



## Christopher Pickering PSHE Content Overview



Year Group	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
<b>F1 – F2</b>	<ul style="list-style-type: none"> <li>- Self-identity</li> <li>- Understanding feelings</li> <li>- Being in a classroom</li> <li>- Being gentle</li> <li>- Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>- Identifying talents</li> <li>- Being special</li> <li>- Families</li> <li>- Where we live</li> <li>- Making friends</li> <li>- Standing up for your self</li> </ul>	<ul style="list-style-type: none"> <li>- Challenges</li> <li>- Perseverance</li> <li>- Goal setting</li> <li>- Overcoming obstacles</li> <li>- Seeking help</li> <li>- Jobs</li> <li>- Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>- Exercising bodies</li> <li>- Physical activity</li> <li>- Healthy food</li> <li>- Sleep</li> <li>- Keeping clean</li> <li>- Safety</li> </ul>	<ul style="list-style-type: none"> <li>- Family life</li> <li>- Friendships</li> <li>- Breaking friendships</li> <li>- Falling out</li> <li>- Dealing with bullying</li> <li>- Being a good friend</li> </ul>	<ul style="list-style-type: none"> <li>- Bodies</li> <li>- Respecting my body</li> <li>- Growing up</li> <li>- Growth and change</li> <li>- Fun and fears</li> <li>- Celebrations</li> </ul>
<b>Y1</b>	<ul style="list-style-type: none"> <li>- Feeling special and safe</li> <li>- Being part of a class</li> <li>- Rights and responsibilities</li> <li>- Rewards and feeling proud</li> <li>- Consequences</li> <li>- Owning the learning charter</li> </ul>	<ul style="list-style-type: none"> <li>- Similarities and differences</li> <li>- Understanding bullying and knowing how to deal with it</li> <li>- Making new friends</li> <li>- Celebrating the differences in everyone</li> </ul>	<ul style="list-style-type: none"> <li>- Setting goals</li> <li>- Identifying successes and achievements</li> <li>- Learning styles</li> <li>- Working well and celebrating achievement with a partner</li> <li>- Tackling new challenges</li> <li>- Identifying and overcoming obstacles</li> <li>- Feelings of success</li> </ul>	<ul style="list-style-type: none"> <li>- Keeping myself healthy</li> <li>- Healthier lifestyle choices</li> <li>- Keeping clean</li> <li>- Being safe</li> <li>- Medicine safety and safety with household items</li> <li>- Road safety</li> <li>- Linking health and happiness</li> </ul>	<ul style="list-style-type: none"> <li>- Belonging to a family</li> <li>- Making friends and being a good friend</li> <li>- Physical contact preferences</li> <li>- People who help us</li> <li>- Qualities as a friend and person</li> <li>- Self-acknowledgment</li> <li>- Being a good friend to myself</li> <li>- Celebrating special relationships</li> </ul>	<ul style="list-style-type: none"> <li>- Life cycles – animal and human</li> <li>- Changes in me</li> <li>- Changes since being a baby</li> <li>- Differences between female and male bodies (correct terminology)</li> <li>- Linking growing and learning</li> <li>- Coping with change</li> <li>- Transition</li> </ul>
<b>Y2</b>	<ul style="list-style-type: none"> <li>- Hopes and fears for the year</li> <li>- Rights and responsibilities</li> <li>- Rewards and consequences</li> <li>- Safe and fair learning environment</li> </ul>	<ul style="list-style-type: none"> <li>- Assumptions and stereotypes about gender</li> <li>- Understanding bullying</li> <li>- Standing up for self and others</li> <li>- Making new friends</li> </ul>	<ul style="list-style-type: none"> <li>- Achieving realistic goals</li> <li>- Perseverance</li> <li>- Learning strengths</li> <li>- Learning with others</li> <li>- Group co-operation</li> <li>- Contributing to and sharing success</li> </ul>	<ul style="list-style-type: none"> <li>- Motivation</li> <li>- Healthier choices</li> <li>- Relaxation</li> <li>- Healthy eating and nutrition</li> <li>- Healthier snacks and sharing food</li> </ul>	<ul style="list-style-type: none"> <li>- Different types of family</li> <li>- Physical contact boundaries</li> <li>- Friendship and conflict</li> <li>- Secrets</li> </ul>	<ul style="list-style-type: none"> <li>- Life cycles in nature</li> <li>- Growing from young to old</li> <li>- Increasing independence</li> <li>- Differences in female and male bodies (correct terminology)</li> </ul>

	<ul style="list-style-type: none"> <li>- Valuing contribution</li> <li>- Choices</li> <li>- Recognising feelings</li> </ul>	<ul style="list-style-type: none"> <li>- Gender diversity</li> <li>- Celebrating difference and remaining friends</li> </ul>			<ul style="list-style-type: none"> <li>- Trust and appreciation</li> <li>- Expressing appreciation for special relationships</li> </ul>	<ul style="list-style-type: none"> <li>- Assertiveness</li> <li>- Preparing for transition</li> </ul>
<b>Y3</b>	<ul style="list-style-type: none"> <li>- Setting personal goals</li> <li>- Self-identity and worth</li> <li>- Positivity in challenges</li> <li>- Rules, rights and responsibilities</li> <li>- Rewards and consequences</li> <li>- Responsible choices</li> <li>- Seeing things from others' perspectives</li> </ul>	<ul style="list-style-type: none"> <li>- Families and their differences</li> <li>- Family conflict and how to manage it (child-centred)</li> <li>- Witnessing bullying and how to solve it</li> <li>- Recognising how words can be hurtful</li> <li>- Giving and receiving compliments</li> </ul>	<ul style="list-style-type: none"> <li>- Difficult challenges and achieving success</li> <li>- Dreams and ambitions</li> <li>- New challenges</li> <li>- Motivation and enthusiasm</li> <li>- Recognising and trying to overcome obstacles</li> <li>- Evaluating learning processes</li> <li>- Managing feelings</li> <li>- Self budgeting</li> </ul>	<ul style="list-style-type: none"> <li>- Exercise</li> <li>- Fitness challenges</li> <li>- Food labelling and healthy swaps</li> <li>- Attitudes towards drugs</li> <li>- Keeping safe and why it's important (online and offline scenarios)</li> <li>- Respect for myself and others</li> <li>- Healthy and safe choices</li> </ul>	<ul style="list-style-type: none"> <li>- Family roles and responsibilities</li> <li>- Friendship and negotiation</li> <li>- Keeping safe online and who to go to for help</li> <li>- Being a global citizen</li> <li>- Being aware of how my choices affect others</li> <li>- Awareness of how other children have different lives</li> <li>- Expressing appreciation for family and friends</li> </ul>	<ul style="list-style-type: none"> <li>- How babies grow</li> <li>- Understanding a baby's needs</li> <li>- Outside body changes</li> <li>- Inside body changes</li> <li>- Family stereotypes</li> <li>- Challenging my ideas</li> <li>- Preparing for transition</li> </ul>
<b>Y4</b>	<ul style="list-style-type: none"> <li>- Being part of a class team</li> <li>- Being a school citizen</li> <li>- Rights, responsibilities and democracy (school council)</li> <li>- Rewards and consequences</li> <li>- Group decision making</li> <li>- Having a voice</li> <li>- What motivates behaviour</li> </ul>	<ul style="list-style-type: none"> <li>- Challenging assumptions</li> <li>- Judging by appearance</li> <li>- Accepting self and others</li> <li>- Understanding influences</li> <li>- Understanding bullying</li> <li>- Problem solving</li> <li>- Identifying how special and unique everyone is</li> <li>- First impressions</li> </ul>	<ul style="list-style-type: none"> <li>- Hopes and dreams</li> <li>- Overcoming disappointment</li> <li>- Creating new, realistic dreams</li> <li>- Achieving goals</li> <li>- Working in a group</li> <li>- Celebrating contributions</li> <li>- Resilience</li> <li>- Positive attitudes</li> </ul>	<ul style="list-style-type: none"> <li>- Healthier friendships</li> <li>- Group dynamics</li> <li>- Smoking</li> <li>- Alcohol assertiveness</li> <li>- Peer pressure</li> <li>- Celebrating inner strength</li> </ul>	<ul style="list-style-type: none"> <li>- Jealousy</li> <li>- Love and loss</li> <li>- Memories of loved one</li> <li>- Getting on and falling out</li> <li>- Girlfriends and boyfriends</li> <li>- Showing appreciation to people and animals</li> </ul>	<ul style="list-style-type: none"> <li>- Being unique</li> <li>- Having a baby</li> <li>- Girls and puberty</li> <li>- Confidence in change</li> <li>- Accepting change</li> <li>- Preparing for transition</li> <li>- Environmental change</li> </ul>
<b>Y5</b>	<ul style="list-style-type: none"> <li>- Planning the forthcoming year</li> <li>- Being a citizen</li> <li>- Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>- Cultural differences and how they can cause conflict</li> <li>- Racism</li> </ul>	<ul style="list-style-type: none"> <li>- Future dreams</li> <li>- The importance of money</li> <li>- Jobs and careers</li> </ul>	<ul style="list-style-type: none"> <li>- Smoking, including vaping</li> <li>- Alcohol</li> <li>- Alcohol and anti-social behaviour</li> </ul>	<ul style="list-style-type: none"> <li>- Self-recognition and self-worth</li> <li>- Building self-esteem</li> <li>- Safer online communities</li> </ul>	<ul style="list-style-type: none"> <li>- Self and body image</li> <li>- Influence of online and media on body image</li> <li>- Puberty for girls</li> </ul>

	<ul style="list-style-type: none"> <li>- Rewards and consequences</li> <li>- How behaviour affects groups</li> <li>- Democracy, having a voice, participating</li> </ul>	<ul style="list-style-type: none"> <li>- Rumours and name-calling</li> <li>- Types of bullying</li> <li>- Material wealth and happiness</li> <li>- Enjoying and respecting other cultures</li> </ul>	<ul style="list-style-type: none"> <li>- Dream job and how to get there</li> <li>- Goals in different cultures</li> <li>- Supporting others (charity)</li> <li>- Motivation</li> </ul>	<ul style="list-style-type: none"> <li>- Emergency aid</li> <li>- Body image</li> <li>- Relationships with food</li> <li>- Healthy choices</li> <li>- Motivation and behaviour</li> </ul>	<ul style="list-style-type: none"> <li>- Rights and responsibilities online</li> <li>- Online gaming and gambling</li> <li>- Reducing screen time</li> <li>- Dangers of online grooming</li> <li>- SMARRT internet safety rules</li> </ul>	<ul style="list-style-type: none"> <li>- Puberty for boys</li> <li>- Conception (including IVF)</li> <li>- Growing responsibilities</li> <li>- Coping with change</li> <li>- Preparing for transition</li> </ul>
<b>Y6</b>	<ul style="list-style-type: none"> <li>- Identifying goals for the year</li> <li>- Global citizenship</li> <li>- Children's universal rights</li> <li>- Feeling welcome and valued</li> <li>- Choices, consequences and rewards</li> <li>- Group dynamics</li> <li>- Democracy and having a voice</li> <li>- Anti-social behaviour</li> <li>- Role-modelling</li> </ul>	<ul style="list-style-type: none"> <li>- Perceptions of normality</li> <li>- Understanding disability</li> <li>- Power struggles</li> <li>- Understanding bullying</li> <li>- Inclusions/exclusion</li> <li>- Differences as conflict and differences as celebration</li> <li>- Empathy</li> </ul>	<ul style="list-style-type: none"> <li>- Personal learning goals (in and out of school)</li> <li>- Success criteria</li> <li>- Emotions in success</li> <li>- Making a difference in the world</li> <li>- Motivation</li> <li>- Recognising achievements</li> <li>- Compliments</li> </ul>	<ul style="list-style-type: none"> <li>- Taking personal responsibility</li> <li>- How substances affect the body</li> <li>- Exploitation, including 'county lines' and gang culture</li> <li>- Emotional and mental health</li> <li>- Managing stress</li> </ul>	<ul style="list-style-type: none"> <li>- Mental health</li> <li>- Identifying mental health worries and sources of support</li> <li>- Love and loss</li> <li>- Managing feelings</li> <li>- Power and control</li> <li>- Assertiveness</li> <li>- Technology safety</li> <li>- Take responsibility with technology use</li> </ul>	<ul style="list-style-type: none"> <li>- Self-image</li> <li>- Body image</li> <li>- Puberty and feelings</li> <li>- Conception to birth</li> <li>- Reflections about change</li> <li>- Physical attraction</li> <li>- Respect and consent</li> <li>- Boyfriends and girlfriends</li> <li>- Sexting</li> <li>- Transition</li> </ul>