



PSHE Overview 2022-2023

PSHE Overview	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing me
EYFS	<p><u>Being Me in My World</u> Know how it feels to belong and that we are similar and different. Know how to recognise and manage feelings. know why it is good to be kind and use gentle hands. Be able to start to understand children's rights and that this means we should all be allowed to learn and play.</p>	<p><u>Celebrating Difference</u> Know something they are good at and understand everyone is good at different things. Know that being different makes us all special. Know we are all different but the same in some ways. Know how to be a kind friend. Know which words to use to stand up for myself when someone says or does something unkind.</p>	<p><u>Dreams and Goals</u> Know that if I persevere I can tackle challenges. Know how to set a goal and work towards it. Be able to use kind words to encourage people. Know the link between what they are learning now and future jobs Know how they feel when they achieve a goal and know what it means to feel proud.</p>	<p><u>Healthy Me</u> Know that they need to exercise to keep my body healthy. Know how moving and resting are good is good for the body. Know which foods are healthy and not so healthy and can make healthy eating choices. Know how to help get to sleep and understand why sleep is good. Know why washing hands is important Know what a stranger is and how to stay safe if a stranger approaches them.</p>	<p><u>Relationships</u> Know some of the jobs they do in their family Know how to make friends to stop themselves from feeling lonely. Know of ways to solve problems and stay friends. Know the impact of unkind words. Know how to be a good friend</p>	<p><u>Changing Me</u> Be able to name parts of the body. Know some things they can do and foods they can eat to be healthy. Know that we all grow from babies to adults.</p>

Year 1	<p><u>Being Me in My World</u> Know why the classroom is a happy and safe place to learn. Know how to make the classroom a safe space</p>	<p><u>Celebrating Difference</u> Know some ways that they are different and similar to other people in the class, and why this makes us all special. Be able to explain what bullying is and how being bullied might make somebody feel.</p>	<p><u>Dreams and Goals</u> Know how they feel when they are successful and how this can be celebrated positively.</p>	<p><u>Healthy Me</u> Be able to explain why they think their body is amazing and can identify a range of ways to keep it safe and healthy. Be able to give examples of when being healthy can help them feel happy.</p>	<p><u>Relationships</u> Be able to explain some of the relationships they have with different people Be able to explain how their qualities help these relationships. Be able to give examples of behaviour in other people that they like and don't like.</p>	<p><u>Changing Me</u> Be able to compare how they are now to when they were a baby and explain some of the changes that will happen to me as they get older. Be able to use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. Be able to explain why some changes they might experience might feel better than others.</p>
Year 2	<p><u>Being Me in My World</u> Know why my behaviour can impact on other people in my class. Be able to compare their own and friends' choices and express why some choices are better than others.</p>	<p><u>Celebrating Difference</u> Be able to explain that sometimes people get bullied because they are seen to be different Be able to explain how it feels to have a friend and be a friend. Know why it is OK to be different from their friends.</p>	<p><u>Dreams and Goals</u> Be able to explain how they played a part in a group and the parts other people played to create an end product. Be able to explain how skills complemented each other. Know how it felt to be part of a group and can identify a range of feelings about group work.</p>	<p><u>Healthy Me</u> Know why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. Be able to compare their own and their friends' choices and can express how it feels to make healthy and safe choices.</p>	<p><u>Relationships</u> Explain why some things might make them feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. Be able to give examples of some different problem-solving techniques and explain how they might use them in certain situations in different relationships.</p>	<p><u>Changing Me</u> Be able to Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. Be able to explain why some types of touches feel OK and others don't. Know what they like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to them.</p>

Year 3	<p><u>Being Me in My World</u> Know how behaviour can affect how others feel and behave. Know why it is important to have rules and how that helps me and others to learn. Be able to explain why it is important to feel valued.</p>	<p><u>Celebrating Difference</u> Be able to describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. Know how being involved with a conflict makes them feel and can offer strategies to help the situation.</p>	<p><u>Dreams and Goals</u> Know the different ways that help them learn and know how to improve. Be able to be confident and positive when sharing my success with others.</p>	<p><u>Healthy Me</u> Be able to identify things, people and places that they need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.</p>	<p><u>Relationships</u> Be able to explain how their life is influenced positively by people. Know how and why choices might affect my family, friendships and people around the world.</p>	<p><u>Changing Me</u> Know how boys' and girls' bodies change on the outside during the growing up process. Know how they feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p>
Year 4	<p><u>Being Me in My World</u> Be able to explain why being listened to and listening to others is important the school community. Know why being democratic is important and can help me and others feel valued.</p>	<p><u>Celebrating Difference</u> Know a time when the first impression of someone changed as you got to know them. Know why bullying might be difficult to spot and what to do about it if they are not sure. Know why it is good to accept themselves and others for who they are.</p>	<p><u>Dreams and Goals</u> Know how to plan and set new goals even after a disappointment. Know what it means to be resilient and to have a positive attitude.</p>	<p><u>Healthy Me</u> Know when people are putting me under pressure and can explain ways to resist this. Be able to identify feelings of anxiety and fear associated with peer pressure.</p>	<p><u>Relationships</u> Know how people are feeling when they miss a special person or animal. Know ways that might help me manage feelings when missing a special person or animal.</p>	<p><u>Changing Me</u> Explain some of the choices they might make in the future and some of the choices that they have no control over. Know how boys' and girls' bodies change on the outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. Know some suggestions about how they might manage their feelings when changes happen.</p>
Year 5	<p><u>Being Me in My World</u></p>	<p><u>Celebrating Difference</u></p>	<p><u>Dreams and Goals</u></p>	<p><u>Healthy Me</u></p>	<p><u>Relationships</u></p>	<p><u>Changing Me</u> Know the changes that</p>

	<p>Be able to compare their life with other people in the county and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>Know how the actions of one person can affect another and can give examples of this from school and a wider community context.</p>	<p>Be able to explain the differences between direct and indirect types of bullying and is able to offer a range of strategies to help themselves and others</p> <p>Know why racism and other forms of discrimination are unkind.</p> <p>Express feelings about discriminatory behaviour.</p>	<p>Be able to compare hopes and dreams with those of young people from different cultures.</p> <p>Be able to reflect on the hopes and dreams of young people from another culture and explain how this makes them feel.</p>	<p>Know the different roles that food and substances can play in people's lives.</p> <p>Know how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>Be able to summarise different ways that they respect and value their body.</p>	<p>Be able to compare different types of friendships and the feelings associated with them.</p> <p>Know how to stay safe when using technology to communicate with friends, including how to stand up for yourself, negotiate and to resist peer pressure.</p> <p>Be able to apply strategies to manage feelings and the pressures you may face to use technology in ways that may be risky or cause harm.</p>	<p>happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>Know how boys and girls change during puberty and why looking after myself physically and emotionally is important.</p> <p>Be able to express how they feel about the changes that will happen during puberty, and accept these changes might happen at different times to their friends</p>
Year 6	<p><u>Being Me in My World</u></p> <p>Know how choices can have an impact on people in the immediate community and globally.</p> <p>Be able to empathise with others in the community and globally and explain how this can influence the choices made.</p>	<p><u>Celebrating Difference</u></p> <p>Know ways in which difference can be a source of conflict or a cause for celebration.</p> <p>Be able to show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p>	<p><u>Dreams and Goals</u></p> <p>Know different ways to work with others to help make the world a better place.</p> <p>Be able to explain what motivates them to make the world a better place.</p>	<p><u>Healthy Me</u></p> <p>Be able to explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>Be able to identify and apply skills to keep themselves emotionally healthy and to manage stress and pressure.</p>	<p><u>Relationships</u></p> <p>Be able to identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p> <p>Be able to explain the feelings they might experience if they lose somebody special</p> <p>Be able to understand the need to stand up for themselves and their friends in real or online situations.</p>	<p><u>Changing Me</u></p> <p>Be able to describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>Know how they feel when they reflect on becoming a teenager and how they feel about the development and birth of a baby.</p>

