

## Subject Overview for: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p><b>Being Me in my world</b> Discuss rights linked to the right to learn and the right to play. The children learn what it means to be responsible.</p> <p><b>Taking care project</b> Feelings Network hands Early warning signs</p>	<p><b>Celebrating difference including anti-bullying</b> Discuss being different and how that makes everyone special but also recognise that we are the same in some ways</p>	<p>E-safety <b>Dreams and Goals</b> Consider challenges and facing up to them. They discuss not giving up and trying until they have achieved their goal</p>	<p><b>Healthy Me</b> learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others</p>	<p><b>Relationships (Links with Protective Behaviours)</b> They learn about families and the different roles people can have in a family. They explore the friendships</p>	<p><b>Changing me (including sex education and protective behaviours)</b> consolidate the names and functions of some of the main parts of the body and discuss how these have changed</p>
Year 1	<p><b>Being Me in my world</b> Discuss rights and responsibilities, and choices and consequences. The children learn about being special and how to make everyone feel safe in their class</p> <p><b>Taking care project</b> Feelings Network hands Early warning signs I feel when... so... thank you</p>	<p><b>Celebrating difference including anti-bullying</b> Explore the similarities and differences between people and how these make us unique and special. The children learn what bullying is and what it isn't</p>	<p>E-safety <b>Dreams and Goals</b> children talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try.</p>	<p><b>Healthy Me</b> children learn about healthy and less healthy choices and how these choices make them feel. They explore about hygiene, keeping themselves clean and that germs can make you unwell.</p>	<p><b>Relationships (Links with Protective Behaviours)</b> consider their own significant relationships (family, friends and school community) and why these are special and important.</p>	<p><b>Changing me (including sex education and protective behaviours)</b> Discuss how they have changed so far and that people grow up at different rates. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body</p>
Year 2	<p><b>Being Me in my world</b> Rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place</p> <p><b>Taking care project</b> Feelings Network hands Early warning signs</p>	<p><b>Celebrating difference including anti-bullying</b> learn about recognise gender stereotypes, that boys and girls can have differences and similarities and that is OK. Explore how children can be bullied because they are different, that this shouldn't happen and how they can support a classmate who is being bullied</p>	<p>E-safety <b>Dreams and Goals</b> explore setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner</p>	<p><b>Healthy Me</b> children learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children consider what makes them feel relaxed and stressed</p>	<p><b>Relationships (Links with Protective Behaviours)</b> roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships</p>	<p><b>Changing me (including sex education and protective behaviours)</b> reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old age. Within this, children also discuss how independence, freedoms and responsibility can increase with age</p>
Year 3	<p><b>Being Me in my world</b> Rules and how these relate to rights and responsibilities. They explore choices and</p>	<p><b>Celebrating difference including anti-bullying</b> Learn about families, that they are all different</p>	<p>E-safety <b>Dreams and Goals</b> look at examples of people who have overcome challenges to</p>	<p><b>Healthy Me</b> learn about the importance of exercise and how it helps your</p>	<p><b>Relationships (Links with Protective Behaviours)</b> identify the different expectations and roles that exist</p>	<p><b>Changing me (including sex education and protective behaviours)</b></p>

	<p>consequences, working collaboratively and seeing things from other people's points of view</p> <p><b>Taking care project</b></p> <p>Feelings</p> <p>Network hands</p> <p>Early warning signs</p>	<p>and that sometimes they fall out with each other</p> <p>Revisit the topic of bullying and discuss being a witness (bystander). Discover how a witness has choices and how these choices can affect the bullying that is taking place</p>	<p>achieve success and discuss what they can learn from these stories. The children identify their own dreams and ambitions</p>	<p>body to stay healthy. They also learn about their heart and lungs, what they do and how they are very important.</p>	<p>within the family home. They identify why stereotypes can be unfair and inaccurate</p>	<p>first look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grown-up.</p>
Year 4	<p><b>Being Me in my world</b></p> <p>Learn about school and its community, who all the different people are and what their roles are. Discuss democracy and link this to their own School Council</p> <p><b>Taking care project</b></p> <p>Feelings</p> <p>Network hands</p> <p>Early warning signs</p>	<p><b>Celebrating difference including anti-bullying</b></p> <p>Consider the concept of judging people by their appearance, of first impressions and of what influences their thinking on what is normal. Explore more about bullying, including online bullying and what to do if they suspect or know that it is taking place</p>	<p>E-safety</p> <p><b>Dreams and Goals</b></p> <p>consider their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with/overcome feelings of disappointment</p>	<p><b>Healthy Me</b></p> <p>children look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and what role they play.</p>	<p><b>Relationships (Links with Protective Behaviours)</b></p> <p>explore jealousy and loss/bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change</p>	<p><b>Changing me (including sex education and protective behaviours)</b></p> <p>Conception and sexual intercourse are introduced in simple terms so the children understand that a baby is formed by the joining of an ovum and sperm</p>
Year 5	<p><b>Being Me in my world</b></p> <p>Explore their rights and responsibilities as a member of their class, school, wider community and the country they live in</p> <p><b>Taking care project</b></p> <p>Feelings</p> <p>Network hands</p> <p>Early warning signs</p>	<p><b>Celebrating difference including anti-bullying</b></p> <p>Explore culture and cultural differences. They link this to racism, debating what it is and how to be aware of their own feelings towards people from different cultures. They revisit the topic of bullying and discuss rumour spreading and name-calling</p>	<p>E-safety</p> <p><b>Dreams and Goals</b></p> <p>share their dreams and goals and how they might need money to help them achieve them. They consider jobs that people they know do, they look at the fact that some jobs pay more money than others</p>	<p><b>Healthy Me</b></p> <p>investigate the risks associated with smoking and how it affects the lungs, liver and heart. Likewise, they learn about the risks associated with alcohol misuse. They are taught a range of basic first aid and emergency procedures</p>	<p><b>Relationships (Links with Protective Behaviours)</b></p> <p>importance of self-esteem and ways this can be boosted. This is important in an online context as well as offline, as mental health can be damaged by excessive comparison with others</p>	<p><b>Changing me (including sex education and protective behaviours)</b></p> <p>learn that we all have perceptions about ourselves and others, and these may be right or wrong. They also reflect on how social media and the media can promote unhelpful comparison and how to manage this</p>
Year 6	<p><b>Being Me in my world</b></p> <p>Learn about the United Nations Convention on the Rights of the Child and that these are not met for all children worldwide. Discuss choices and actions and</p>	<p><b>Celebrating difference including anti-bullying</b></p> <p>Discuss differences and similarities and that, for some people, being different is difficult. The children learn about</p>	<p>E-safety</p> <p><b>Dreams and Goals</b></p> <p>share their own strengths and further stretching themselves by setting challenging and realistic goals. They discuss the learning steps they will need to</p>	<p><b>Healthy Me</b></p> <p>children discuss taking responsibility for their own physical and emotional health and the choices linked to this. They learn about</p>	<p><b>Relationships (Links with Protective Behaviours)</b></p> <p>learn more about mental health and how to take care of their own mental well-being. They explore the grief cycle and its</p>	<p><b>Changing me (including sex education and protective behaviours)</b></p> <p>learn about puberty in boys and girls and the changes that will happen; they reflect on how they feel about these changes. The</p>

	far-reaching effects, locally and globally <b>Taking Care</b> Feelings Network hands Early warning signs	bullying and how people can have power over others in a group	take as well as talking about how to stay motivated	different types of drugs and the effects these can have on people's bodies.	various stages, and discuss the different causes of grief and loss.	children also learn about childbirth and the stages of development of a baby, starting at conception
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