**Curriculum Overview**

**PSHE Curriculum Overview**

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

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| **Year Group** | **Being Me In My World** | **Celebrating Difference** | **Dreams And Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Age 4 -5** **Foundation** | Self-identityUnderstanding FeelingsBeing in a classroomBeing GentleRights and Responsibilities  | Identifying talentsBeing specialFamilies Where we live Making friendsStanding up for yourself | ChallengesPerseveranceGoal-settingOvercoming obstaclesSeeking helpJobsAchieving goals  | Exercising bodiesPhysical activityHealthy FoodSleepKeeping clean Safety  | Family lifeFriendshipsBreaking friendships Falling outDealing with bullyingBeing a good friend  | Bodies Respecting my bodyGrowing upGrowth and changeFun and fearsCelebrations  |
| **Age 5-6****Year 1**  | Feeling special and safeBeing part of a classRights and responsibilities Rewards and feeling proudConsequences | Similarities and differencesUnderstanding bullyingDealing with bullyingMaking new friends Celebrating differences  | Setting goals Identifying achievementsLearning stylesWorking with a partnerTackling new challengesIdentifying obstaclesOvercoming obstaclesFeelings of success | Keeping myself healthyHealthier life choicesKeeping cleanBeing safeMedicine safetyHousehold safetyRoad safetyLinking health and happiness | Belonging to a familyMaking friendsBeing a good friend People who help usQualities as a personSelf-acknowledgmentBeing a friend to myselfCelebrating relationships | Life cyclesChanges in meFemale and male bodiesGrowing and learningCoping with change Transition  |
| **Age 6-7****Year 2** | Hopes and fearsRights and responsibilities Rewards and consequencesLearning environmentsValuing contributionsChoicesRecognising feelings | StereotypesUnderstanding bullying Standing up for ourselvesStanding up for othersMaking new friends Remaining friendsCelebrating differences | Achieving realistic goalsPerseveranceLearning strengthsLearning with othersGroup co-operationContributing to successSharing success  | Motivation Healthier choicesRelaxationHealthy eating and nutritionHealthier snacksSharing food  | Different types of familiesFriendship and conflictSecretsTrust and appreciationRelationship appreciation  | Life cycles in natureGrowing young to oldIncreasing independence Female and male bodiesAssertivenessPreparing for transition  |
| **Age 7-8****Year 3**  | Setting personal goalsSelf-identity and worthPositivity in challengesRulesRights and responsibilitiesRewards and consequencesResponsible choices Other perspectives | Families and differencesFamily conflict Managing family conflictWitnessing bullyingSolving bullying Recognising hurtful wordsCompliments  | Difficult challengesAchieving successDreams and ambitionsNew challenges Motivation Overcoming obstaclesLeaning processesManaging feelings  | ExerciseFitness challengesFood labelling Healthy food swapsAttitudes towards drugsKeeping safeRespect for myself and othersHealthy and safe choices | Family rolesFamily responsibilities Friendship and negotiationKeeping safe onlineBeing a global citizenHow choices affect othersAwareness of others Expressing appreciation  | How babies growBabies needsBody changesFamily stereotypesChallenging my ideasPreparing for transition  |
| **Age 8-9****Year 4**  | Being part of a class teamBeing a school citizenRights and responsibilities DemocracyRewards and consequencesGroup decision-making Having a voiceWhat motivates behaviour | Challenging assumptionsJudging by appearance Accepting self and othersUnderstanding influencesUnderstanding bullyingProblem solvingIdentifying being uniqueFirst impressions | Hopes and dreamsDisappointment Creating dreamsAchieving goalsWorking in a groupCelebrating contributionResilience Positive attitudes | Healthier friendshipsGroup dynamics Smoking AlcoholAssertivenessPeer pressureCelebrating inner strength | JealousyLove and lossMemories of loved onesGetting on and falling outShowing appreciation | Being uniquePuberty – girlsConfidence in changeAccepting changePreparing for transitionEnvironmental change |
| **Age 9-10****Year 5**  | Planning for the year aheadBeing a citizenRights and responsibilities Rewards and consequencesGroup behaviourDemocracyHaving a voice Participation | Cultural differencesCultural conflictsRacismRumours and name-callingTypes of bullying Material wealthRespecting other cultures | Future dreamsImportance of moneyJobs and careersDream jobs Goals in other culturesSupporting charityMotivation | Smoking, including vaping Alcohol Alcohol and behaviourEmergency aidBody imageRelationships with foodHealthy choicesMotivation and behaviour  | Self-recognition and worthBuilding self-esteemSafer online communitiesOnline responsibilities Gaming and gamblingReducing screen timeSMARRT online safety  | Self and body imageMedia influencePuberty for girlsPuberty for boysGrowing responsibility Coping with changePreparing for transition |
| **Age 10-11****Year 6**  | Identifying goalsGlobal citizenshipChildren’s universal rightsBeing welcome and valuedChoices Consequences and rewards Group dynamicsDemocracy Having a voiceAnti-social behaviour Role-modelling  | Perceptions of normalityUnderstanding disabilityPower strugglesUnderstanding bullying Inclusion/exclusionDifferences as conflictDifference as celebrationEmpathy | Personal learning goalsOutside of school goalsSuccess criteriaEmotions in successMaking a difference MotivationRecognising successCompliments | Taking personal responsibilityHow substances affect bodiesGang cultureEmotional and mental healthManaging stress | Mental healthMental health worries Sources of supportLove and lossManaging feelingsPower and controlAssertivenessTechnology safetyTechnology responsibility  | Self-imageBody imagePuberty and feelingsConception to birthReflections of changeAttractionRespectTransition  |