

# Whole School PSHE Overview

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>1</b>	<b>Being Me in My World</b> (how we are similar and different, recognise and manage feelings, gentle hands, my rights, being responsible)	<b>Celebrating Difference</b> (similarities and differences, understanding bullying and knowing how to deal with it, making new friends, celebrating the differences in everyone)	<b>Dreams and Goals</b> (setting goals, identifying successes and achievements, learning styles, working well and celebrating achievements, tackling new challenges, identifying and overcoming obstacles, feelings of success)	<b>Healthy Me</b> (keeping myself healthy, healthier lifestyle choices, keeping clean, being safe, medicine safety, road safety, linking health and happiness)	<b>Relationships</b> (belonging to a family, making friends, physical contact preferences, people who help us, qualities as a friend, self-acknowledgement, being a good friend to myself, celebrating special relationships)	<b>Changing Me</b> (life cycles, changes in me, changes since being a baby, linking growing and learning, coping with change, transition)
<b>2</b>	<b>Being Me in My World</b> (hopes and fears, rights and responsibilities, rewards and consequences, learning environment)	<b>Celebrating Difference</b> (assumptions and stereotypes, understanding bullying, standing up for self and others, making new friends, gender diversity, celebrating difference and remaining friends)	<b>Dreams and Goals</b> (achieving realistic goals, perseverance, learning strengths, learning with others, group co-operation, contributing to and sharing success)	<b>Healthy Me</b> (motivation, healthier choices, relaxation, healthy eating and nutrition, healthier snacks and sharing food)	<b>Relationships</b> (different types of family, physical contact boundaries, friendship and conflict, secrets, trust and appreciation, expressing appreciation for special relationships)	<b>Changing Me</b> (life cycles, growing from young to old, increasing independence, assertiveness, preparing for transition)
<b>3</b>	<b>Being Me in My World</b> (self-worth, personal goals, facing challenges, rules, rights and responsibilities, other people's feelings, choices)	<b>Celebrating Difference</b> (Families and their differences, family conflict, witnessing bullying and how to solve it, recognising words can be hurtful, giving and receiving compliments)	<b>Dreams and Goals</b> (difficult challenges and achieving success, dreams and ambitions, new challenges, motivation and enthusiasm, recognising and trying to overcome obstacles, evaluate learning processes, manage feelings, simple budgeting)	<b>Healthy Me</b> (exercise, fitness challenges, food labelling and healthy swaps, attitudes towards drugs, keeping safe and why it's important online and off line, respect for myself and others, healthy and safe choices)	<b>Relationships</b> (family roles and responsibilities, friendship and negotiation, keeping safe online, being a global citizen, being aware of how my choices affect others, awareness of how other children have different lives, expressing appreciation)	<b>Changing Me</b> (how babies grow, understanding a baby's needs, outside body changes, family stereotypes, challenging my ideas, preparing for transition)

<p><b>4</b></p>	<p><b>Being Me in My World</b> (attitudes and actions, class team, school community, democracy, actions, decision making)</p>	<p><b>Celebrating Difference</b> (changing assumptions, judging by appearance, accepting self and others, understand influences, understanding bullying, problem solving, identifying how special and unique everyone is, first impressions)</p>	<p><b>Dreams and Goals</b> (hopes and dreams, overcoming disappointment, creating new, realistic dreams, achieving goals, working in a group, celebrating contributions, resilience, positive attitudes)</p>	<p><b>Healthy Me</b> (healthier relationships, group dynamics, smoking, alcohol, assertiveness, peer pressure, celebrating inner strength)</p>	<p><b>Relationships</b> (jealousy, love and loss, memories of loved ones, getting on and falling out, girlfriends and boyfriends, showing appreciation to people and animals)</p>	<p><b>Changing Me</b> (being unique, having a baby, confidence in change, accepting change, preparing for transition, environmental change)</p>
<p><b>5</b></p>	<p><b>Being Me in My World</b> (goals, rights for children, actions - locally and globally, choices, behaviour, rewards and consequences)</p>	<p><b>Celebrating Difference</b> (perceptions of normality, understanding disability, power struggles, understanding bullying, inclusion/exclusion, differences as a conflict/ differences as a celebration, empathy)</p>	<p><b>Dreams and Goals</b> (personal learning goals, success criteria, emotions in success, making a difference in the world, motivation, recognising achievements, compliments)</p>	<p><b>Healthy Me</b> (taking personal responsibility, how substances affect the body, exploitation, emotional and mental health, managing stress)</p>	<p><b>Relationships</b> (mental health, identifying mental health worries and sources of support, love and loss, managing feelings, power and control, assertiveness, technology safety, take responsibility with technology use)</p>	<p><b>Changing Me</b> (self-image, body image, puberty and feelings, conception to birth, reflections about change, physical attraction, respect and consent, boyfriends and girlfriends, sexting, transition)</p>