



ATAM
Academy
PSHE
Overview



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Being me in my world Self-identity and being gentle Understanding different feelings Class rules	Celebrating differences I'm special, I'm me Different families and homes Making friends	Dreams and goals Challenges, setting goals and never giving up Obstacles and support	Healthy me Everybody's body, glorious food and keeping clean stranger danger	Relationships My family and me, Making friends and falling out, Bullying	Changing me Respecting my body Growth and change Fun and fears
R	Being me in my world Understanding feelings, gentle hands Being in a classroom Rights and responsibilities	Celebrating differences I'm special, I'm me Different Families buy similarities – LGBT Making friends and standing up	Dreams and goals Challenges and perseverance Overcoming obstacles, seeking help and achieving goals	Healthy me Physical activity, exercising, healthy food and sleep Keeping clean and safety Stranger danger	Relationships My family and me, Making friends and falling out, Bullying Being a good friend	Changing me My body, respecting my body Growth and change Fun and fears Celebrations
1	Being me in my world Rights, responsibilities and following rules, consequences within a class (this will be covered in all years)	Celebrating differences Similarities and difference bullying and making new friends	Dreams and goals Setting goals and learning styles Successes, achievements and challenges	Healthy me Linking healthy lifestyles Medicine and road safety	Relationships Belonging to a family Physical contact/preferences	Changing me Difference between female/male bodies and coping with change
2	Being me in my world Rights, responsibilities, rewards and consequences in safe and fair learning environment	Celebrating differences Assumptions, stereotypes about gender and bullying Gender diversity, making friends	Dreams and goals Realistic goals, perseverance and learning strengths Learning with others, and cooperation	Healthy me Motivation, relaxation healthy eating and nutrition Using medicines safely	Relationships Different types of family, LGBT Physical contact, boundaries Secrets and trusts	Changing me Increasing independence Difference in female and male bodies and assertiveness
3	Being me in my world Setting personal goals and self-identity Seeing things from others' perspectives	Celebrating differences Families and managing family conflicts, LGBT Witnessing and solving bullying	Dreams and goals Difficult challenges, overcome obstacles and achieving success Evaluating learning processes Simple budgeting	Healthy me Exercise, fitness and drugs Food labelling and healthy swaps Healthy and safe choices	Relationships Family roles, friendship and negotiation Keeping safe online and who to go to for help, being a global citizen Awareness of how other children have different lives	Changing me How babies grow and their needs Outside/inside body changes Family stereotypes – LGBT
4	Being me in my world Being part of a class/school, school council, democracy and having a voice What motivates behaviour?	Celebrating differences Challenging assumptions, accepting self and others Understanding influences/bullying Problem-solving Identifying how special and unique everyone is – LGBT	Dreams and goals Overcoming disappointment Creating new, realistic goals Importance of group work Resilience and positive attitudes	Healthy me Healthier friendships Group dynamics Smoking, alcohol Peer pressure Celebrating inner strength	Relationships Jealousy, love and loss Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Changing me Being unique Mensuration, accepting change Preparing for transition Environmental change



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5	Being me in my world Being a citizen, rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Celebrating differences Cultural differences and how they can cause conflict Racism and bullying Material wealth and happiness	Dreams and goals Future dreams, dream job and how to get there, importance of money and careers Supporting others (charity) Motivation	Healthy me Smoking, including vaping Alcohol and anti-social behaviour First aid Relationships with food Healthy choices	Relationships Building self-esteem Safer online communities Online gaming, gambling, reducing screen time and grooming	Changing me Self- and body image Influence of online and media on body image Puberty for girls and boys Growing responsibility and coping with change
6	Being me in my world Global citizenship and children's universal rights and group dynamics Democracy, having a voice Anti-social behaviour and good role-models	Celebrating differences Perceptions of normality, Inclusion/exclusion Understanding disability, power struggles and bullying Empathy	Dreams and goals Personal learning goals, in and out of school Emotions in success Making a difference in the world Motivation Recognising achievements	Healthy me How substances affect the body Exploitation, including 'county lines' and gang culture Emotional, mental health and managing stress	Relationships Identifying mental health worries and sources of support Love, loss and managing feelings Power, control and assertiveness Technology safety	Changing me Self-image/body image and puberty How babies are made? (sex education) Physical attraction Respect and consent Boyfriends/girlfriends and sexting
7	Dreams and Goals Success and Failure Overcoming Challenges Employment Skills	Relationships Characteristics of a healthy relationship Consent Emotions within friendships	Being Me in My World Uniqueness and differences Online safety Influences and peer pressure	Healthy Me Stress and Anxiety Effects of Substances Vaccination	Celebrating Differences Stereotypes Prejudice and Discrimination	Changing Me Puberty Responsibilities of Parenthood Media and self-esteem
8	Dreams and Goals Short and long term goals Money and Happiness Online (E-safety)	Being Me in My World Self-identity and Family First impressions Managing expectations	Celebrating Differences Wellbeing Social Injustice LGBT+ bullying	Healthy Me Long-term physical health Stress triggers Medicine	Relationships Personal space Online Privacy Unhealthy balance of Power	Changing Me Types of close intimate relationships Factors of a healthy and unhealthy relationships Sexuality
9	Dreams and Goals Personal Strengths SMART Targets Mental Health and Illness	Being Me in My World Consent and sexual exploitation County Lines Coercion and Negative self-identity	Celebrating Differences Protected characteristics Equality Act 2010 Direct and indirect discrimination	Healthy Me Health choices Physical and psychological of substances First Aid and CPR	Changing Me Mental Health stigma Emotional Changes Sleep	Relationships Power and control Risk of intimate relationships Contraception



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10	Dreams and Goals Impact of reaching goals Work life balance Impact on future goals	Being Me in My World Human rights Stages of grief Online data and threats	Celebrating Difference Equality Power and control Vulnerable	Healthy Me Improving health Positive effect of volunteering Chronic diseases	Relationships Sustaining long-term relationship Divorce and separation Rumour and mongering	Changing Me Role of media Sexuality stereotypes Sexual transmitted diseases
11	Being Me in My World Credit and Debit Saving and investments Economy Money and Careers	Being Me in My World Managing Stress Online Safety ATAM Values and my mental health Unifrog and Careers x2 FBV and ATAM Sikh Ethos x2 EEDI week	Healthy Me Hygiene and Health Sexual health Pregnancy facts and myths	Healthy Me Coming out as LGBT+ Gender Diversity Intimate Romantic Relationships	Exam Skills and Revision Techniques	Exam and Revision