

The Journey of PSHE at



Y4

Y3 Summer 1 (Relationships)

Family roles and responsibilities Friendship and negotiation Keeping safe online Being a global citizen Being aware of choices Awareness of different lives Expressing appreciation

Y3 Summer 2 (Changing Me)

How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Y3 Spring 2 (Healthy Me)

Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline Respect for myself Respect for others Healthy and safe choices

Y3 Spring 1 (Dreams and Goals)

Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Managing feelings Simple budgeting

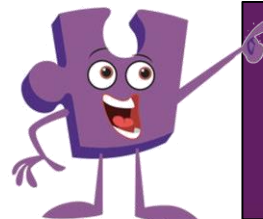
Y3 Autumn 2 (Celebrating Difference)

Families and their differences Family conflict Witnessing bullying and how to solve it Recognising how words can be hurtful Compliments – giving and receiving

Y3 Autumn 1 (Being Me in My World)

Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives

Y3



KS1

The Journey of PSHE at



Y5

Y4 Summer 1 (Relationships)

Jealousy Love and loss
Memories of loved ones
Getting on and falling out
Girlfriends and boyfriends
Showing appreciation to people and animals

Y4 Summer 2 (Changing Me)

Being unique Having a baby
Girls and puberty
Confidence in change
Accepting change Transition
Environmental change

Y4 Spring 1 (Dreams and Goals)

Hopes and dreams Overcoming disappointment
Creating new, realistic dreams
Achieving goals
Working in a group Celebrating contributions
Resilience
Positive attitudes

Y4 Spring 2 (Healthy Me)

Healthier friendships Group dynamics
Smoking Alcohol
Assertiveness Peer pressure
Celebrating inner strength

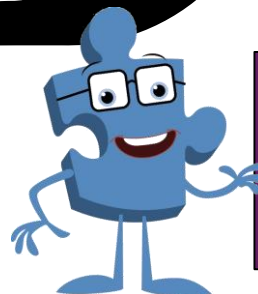
Y4 Autumn 2 (Celebrating Difference)

Challenging assumptions Judging by appearance
Accepting self and others
Understanding influences
Understanding bullying Problem solving
Being special and unique
First impressions

Y4 Autumn 1 (Being Me in My World)

Being part of a class team Being a good citizen
Rights, responsibilities and democracy
Rewards and consequences
Group decision-making Having a voice
What motivates behaviour

Y4



Y3

The Journey of PSHE at



Y6

Y5 Summer 1 (Relationships)

Self-recognition and self-worth
Self-esteem Safer online communities Rights and responsibilities online Online gaming Gambling Reducing screen time Dangers of online grooming SMAART internet safety rules

Y5 Summer 2 (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

Y5 Spring 1 (Dreams and Goals)

Future dreams The importance of money Jobs and careers Dream jobs Goals in different cultures Supporting others through charity Motivation

Y5 Spring 2 (Healthy Me)

Smoking and vaping Alcohol Anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour

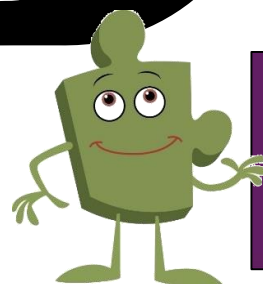
Y5 Autumn 1 (Being Me in My World)

Planning for the forthcoming year
Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy

Y5 Autumn 2 (Celebrating Difference)

Cultural differences and conflict
Racism Rumours and name-calling Types of bullying Material wealth and happiness Respecting other cultures

Y5



Y4

The Journey of PSHE at



KS3

Y6 Summer 1 (Relationships)

Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Responsible technology use

Y6 Summer 2 (Changing Me)

Self image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends and girlfriends Sexting Transition

Y6 Spring 1 (Dreams and Goals)

Personal learning goals Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments

Y6 Spring 2 (Healthy Me)

Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress

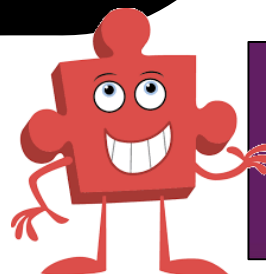
Y6 Autumn 2 (Celebrating Difference)

Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy

Y6 Autumn 1 (Being Me in My World)

Identifying goals for the year Global citizenship Children's universal rights Feeling welcomed and valued Choices, consequences and rewards Group dynamics Democracy Anti-social behaviour Role modelling

Y6



Y5