

## 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

<b>Age 8-9</b> <b>Year 4</b>	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
<b>Age 9-10</b> <b>Year 5</b>	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
<b>Age 10-11</b> <b>Year 6</b>	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