KS2 PSHE Overview

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| Year Group | Being Me in My World | Celebrating Differences | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| 3 | Setting personal goalsSelf-identity and worthPositivity in challengesRules, rights and responsibilitiesRewards and consequencesResponsible choicesSeeing things from other perspectives | Families and their differencesFamily conflict and how to manage it (child-centred)Witnessing bullying and how to solve itRecognising how words can be hurtfulGiving and receiving compliments | Difficult challenges and achieving successDreams and ambitionsNew challengesMotivation and enthusiasmRecognising and trying to overcome obstaclesEvaluating learning processesManaging feelingsSimple budgeting  | ExerciseFitness challengesFood labelling and healthy swapsAttitudes towards drugsKeeping safe and why its important online and offline scenariosRespect for myself and othersHealthy and safe choices | Family roles and responsibilitiesFriendship and negotiationKeeping safe onlineAnd who to go to for helpBeing a global citizenBeing aware of how my choices affect othersAwareness of how other children have different livesExpressing appreciation for family and friends | How babies growUnderstanding a baby’s needsOutside body changesInside body changesFamily stereotypesChallenging my ideasPreparing for transition |
| 4 | Being part of a class teamBeing a school citizenRights, responsibilities and democracy Rewards and consequencesGroup decision makingHaving a voiceWhat motivates behaviour | Challenging assumptionsJudging by appearanceAccepting self and othersUnderstanding influencesUnderstanding bullyingProblem solvingIdentifying how unique and special someone isFirst impressions | Hopes and dreamsOvercoming disappointmentCreating new, realistic dreamsAchieving goalsWorking in a groupCelebrating contributionsResiliencePositive attitudes | Healthier friendshipsGroup dynamicsSmokingAlcoholAssertivenessPeer pressureCelebrating inner strength | JealousyLove and lossMemories of loved onesGetting on and falling outGirlfriends and boyfriendsShowing appreciation to people and animals | Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting changePreparing for transitionEnvironmental change |
| 5 | Planning the forthcoming yearBeing a citizenRights and responsibilitiesRewards and consequencesHow behaviour affects groupsDemocracy, having a voice, participating | Cultural differences and how they can cause problemsRacismRumours and name callingTypes of bullyingMaterial wealth and happinessEnjoying and respecting other cultures | Future dreamsThe importance of moneyJobs and careersDream jobs and how to get thereGoals in different culturesSupporting others (charity)Motivation | Smoking, including vapingAlcoholAlcohol and anti-social behaviourEmergency aidBody imageRelationships with foodHealthy choicesMotivation and behaviour | Self-recognition and worthBuilding self esteemSafer online communitiesRights and responsibilities onlineOnline gaming and gamblingReducing scree timeDangers of online groomingSMAART internet safety rules | Self and body imageInfluence of inline and media on body imagePuberty for girlsPuberty for boysConception (including IVF)Growing responsibilityCoping with changePreparing for transition |
| 6 | Identifying goals for the yearGlobal citizenshipChildren’s universal rightsFeeling welcome and valuedChoices, consequences and rewardsGroup dynamicsDemocracy, having a voiceAnti-social behaviourRole-modelling | Perceptions of normalityUnderstanding disabilityPower strugglesUnderstanding bullyingDifferences as conflict, differences as celebrationEmpathy | Personal learning goals (in and out of school)Success criteriaEmotions in successMaking a difference in the worldMotivationRecognising achievementsCompliments | Taking personal responsibilityHow substances affect the bodyExploitation and gang cultureEmotional and mental healthManaging stress  | Mental healthIdentifying mental health worries sources of supportLove and lossManaging feelingsPower and controlAssertivenessTechnology safetyTake responsibility with technology use | Self-imageBody imagePuberty and feelingsConception to birthReflections to changePhysical attractionRespect and consentBoyfriends/girlfriendsSextingTransitions |