



PSHE Overview 2022/2023

| | <u>Autumn Term 1</u> Being Me in My World | <u>Autumn Term 2</u> Celebrating Difference | <u>Spring Term 1</u> Dreams and Goals | <u>Spring Term 2</u> Healthy Me | <u>Summer Term 1</u> Relationships | <u>Summer Term 2</u> Changing Me |
|------------------|---|--|---|---|---|--|
| Reception | <p>Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p> <p>Articles 12,13,14,16,28,29 (24&31) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p> <p>Articles 12,13,14,16,28,29 (30) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals</p> <p>Articles 12,13,14,16,28,29 Democracy Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Exercising bodies Physical activity Healthy food Sleeping Keeping clean Safety</p> <p>Articles 12,13,14,16,28,29 (24 & 31) Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> <p>Articles 12,13,14,16,28,29 (30) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p> <p>Articles 12,13,14,16,28,29 (24) Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> |
| Year 1 | <p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter</p> <p>Articles 12,13,14,16,28,29 (5) Democracy</p> | <p>Similarities and differences Understanding bullying and how to deal with it Making new friends Celebrating the differences in everyone</p> <p>Articles 12,13,14,16,28,29 (30) Democracy</p> | <p>Setting goals Identifying success and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success</p> <p>Articles 12,13,14,16,28,29 Democracy</p> | <p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p> <p>Articles 12,13,14,16,28,29 (24) Rule of Law</p> | <p>Belonging to a family Making friends/being a good friend Physical conduct preferences People who help us Qualities as a friend and person Self-acknowledgment Being a good friend to myself Celebrating special relationships</p> <p>Articles 12,13,14,16,28,29 (24&34) Democracy</p> | <p>Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition</p> <p>Articles 12,13,14,16,28,29 (24&34) Rule of Law</p> |



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|---------------|---|--|--|---|---|---|
| Year 2 | Hope and fears of the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Articles 12,13,14,16,28,29 (3&20) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends Articles 12,13,14,16,28,29 (30) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing and sharing success Articles 12,13,14,16,28,29 Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food Articles 12,13,14,16,28,29 (24) Rule of Law Individual Liberty Mutual Respect | Different types of families Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Articles 12,13,14,16,28,29 (34) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition Articles 12,13,14,16,28,29 (24&34) Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs |
| Year 3 | Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives Articles 12,13,14,16,28,29 | Families and their differences Family conflict and how to manage it (child-centered) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Articles 12,13,14,16,28,29 | Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting Articles 12,13,14,16,28,29 | Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices Articles 12,13,14,16,28,29 | Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go 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 Articles 12,13,14,16,28,29 | How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition Articles 12,13,14,16,28,29 |



PSHE Overview 2022/2023

| | (5) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | (30) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | (24 & 33) Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | (19,24,27&31) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | (24,30&34) Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs |
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| Year 4 | Being part of a class team Being a school citizen Rights and responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour Articles 12,13,14,16,28,29 (1-42) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions Articles 12,13,14,16,28,29 (23) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Articles 12,13,14,16,28,29 Democracy Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Articles 12,13,14,16,28,29 (24) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Jealousy Love and loss Memories of loved ones Getting on and Falling out Girlfriends and boyfriends Showing appreciation to people and animals Articles 12,13,14,16,28,29 Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs | Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental changes Articles 12,13,14,16,28,29 (24&34) Democracy Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs |
| Year 5 | Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating | 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 | Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation | Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour | 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 | 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 |



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| | <p>Articles 12,13,14,16,28,29 (1-42)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Articles 12,13,14,16,28,29 (24,30,32)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Articles 12,13,14,16,28,29 (24)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Articles 12,13,14,16,28,29 (17&24)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>SMAART internet safety rules</p> <p>Articles 12,13,14,16,28,29 (24&34)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Articles 12,13,14,16,28,29 (24)</p> <p>Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> |
| <p>Year 6</p> | <p>Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role modelling</p> <p>Articles 12,13,14,16,28,29 (5,24,27&32)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p> <p>Articles 12,13,14,16,28,29 (23,30)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Personal learning goals, in and outside of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p> <p>Articles 12,13,14,16,28,29 (23 & 24)</p> <p>Democracy Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p> <p>Articles 12,13,14,16,28,29 (24&33)</p> <p>Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>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>Articles 12,13,14,16,28,29 (17&30)</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> | <p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p> <p>Articles 12,13,14,16,28,29 (17,24&34)</p> <p>Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs</p> |

United Nations Convention of the Rights of the Child (UNCRC)

Fundamental British Values