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 goals  Self-identity and worth  Positivity in challenges  Rules, rights and responsibilities  Rewards and consequences  Responsible choices  Seeing things from other perspectives | Families and their differences  Family conflict and how to manage it (child-centred)  Witnessing bullying and how to solve it  Recognising how words can be hurtful  Giving and receiving compliments | 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 | Exercise  Fitness challenges  Food labelling and healthy swaps  Attitudes towards drugs  Keeping safe and why its important online and offline scenarios  Respect for myself and others  Healthy and safe choices | Family roles and responsibilities  Friendship and negotiation  Keeping safe online  And who to go to 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 | How babies grow  Understanding a baby’s needs  Outside body changes  Inside body changes  Family stereotypes  Challenging my ideas  Preparing for transition |
| 4 | Being part of a class team  Being a school citizen  Rights, responsibilities and democracy  Rewards and consequences  Group decision making  Having a voice  What motivates behaviour | Challenging assumptions  Judging by appearance  Accepting self and others  Understanding influences  Understanding bullying  Problem solving  Identifying how unique and special someone is  First impressions | Hopes and dreams  Overcoming disappointment  Creating new, realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes | Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Celebrating inner strength | Jealousy  Love and loss  Memories of loved ones  Getting on and falling out  Girlfriends and boyfriends  Showing appreciation to people and animals | Being unique  Having a baby  Girls and puberty  Confidence in change  Accepting change  Preparing for transition  Environmental change |
| 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 problems  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 jobs 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 worth  Building self esteem  Safer online communities  Rights and responsibilities online  Online gaming and gambling  Reducing scree time  Dangers of online grooming  SMAART internet safety rules | Self and body image  Influence of inline and media on body image  Puberty for girls  Puberty for boys  Conception (including IVF)  Growing responsibility  Coping with change  Preparing for transition |
| 6 | 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 | Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Differences as conflict, differences as celebration  Empathy | Personal learning goals (in and out of school)  Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments | Taking personal responsibility  How substances affect the body  Exploitation and gang culture  Emotional and mental health  Managing stress | Mental health  Identifying mental health worries sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology use | Self-image  Body image  Puberty and feelings  Conception to birth  Reflections to change  Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transitions |