams and Goals</u></b> Children learn about overcoming difficulties and the feelings associated with facing obstacles.</p>	<p><b><u>Healthy Me</u></b> Children learn about healthy and unhealthy choices, thinking about food, exercise and sleep. They learn about hygiene and road safety.</p>	<p><b><u>Relationships</u></b> Children learn about relationships in the school community and why these are important. They learn that touch can be used in kind and unkind ways. They practice ways to greet others.</p>	<p><b><u>Changing Me</u></b> Children learn about life cycles in some animals and look at simple changes from baby to adult. They learn that some parts of the body are private and nobody has the right to hurt these.</p>
Year 2	<p><b><u>Being Me in My World</u></b> Children learn to recognise feelings of worry and when they should ask for help and who to ask. They learn about rights and responsibilities and rewards and consequences.</p>	<p><b><u>Celebrating Difference</u></b> Children learn about stereotypes and bullying due to differences. They talk about how to get help and how similarities and differences are ok. They practice solving problems kindly.</p>	<p><b><u>Dreams and Goals</u></b> Children learn about perseverance and recognising strengths. They discuss realistic goals and how they might achieve them. They learn about groupwork and who they work well with.</p>	<p><b><u>Healthy Me</u></b> Children learn about healthy food and making healthy choices. They discuss medicines, how they work and how to use them safely.</p>	<p><b><u>Relationships</u></b> Children learn about family relationships and trust. They revisit friendships and strategies for conflict resolution and learn about safe and unsafe touch.</p>	<p><b><u>Changing Me</u></b> Children learn about different life cycles in nature and where to get help if they are worried. They learn about private parts of the body and personal boundaries.</p>

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Year 3	<p><b><u>Being Me in My World</u></b> Children learn to recognise their self-worth and how to face challenges positively. They think about worries and fears and how to keep safe. They learn about rules and how these relate to rights and responsibilities.</p>	<p><b><u>Celebrating Difference</u></b> Children learn about families, how they can be different and how sometimes people fall out. Children revisit bullying and talk about problem solving techniques. They talk about what it means to be a witness to others being unkind.</p>	<p><b><u>Dreams and Goals</u></b> Children learn about overcoming challenges and learn from real life stories. They identify their own ambitions and challenges they may face. They think about how making safe choices can support their dreams and goals.</p>	<p><b><u>Healthy Me</u></b> Children learn about exercise and how food can affect health. They learn about different drugs. Including those that make people better. They start to learn what to do in emergencies.</p>	<p><b><u>Relationships</u></b> Children learn about roles within different families and stereotypes. They learn about rules for staying safe online and online relationships through gaming.</p>	<p><b><u>Changing Me</u></b> Children learn about what babies in animals and humans need to grow and develop. They learn about personal hygiene and caring for their bodies. Children discuss how they feel about growing up.</p>
Year 4	<p><b><u>Being Me in My World</u></b> Children learn about being part of a team and how actions effect this. They discuss democracy and make links with different roles in school. They consider how rewards and consequences influence behaviour.</p>	<p><b><u>Celebrating Difference</u></b> Children learn about what influences their thinking on what is normal, how first impressions and appearance can influence assumptions. They explore bullying, including online bullying.</p>	<p><b><u>Dreams and Goals</u></b> Children explore feelings when dreams don't come true and how to deal with disappointment. They learn strategies to overcome challenges.</p>	<p><b><u>Healthy Me</u></b> Children learn different roles in friendship groups and how they fit into them. They look at smoking and alcohol and the effects on health. They learn way to stay safe when playing out with friends.</p>	<p><b><u>Relationships</u></b> Children learn about the emotional aspects of relationships and friendships. They explore jealousy ad loss and strategies for coping with these.</p>	<p><b><u>Changing Me</u></b> Children learn identity and what makes them unique. They begin to explore how change can bring a range of emotions and think about how to deal with this.</p>
Year 5	<p><b><u>Being Me in My World</u></b> Children learn about their rights and responsibilities in the wider community. They focus on the impact of their own behaviour and explore democracy.</p>	<p><b><u>Celebrating Difference</u></b> Children explore cultural differences and link this to racism. They revisit the topic of bullying and respect. They explore how wealth and happiness are not necessarily the same.</p>	<p><b><u>Dreams and Goals</u></b> Children learn about different jobs and think about their own dreams and goals and how they might achieve them.</p>	<p><b><u>Healthy Me</u></b> Children learn about the risks associated with alcohol vaping and tobacco misuse. They learn basic emergency procedures and talk about negative body image.</p>	<p><b><u>Relationships</u></b> Children learn about self-esteem in an online and off line context. They learn internet safety rules and how to apply them. They think about appropriate screen time.</p>	<p><b><u>Changing Me</u></b> Children revisit self-esteem, body image and confidence. They look at increased rights and responsibilities as they grow older and practice identifying trusted adults.</p>
Year 6	<p><b><u>Being Me in My World</u></b> Children learn about the United Nations Convention on the Rights of the Child and that these are not met for all children worldwide. They explore democracy further, thinking about what it means to be a global citizen..</p>	<p><b><u>Celebrating Difference</u></b> Children talk about similarities and differences and how being different can be hard. Children learn about bullying and how people can have power over others in a group.</p>	<p><b><u>Dreams and Goals</u></b> Children learn to reflect on various global issues and explore places where people may be suffering or living in difficult situations. They talk about their strengths and setting goals.</p>	<p><b><u>Healthy Me</u></b> Children learn about taking responsibility for their own physical and emotional health and the choices linked to this. They talk about different types of drugs and their effects. They learn to recognize when they need help with their emotional and mental health.</p>	<p><b><u>Relationships</u></b> Children learn more about mental health and how to take care of their own mental well-being. They learn how to judge if something is safe online and how to communicate online in a positive and safe way.</p>	<p><b><u>Changing Me</u></b> Children discuss relationships, physical attraction, self-image, self-esteem consent and mutual respect. They look at pressures linked to changing bodies and appearance. They also look at the transition to secondary school and preparing for this.</p>