



PSHE curriculum overview (2024/2025)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>Being me in my world</u> <ol style="list-style-type: none"> 1. Who me? 2. How am I feeling today? 3. Being at nursery. 4. Gentle hands 5. Our rights 6. Our responsibilities 	<u>Celebrating Difference</u> <ol style="list-style-type: none"> 1. What am I good at? 2. I'm special, I'm me! 3. Families 4. Houses and homes 5. Making friends 6. Standing up for yourself 	<u>Dreams and goals</u> <ol style="list-style-type: none"> 1. Challenge 2. Never giving up 3. Setting a goal 4. Obstacles and support 5. Flight to the future 6. Footprint awards 	<u>Healthy me</u> <ol style="list-style-type: none"> 1. Everybody's body 2. We like to move it move it 3. Food glorious food 4. Sweet dreams 5. Keeping clean 6. Stranger danger 	<u>Relationships</u> <ol style="list-style-type: none"> 1. My family and me 2. Make friends make friends, never ever break friends (1) 3. Make friends make friends, never ever break friends (2) 4. Fall out and bullying (1) 5. Fall out and bullying (2) 6. Being the best friends we can be. 	<u>Changing me</u> <ol style="list-style-type: none"> 1. My body 2. Respecting my body 3. Growing up 4. Growth and change 5. Fun and fears 6. Celebration
Reception	<u>Being me in my world</u> <ol style="list-style-type: none"> 1. Who me? 2. How am I feeling today? 3. Being at school. 4. Gentle hands 5. Our rights 6. Our responsibilities 	<u>Celebrating Difference</u> <ol style="list-style-type: none"> 1. What am I good at? 2. I'm special, I'm me! 3. Families 4. Houses and homes 5. Making friends 6. Standing up for yourself 	<u>Dreams and goals</u> <ol style="list-style-type: none"> 1. Challenge 2. Never giving up 3. Setting a goal 4. Obstacles and support 5. Flight to the future 6. Footprint awards 	<u>Healthy me</u> <ol style="list-style-type: none"> 1. Everybody's body 2. We like to move it move it 3. Food glorious food 4. Sweet dreams 5. Keeping clean 	<u>Relationships</u> <ol style="list-style-type: none"> 1. My family and me 2. Make friends make friends, never ever break friends (1) 3. Make friends make friends, never ever 	<u>Changing me</u> <ol style="list-style-type: none"> 1. My body 2. Respecting my body 3. Growing up 4. Fun and fears (1) 5. Fun and fears (2) 6. Celebration

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				6. Stranger danger	break friends (2) 4. Fall out and bullying (1) 5. Fall out and bullying (2) 6. Being the best friends we can be.	
Year 1	<u>Being me in my world</u> <ol style="list-style-type: none"> 1. Special and safe 2. My class 3. Rights and responsibilities 4. Rewards and feeling proud 5. Consequences 6. Owing our Learning Charter 	<u>Celebrating Difference</u> <ol style="list-style-type: none"> 1. The same as... 2. Different from 3. What is bullying? 4. What do I do about bullying? 5. Making new friends 6. Celebrating difference 	<u>Dreams and goals</u> <ol style="list-style-type: none"> 1. My treasure chest of success 2. Steps to goals 3. Achieving together 4. Stretchy learning puzzle outcome 5. Overcoming obstacles 6. Celebrating my success 	<u>Healthy me</u> <ol style="list-style-type: none"> 1. Being healthy 2. Healthy choices 3. Clean and healthy 4. Medicine safety 5. Road safety 6. Happy healthy me 	<u>Relationships</u> <ol style="list-style-type: none"> 1. Families 2. Making friends 3. Greetings 4. People who help us 5. Being my own best friend 6. Celebrating my special friends 	<u>Changing me</u> <ol style="list-style-type: none"> 1. Life cycles 2. Changing me 3. My changing body 4. Boys and girl's bodies 5. Learning and growing 6. Coping with changes
Year 2	<u>Being me in my world</u> <ol style="list-style-type: none"> 1. Hopes and fears for the year 2. Rights and responsibilities 3. Rewards and consequences 	<u>Celebrating Difference (including anti-bullying)</u> <ol style="list-style-type: none"> 1. Boys and girls 2. Boys and girls 3. Why does bullying happen? 	<u>Dreams and goals</u> <ol style="list-style-type: none"> 1. Goals to success 2. My learning strengths 3. Learning with others 4. A group challenge 	<u>Healthy me</u> <ol style="list-style-type: none"> 1. Being healthy 2. Being relaxed 3. Medicine safety 4. Healthy eating 	<u>Relationships</u> <ol style="list-style-type: none"> 1. Families 2. Keeping safe 3. Friends and conflict 4. Secrets 5. Trust and appreciation 	<u>Changing me</u> <ol style="list-style-type: none"> 1. Life cycles in nature 2. Growing from young to old 3. The changing me

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	<ul style="list-style-type: none"> 4. Rewards and consequences 5. Our learning charter 6. Owing our learning charter 	<ul style="list-style-type: none"> 4. Standing up for myself and others 5. Gender diversity 6. Celebrating difference and still being friends 	<ul style="list-style-type: none"> 5. Continuing our group challenge 6. Celebrating our achievement 	<ul style="list-style-type: none"> 5. Healthy eating 6. Happy, healthy me 	<ul style="list-style-type: none"> 6. Celebrating my special relationships 	<ul style="list-style-type: none"> 4. Boys and girl's bodies 5. Assertiveness 6. Looking ahead
Year 3	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> 1. Getting to know each other 2. Our nightmare school 3. Our dream school 4. Rewards and consequences 5. Our learning charter 6. Owing our learning charter 	<p><u>Celebrating Difference (including anti-bullying)</u></p> <ul style="list-style-type: none"> 1. Families 2. Family conflict 3. Witness and feelings 4. Witness and solutions 5. Words that harm 6. Celebrating difference: complements 	<p><u>Dreams and goals</u></p> <ul style="list-style-type: none"> 1. Dreams and goals 2. My dreams and ambitions 3. A new challenge 4. Our new challenge 5. Our new challenge-overcoming obstacles 6. Celebrating my learning 	<p><u>Healthy me</u></p> <ul style="list-style-type: none"> 1. Being fit and healthy 2. Being fit and healthy (2) 3. What do I know about drugs? 4. Being safe 5. Safe or unsafe 6. My amazing body 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> 1. Family roles and responsibilities 2. Friendship 3. Keeping myself safe online 4. Being a global citizen 1 5. Being a global citizen 2 6. Celebrating my web of relationships 	<p><u>Changing me</u></p> <ul style="list-style-type: none"> 1. How babies grow 2. Babies 3. Outside body changes 4. Inside body changes 5. Family stereotypes 6. Looking ahead
Year 4	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> 1. Becoming a class team 2. Being a school citizen 3. Rights, responsibilities 	<p><u>Celebrating Difference (including anti-bullying)</u></p> <ul style="list-style-type: none"> 1. Judging by appearances 2. Understanding influences 	<p><u>Dreams and goals</u></p> <ul style="list-style-type: none"> 1. Hopes and dreams 2. Broken dreams 3. Overcoming disappointment 	<p><u>Healthy me</u></p> <ul style="list-style-type: none"> 1. My friends and me 2. Group dynamics 3. Smoking 4. Alcohol 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> 1. Jealousy 2. Love and loss 3. Memories 4. Getting on and falling out 	<p><u>Changing me</u></p> <ul style="list-style-type: none"> 1. Unique me 2. Having a baby 3. Girls and puberty

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	<p>and democracy</p> <ol style="list-style-type: none"> 4. Rewards and consequences 5. Our learning charter 6. Owing our learning charter 	<ol style="list-style-type: none"> 3. Understanding bullying 4. Problem solving 5. Special me 6. Celebrating difference: How we look 	<ol style="list-style-type: none"> 4. Creating new dreams 5. Achieving goals 6. We did it! 	<ol style="list-style-type: none"> 5. Healthy friendships 6. Celebrating my inner strength and assertiveness 	<ol style="list-style-type: none"> 5. Girlfriends and boyfriends 6. Celebrating my relationships with people and animals 	<ol style="list-style-type: none"> 4. Circles of change 5. Accepting change 6. Looking ahead
Year 5	<p><u>Being me in my world</u></p> <ol style="list-style-type: none"> 1. My year ahead 2. Being a citizen of my own country 3. Year 5 responsibilities 4. Rewards and consequences 5. Our learning charter 6. Owing our learning charter 	<p><u>Celebrating Difference (including anti-bullying)</u></p> <ol style="list-style-type: none"> 1. Different cultures 2. Racism 3. Rumours and name calling 4. Types of bullying 5. Does money matter? 6. Celebrating difference across the world 	<p><u>Dreams and goals</u></p> <ol style="list-style-type: none"> 1. When I grow up 2. Investigate jobs and careers 3. My dream job- why I want it and the steps to get there. 4. Dreams and Goals of Young People in Other Cultures 5. How Can We Support Each Other? 6. Rallying Support 	<p><u>Healthy me</u></p> <ol style="list-style-type: none"> 1. Smoking 2. Alcohol 3. Emergency aid 4. Body image 5. My relationship with food 6. Healthy me 	<p><u>Relationships</u></p> <ol style="list-style-type: none"> 1. Recognising me 2. Safety with Online Communities 3. Being in an Online Community 4. Online gaming 5. My relationship with technology 6. Relationships and technology 	<p><u>Changing me</u></p> <ol style="list-style-type: none"> 1. Self and body image 2. Puberty for girls 3. Puberty for boys 4. Conception 5. Looking ahead 1 6. Looking ahead 2

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Year 6	<u>Being me in my world</u>	<u>Celebrating Difference (including anti-bullying)</u>	<u>Dreams and goals</u>	<u>Healthy me</u>	<u>Relationships</u>	<u>Changing me</u>
	<ol style="list-style-type: none"> 1. My year ahead 2. Being a global citizen 1 3. Being a global citizen 2 4. The learning charter 5. Our learning charter 6. Owing our learning charter 7. 	<ol style="list-style-type: none"> 1. Am I normal? 2. Understanding difference 3. Power struggles 4. Why bully? 5. Celebrating difference 6. Celebrating difference 	<ol style="list-style-type: none"> 1. Personal learning goals 2. Steps to success 3. My dream for the world 4. Helping to make a difference: Fundraising event 5. Helping to make a difference 6. Recognising our achievements 	<ol style="list-style-type: none"> 1. Taking responsibility for my health and well being 2. Drugs 3. Exploitation 4. Gangs 5. Emotional and mental health 6. Managing stress and pressure 	<ol style="list-style-type: none"> 1. What is mental health? 2. My mental health 3. Love and loss 4. Power and control 5. Being online real or fake? 6. Using technology responsibly 	<ol style="list-style-type: none"> 1. My self-image 2. Puberty 3. Babies 4. Babies: Conception to birth 5. Boyfriends and Girlfriends 6. Real self and ideal self 7. The year ahead <p style="text-align: right;"><i>Year 6 Careers week</i></p>