



Unity Academy
PSHE Curriculum
Nursery - Year 11
2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 Inform parents via text and the newsletter that children will be having age appropriate sex education/body parts
Nursery	<p>Realise that their actions have an effect on the world, so they want to keep repeating them. Make connections between the features of their family and other families. Notice differences between people. Show interest in different occupations. Continue to develop positive attitudes about the differences between people.</p>					
Reception	Being Me In My World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Being Me In My World Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Celebrating Difference Similarities and differences Understanding bullying and knowing how to deal with it Making new friends	Dreams and Goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items	Relationships Belonging to a family Making friends/being a good friend Physical contact preferences People who help us	Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology)

	Owning the Learning Charter	Celebrating the differences in everyone	Tackling new challenges Identifying and overcoming obstacles Feelings of success	Road safety Linking health and happiness	Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Linking growing and learning Coping with change Transition
Year 2	Being Me In My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success	Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Year 3	Being Me In My World Setting personal goals Self-identity and worth	Celebrating Difference Families and their differences Family conflict and how to	Dreams and Goals Difficult challenges and achieving success Dreams and ambitions	Healthy Me Exercise Fitness challenges Food labelling and healthy swaps	Relationships Family roles and responsibilities Friendship and negotiation	Changing Me How babies grow Understanding a baby's needs Outside body changes Inside body changes

	Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Family stereotypes Challenging my ideas Preparing for transition
Year 4	Being Me In My World Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice	Celebrating Difference Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and	Dreams and Goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthy Me Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Relationships Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Changing Me Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change

	What motivates behaviour	unique everyone is First impressions				
Year 5	Being Me In My World Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Celebrating Difference Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Dreams and Goals Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Healthy Me Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Relationships Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Changing Me Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Year 6	Being Me In My World Identifying goals for the year Global citizenship Children's universal rights	Celebrating Difference Perceptions of normality Understanding disability Power struggles	Dreams and Goals Personal learning goals, in and out of school Success criteria Emotions in success	Healthy Me Taking personal responsibility How substances affect the body Exploitation, including 'county	Relationships Mental health Identifying mental health worries and sources of support Love and loss Managing feelings	Changing Me Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction

	<p>Feeling welcome and valued</p> <p>Choices, consequences and rewards</p> <p>Group dynamics</p> <p>Democracy, having a voice</p> <p>Anti-social behaviour</p> <p>Role-modelling</p>	<p>Understanding bullying</p> <p>Inclusion/exclusion</p> <p>Differences as conflict, difference as celebration</p> <p>Empathy</p>	<p>Making a difference in the world</p> <p>Motivation</p> <p>Recognising achievements</p> <p>Compliments</p>	<p>lines' and gang culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>	<p>Power and control</p> <p>Assertiveness</p> <p>Technology safety</p> <p>Take responsibility with technology use</p>	<p>Respect and consent</p> <p>Boyfriends/girlfriends</p> <p>Sexting</p> <p>Transition</p>
Year 7	<p>Being Me In My World</p> <p>Unique me, differences & conflict, my influences, peer pressure, online safety, sexting, consequences, online legislation</p>	<p>Celebrating Difference</p> <p>Bullying, prejudice & discrimination, Equality Act, bystanders, stereotyping, challenging negative behaviour and attitudes</p>	<p>Dreams and Goals</p> <p>Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, exploitation, emergency first aid</p>	<p>Healthy Me</p> <p>Stress and anxiety, managing mental health, physical activity and mental health, effects of substances, nutrition, sleep, vaccination and immunisation, importance of information on making health choices</p>	<p>Relationships</p> <p>Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting</p>	<p>Changing Me</p> <p>Puberty changes, FGM, breast flattening/ironing, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty, sources of help and support</p>
Year 8	<p>Being Me In My World</p> <p>Self-identity, family and identity, stereotypes,</p>	<p>Celebrating Difference</p> <p>Positive change made by others, how positive</p>	<p>Dreams and Goals</p> <p>Long-term goals, skills, qualifications, careers, money and</p>	<p>Healthy Me</p> <p>Long-term physical health, responsibility</p>	<p>Relationships</p> <p>Positive relationship with self, social media</p>	<p>Changing Me</p> <p>Types of close intimate relationships, physical attraction,</p>

	<p>personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others. Active listening</p>	<p>behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multi-culturalism, race and religion, prejudice, LGBT+ bullying</p>	<p>happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online legal responsibilities, gambling issues</p>	<p>for own health, dental health, stress triggers, substances and mood, legislation associated with substances, exploitation and substances, medicine, vaccinations, immunisation Blood donation</p>	<p>and relationship with self, negative self-talk, managing a range of relationships, personal space, online etiquette, online privacy and personal safety, coercion, unhealthy balance of power in relationships, sources of support</p>	<p>legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour</p>
<p>Year 9</p>	<p>Being Me In My World</p> <p>Perceptions about intimate relationships, consent, sexual exploitation, peer approval, grooming, radicalization, county lines, risky experimentation, positive and negative self-identity, abuse and coercion, coercive control</p>	<p>Celebrating Difference</p> <p>Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, bullying in the workplace, direct and indirect discrimination, harassment, victimisation.</p>	<p>Dreams and Goals</p> <p>Personal strengths, health goals, SMART planning, links between body image and mental health, non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, anxiety disorders, eating disorders, depression.</p>	<p>Healthy Me</p> <p>Misperceptions about young peoples' health choices, physical and psychological effects of alcohol, alcohol and the law, alcohol dependency, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and</p>	<p>Relationships</p> <p>Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, family planning, STIs, support and advice services</p>	<p>Changing Me</p> <p>Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on body and brain changes, stereotypes</p>

		Prejudice, discrimination and stereotyping		safety, sources of advice and support		
Year 10	<p>Being Me In My World</p> <p>Human rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk</p>	<p>Celebrating Difference</p> <p>Equality including in the workplace, in society, in relationships. Equality and vulnerable groups. Power and control</p>	<p>Dreams and Goals</p> <p>Impact of physical health in reaching goals, relationships and reaching goals, work/life balance, connections and impact on mental health, benefits of helping others, online profile and impact on future goals</p>	<p>Healthy Me</p> <p>Improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics Organ donation Stem cells</p>	<p>Relationships</p> <p>Sustaining long-term relationships, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle. Divorce and separation, impact of family breakup on children, understanding love, fake news and rumour-mongering, abuse in teenage relationships. Legislation, support and advice</p>	<p>Changing Me</p> <p>Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, family change, sources of support.</p>
Year 11	<p>Being Me In My World</p> <p>Equality in relation to disability including</p>	<p>Celebrating Difference</p> <p>(Not covered in Year 11)</p>	<p>Dreams and Goals</p> <p>Aspiration on; career, finances, relationships, health.</p>	<p>Healthy Me</p> <p>Managing anxiety and stress,</p>	<p>Relationships</p> <p>Stages of intimate relationships, positive and</p>	<p>Changing Me</p> <p>(Not covered in Year 11)</p>

	<p>hidden, consequences of not adhering to Equality Act, employers' responsibilities, benefits of multicultural societies, impact of unfair treatment on mental health, misuse of power, campaigning for equality</p>		<p>Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, education and training options, long- term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong.</p>	<p>exam pressure, concentration strategies, work-life balance, sexual health, hygiene, self-examination, STIs, sexual pressure, fertility, contraception, pregnancy facts and myths, identifying a range of health risks and strategies for staying safe</p>	<p>negative connotations of sex, protecting sexual and reproductive health, safely ending relationships, spectrum of gender and sexuality, LGBT+ rights and protection under the Equality Act, "coming out" challenges, LGBT+ media stereotypes, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of support</p>	
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