**Curriculum Overview**

**PSHE Curriculum Overview**

Our curriculum teaches the fundamental building blocks of positive relationships. All statutory outcomes are covered within this curriculum.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year Group** | **Being Me In My World** | **Celebrating Difference** | **Dreams And Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Age 4 -5**  **Foundation** | 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  Goal-setting  Overcoming obstacles  Seeking help  Jobs  Achieving goals | 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 |
| **Age 5-6**  **Year 1** | Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud  Consequences | Similarities and differences  Understanding bullying  Dealing with bullying  Making new friends  Celebrating differences | Setting goals  Identifying achievements  Learning styles  Working with a partner  Tackling new challenges  Identifying obstacles  Overcoming obstacles  Feelings of success | Keeping myself healthy  Healthier life choices  Keeping clean  Being safe  Medicine safety  Household safety  Road safety  Linking health and happiness | Belonging to a family  Making friends  Being a good friend  People who help us  Qualities as a person  Self-acknowledgment  Being a friend to myself  Celebrating relationships | Life cycles  Changes in me  Female and male bodies  Growing and learning  Coping with change  Transition |
| **Age 6-7**  **Year 2** | Hopes and fears  Rights and responsibilities  Rewards and consequences  Learning environments  Valuing contributions  Choices  Recognising feelings | Stereotypes  Understanding bullying  Standing up for ourselves  Standing up for others  Making new friends  Remaining friends  Celebrating differences | Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group co-operation  Contributing to success  Sharing success | Motivation  Healthier choices  Relaxation  Healthy eating and nutrition  Healthier snacks  Sharing food | Different types of families  Friendship and conflict  Secrets  Trust and appreciation  Relationship appreciation | Life cycles in nature  Growing young to old  Increasing independence  Female and male bodies  Assertiveness  Preparing for transition |
| **Age 7-8**  **Year 3** | Setting personal goals  Self-identity and worth  Positivity in challenges  Rules  Rights and responsibilities  Rewards and consequences  Responsible choices  Other perspectives | Families and differences  Family conflict  Managing family conflict  Witnessing bullying  Solving bullying  Recognising hurtful words  Compliments | Difficult challenges  Achieving success  Dreams and ambitions  New challenges  Motivation  Overcoming obstacles  Leaning processes  Managing feelings | Exercise  Fitness challenges  Food labelling  Healthy food swaps  Attitudes towards drugs  Keeping safe  Respect for myself and others  Healthy and safe choices | Family roles  Family responsibilities  Friendship and negotiation  Keeping safe online  Being a global citizen  How choices affect others  Awareness of others  Expressing appreciation | How babies grow  Babies needs  Body changes  Family stereotypes  Challenging my ideas  Preparing for transition |
| **Age 8-9**  **Year 4** | Being part of a class team  Being a school citizen  Rights and responsibilities  Democracy  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 being unique  First impressions | Hopes and dreams  Disappointment  Creating dreams  Achieving goals  Working in a group  Celebrating contribution  Resilience  Positive attitudes | Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Celebrating inner strength | Jealousy  Love and loss  Memories of loved ones  Getting on and falling out  Showing appreciation | Being unique  Puberty – girls  Confidence in change  Accepting change  Preparing for transition  Environmental change |
| **Age 9-10**  **Year 5** | Planning for the year ahead  Being a citizen  Rights and responsibilities  Rewards and consequences  Group behaviour  Democracy  Having a voice  Participation | Cultural differences  Cultural conflicts  Racism  Rumours and name-calling  Types of bullying  Material wealth  Respecting other cultures | Future dreams  Importance of money  Jobs and careers  Dream jobs  Goals in other cultures  Supporting charity  Motivation | Smoking, including vaping  Alcohol  Alcohol and behaviour  Emergency aid  Body image  Relationships with food  Healthy choices  Motivation and behaviour | Self-recognition and worth  Building self-esteem  Safer online communities  Online responsibilities  Gaming and gambling  Reducing screen time  SMARRT online safety | Self and body image  Media influence  Puberty for girls  Puberty for boys  Growing responsibility  Coping with change  Preparing for transition |
| **Age 10-11**  **Year 6** | Identifying goals  Global citizenship  Children’s universal rights  Being 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  Outside of school goals  Success criteria  Emotions in success  Making a difference  Motivation  Recognising success  Compliments | Taking personal responsibility  How substances affect bodies  Gang culture  Emotional and mental health  Managing stress | Mental health  Mental health worries  Sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Technology responsibility | Self-image  Body image  Puberty and feelings  Conception to birth  Reflections of change  Attraction  Respect  Transition |