

PSHE Curriculum

PSHE Curriculum Intent:

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Being Me in My World Feeling special and safe Rights and responsibilities	Being Me in My World Hopes and fears for the year Valuing contributions Choices Recognising feelings	Being Me in My World Self-identity and worth Positivity in challenges Responsible choices Seeing this from others' perspective	Being Me in My World Being a school citizen Group decision-making Having a voice What motivates behaviour	Being Me in My World Being a citizen How behaviour affects groups Democracy, having a voice, participating	Being Me in My World Global citizen Children's universal rights Feeling welcome and valued
Autumn 2	Celebrating Differences Understanding bullying and knowing how to deal with it Making new friends Celebrating differences	Celebrating Differences Assumptions and stereotypes about gender Standing up for self and others Gender diversity	Celebrating Differences Families and their differences Witnessing bullying and how to solve it Recognising how words can be hurtful	Celebrating Differences Challenging assumptions Judging by appearance Understanding influences First impressions	Celebrating Differences Cultural differences and how they can cause conflict Racism Rumours and name-calling	Celebrating Differences Perceptions of normality Understanding disability Inclusion/exclusion Empathy
Spring 1	Dreams and Goals Setting goals Tackling new challenges Identifying and overcoming obstacles Feelings of success	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation	Dreams and Goals Dreams and ambitions Recognising and trying to overcome obstacles Managing feelings Simple budget	Dreams and Goals Hopes and dreams Overcoming disappointment Celebrating contributions Resilience	Dreams and Goals Future dreams Importance of money Jobs and careers Supporting others (charity) Motivation	Dreams and Goals Personal learning goals, in and out of school Emotions in success Making a difference in the world

Spring 2	<p>Healthy Me</p> <p>Healthier lifestyle choices Keeping clean Road safety Safety with household items</p>	<p>Healthy Me</p> <p>Motivation Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p>Healthy Me</p> <p>Exercise Fitness challenges Attitudes towards drugs Healthy and safe choices</p>	<p>Healthy Me</p> <p>Healthier friendships Smoking Alcohol Peer pressure Celebrating inner strength</p>	<p>Healthy Me</p> <p>Smoking, including vaping Alcohol and anti-social behaviour Body image Relationships with food</p>	<p>Healthy Me</p> <p>How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>
Summer 1	<p>Relationships</p> <p>Belonging to a family Physical contact preferences People who help us Qualities as a friend and person</p>	<p>Relationships</p> <p>Different types of families Physical contact boundaries Secrets Trust and appreciation</p>	<p>Relationships</p> <p>Family roles and responsibilities Being a global citizen Awareness of how other children have different lives</p>	<p>Relationships</p> <p>Jealousy Love and loss Memories of loved ones Girlfriends and boyfriends</p>	<p>Relationships</p> <p>Safer online communities Online gaming and gambling Reducing screen time Dangers of online grooming</p>	<p>Relationships</p> <p>Identifying mental health worries and sources of support Love and loss Power and control Assertiveness Technology safety</p>
Summer 2	<p>Changing Me</p> <p>Life cycles Changes since being a baby Differences between female and male bodies (correct terminology)</p>	<p>Changing Me</p> <p>Life cycles in nature Growing from young to old Differences between female and male bodies (correct terminology)</p>	<p>Changing Me</p> <p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas</p>	<p>Changing Me</p> <p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Environmental change</p>	<p>Changing Me</p> <p>Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change</p>	<p>Changing Me</p> <p>Body image Puberty and feelings Conception to birth Physical attraction Respect and consent Boyfriends/ girlfriends Sexting Transition</p>