

PSHE Overview

Class	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Class 1	Being me in my world 4-5 Understand how it feels to belong and that we are similar and different; start to recognise and manage feelings; work with others to make school a good place to be; understand why it is good to be kind and use gentle hands; start to understand children's rights and this means we should all be allowed to learn and play; learn what being responsible means.	Celebrating difference 4-5 Identify something I am good at and understand everyone is good at different things; understand that being different makes us all special; know we are all different but the same in some ways, know why my home is special to me; know how to be a kind friend; know which words to use to stand up for myself when someone says or does something unkind.	Dreams and goals 4-5 Understand that if I persevere I can tackle challenges; know about a time I didn't give up until I achieved my goal; set a goal and work towards it; use kind words to encourage people; understand the link between what I learn now and the job I might like to do when I'm older; know how I feel when I achieve a goal and know what it means to feel proud.	Healthy me 4-5 Understand that I need to exercise to keep my body healthy; understand how moving and resting are good for my body; know which foods are healthy and not so healthy and can make healthy eating choices; know how to help myself go to sleep and understand why sleep is good for me; wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet; know who my safe adults are and how to stay safe if they are not close by me.	Relationships 4-5 Identify some of the jobs I do in my family and how I feel like I belong; know how to make friends to stop myself from feeling lonely; think of ways to solve problems and stay friends; understand the impact of unkind words; use Calm Me time to manage my feelings; know how to be a good friend.	Changing me 4-5 Name parts of the body; tell you some things I can do and foods I can eat to be healthy; understand that we all grow from babies to adults; express how I feel about moving to Year 1; talk about my worries and/or the things I am looking forward to about being in Year 1; share my memories of the best bits of this year in Reception.
Class 2 CYCLE A	Being me in my world 5-6 Know how to use my Jigsaw Journal; understand the rights and responsibilities as a member of my class; know my views are valued and can contribute to the Learning Charter; recognise	Celebrating difference 6-7 Start to understand that sometimes people make assumptions about boys and girls (stereotypes); understand that bullying is sometimes about difference; recognise what is right and wrong and know how to look after	Dreams and goals 5-6 Set simple goals; set a goal and work out how to achieve it; understand how to work well with a partner; tackle a new challenge and understand this might stretch my learning; tell you about obstacles which make it	Healthy me 6-7 Sort foods into the correct food groups and know which foods my body needs every day to keep me healthy; make some healthy snacks and explain why they are good for my body; recognise hazards in my home, including fire	Relationships 5-6 Identify the members of my family and understand that there are lots of different types of families; identify what being a good friend means to me; know appropriate ways of physical contact to greet my friends and know	Changing me (Y1 - split into year groups) Start to understand the life cycles of animals and humans; explain some things about me that have changed and some things about me that have stayed the same; explain how my body has changed

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	the choices I make and understand the consequences; understand my rights and responsibilities within our Learning Charter.	myself; understand that it is OK to be different from other people and to be friends with them; explain some ways I am different from my friends.	more difficult to achieve my new challenge and have ideas to overcome them; tell you how I felt when I succeeded in a new challenge and how I celebrated it.	risks and hot things, and know how to reduce risks and keep myself safe; recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me; understand how medicines work in my body and how important it is to use them safely; explain how to keep my body healthy and safe at home and when I'm out.	which ways I prefer; know who can help me in my school community; recognise my qualities as a person and a friend; tell you why I appreciate someone who is special to me.	since I was a baby; identify the parts of the body that make boys different to girls and can use the correct names for private body parts: penis, testicles, vulva, anus; understand that every time I learn something new I change a little bit; explain about changes that have happened in my life.
Class 2 CYCLE B	Being me in my world 6-7 Identify some of my hopes and fears for this year; understand the rights and responsibilities for being a member of my class and school, and the importance of making contributions; listen to other people and contribute my own ideas about rewards and consequences; understand how following the Learning Charter will help me and others learn; recognise the choices I make and understand the consequences.	Celebrating difference 5-6 Identify similarities between people in my class; identify differences between people in my class; explain what bullying is; know some people who I could talk to if I was feeling unhappy or being bullied; know how to make new friends; tell you some ways I am different from my friends.	Dreams and goals 6-7 Choose a realistic goal and think about how to achieve it; know what I need to keep myself healthy; recognise who I work well with and who it is more difficult for me to work with; work well in a group to create an end product; show or tell you what relaxed means and know some things that make me feel relaxed and some that make me feel stressed; know how to share success with other people.	Healthy me 5-6 Understand the difference between being healthy and less healthy, and know some ways to keep myself healthy; know how to make healthy lifestyle choices; know how to keep myself clean and healthy, and understand how germs cause disease/illness; know that all household products including medicines can be harmful if not used properly; understand that medicines can help me if I feel poorly and know how to use them safely; know how to keep safe when crossing the road, and about people who can	Relationships 6-7 Identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate; understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not; identify some of the things that cause conflict with my friends; understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret; recognise and appreciate people who can help me in my	Changing me (Y2 - split into year groups) Recognise cycles of life in nature; tell you about the natural process of growing from young to old and understand that this is not in my control; recognise how my body has changed since I was a baby and where I am on the continuum from young to old; recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private; understand there are different types of

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				help me to stay safe; tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.	family, my school and my community; express my appreciation for the people in my special relationships.	touch and can tell you which ones I like and don't like; identify what I am looking forward to when I move to my next class.
Class 3 CYCLE A	Being me in my world 7-8 Recognise my worth and can identify positive things about myself and my achievements; face new challenges positively, make responsible choices and ask for help when I need it; understand why rules are needed and how they relate to rights and responsibilities; understand that my actions affect myself and others and I care about other people's feelings; make responsible choices and take action; understand my actions affect others and try to see things from their points of view.	Celebrating difference 8-9 Understand that, sometimes, we make assumptions based on what people look like; understand what influences me to make assumptions based on how people look; know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure; explain why witnesses sometimes join in with bullying and sometimes don't tell; identify what is special about me and value the ways in which I am unique; explain about a time when my first impression of someone changed when I got to know them.	Dreams and goals 7-8 Explain about a person who has faced difficult challenges and achieved success; identify a dream/ambition that is important to me; enjoy facing new learning challenges and working out the best ways for me to achieve them; be motivated and enthusiastic about achieving our new challenge; recognise obstacles which might hinder my achievement and take steps to overcome them; evaluate my own learning process and identify how it can be better next time.	Healthy me 8-9 Recognise how different friendship groups are formed, how I fit into them and the friends I value the most; understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help; know some facts about the effects of smoking and vaping on health, and why some people might start to smoke or vape; understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol; recognise when people are putting me under pressure and can explain ways to resist this	Relationships 7-8 Identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females; identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener; know and can use some strategies for keeping myself safe online; understand how people around the world help and influence my life and that media doesn't always show complete information; understand how my needs and rights are shared by children around the world and that everyone experiences difficult feelings sometimes; know how to express my appreciation to my friends and family.	Changing me (Y3 - split into year groups) Understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby; understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies; identify how boys' and girls' bodies change on the outside during this growing up process; identify how boys' and girls' bodies change on the inside 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; understand that as boys' and girls' bodies change at puberty, they need to

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				when I want; know myself well enough to have a clear picture of what I believe is right and wrong.		think more about keeping clean and healthy; know some simple ways of keeping clean which can keep me healthy and protect me from some infections; start to recognise stereotypical ideas I might have about parenting and family roles; identify what I am looking forward to when I move to my next class.
Class 3 CYCLE B	Being me in my world 8-9 Know my attitudes and actions make a difference to the class team; understand who is in my school community, the roles they play, how I fit in and how I can contribute; understand how democracy works through the School Council; understand that my actions affect myself and others - I care about other people's feelings and try to empathise with them; understand how groups come together to make decisions; understand how democracy and having a voice benefits the school community.	Celebrating difference 7-8 Understand that everybody's family is different and important to them; understand that differences and conflicts sometimes happen among family members; know what it means to be a witness to bullying; know that witnesses can make the situation better or worse by what they do; recognise that some words are used in hurtful ways; explain about a time when my words affected someone's feelings and what the consequences were.	Dreams and goals 8-9 Explain about some of my hopes and dreams; understand that sometimes hopes and dreams do not come true and that this can hurt, and recognise how resilience and support from others can help; know how to cope with disappointment and find ways to move forward; know how to make a new plan and set new goals even if I have been disappointed; know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group; identify the contributions made by myself and others to the group's achievement.	Healthy me 7-8 Understand how exercise affects my body and know why my heart and lungs are such important organs; know that the amount of calories, fat and sugar I put into my body will affect my health; tell you my knowledge and attitude towards drugs; identify things, people and places that I need to keep safe from; know some strategies for keeping myself safe, who to go to for help and how to call emergency services; identify when something feels safe or unsafe; understand how complex my body is and how important it is to take care of it.	Relationships 8-9 Recognise situations which can cause jealousy in relationships; identify someone I love and can express why they are special to me; tell you about someone I know that I no longer see; recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends; understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older; know how to show love and appreciation to the people and animals who are special to me.	Changing me (Y4 - split into year groups) Understand that lots of things make up a person's identity and this what makes them unique; describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this; know there are many types of family and that often our family members form part of our inner circle; know there are trusted people I can turn to if I need help and support as I grow up and go through puberty; know how the circle of change works and can apply it to changes I want to make in

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						my life; identify changes that have been and may continue to be outside of my control that I learnt to accept; identify what I am looking forward to when I move to a new class.
Class 4 CYCLE A	Being me in my world 9-10 Face new challenges positively and know how to set personal goals; understand my rights and responsibilities as a citizen of my country and as a member of my school; make choices about my own behaviour because I understand how rewards and consequences feel; understand how an individual's behaviour can impact on a group; understand how democracy and having a voice benefits the school community and know how to participate in this.	Celebrating difference 10-11 Understand there are different perceptions about what normal means; understand how being different could affect someone's life; explain some of the ways in which one person or a group can have power over another; know some of the reasons why people use bullying behaviours; give examples of people with disabilities who lead amazing lives; explain ways in which difference can be a source of conflict and a cause for celebration.	Dreams and goals 9-10 Understand that I will need money to help me achieve some of my dreams; recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values; explore a range of different jobs and think critically about the information I see about them online; describe the dreams and goals of young people in a culture different to mine; understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other; encourage my peers to support young people here and abroad to meet their aspirations, and	Healthy me 10-11 Take responsibility for my health and make choices that benefit my health and well-being; know about different types of drugs and their uses and their effects on the body particularly the liver and heart; understand that some people can be exploited and made to do things that are against the law; know why some people join gangs and the risks this involves; understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness; recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	Relationships 9-10 Have an accurate picture of who I am as a person in terms of my characteristics and personal qualities; understand that belonging to an online community can have positive and negative consequences; understand there are rights and responsibilities in an online community or social network; know there are rights and responsibilities when playing a game online; recognise when I am spending too much time using devices (screen time); explain how to stay safe when using technology to communicate with my friends; understand I have rights about my personal data.	Changing me (Y5 - split into year groups) I am aware of my own self-image and how my body image fits into that; explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally; describe how boys' and girls' bodies change during puberty; understand that sexual intercourse can lead to conception and that is how babies are usually made; understand that sometimes people need help from doctors to have a baby; identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities; identify what I am looking forward to when I move to my next class.

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			suggest ways we might do this, e.g. through sponsorship.			
Class 4 CYCLE B	Being me in my world 10-11 Identify my goals for this year, understand my fears and worries about the future and know how to express them; know that there are universal rights for all children but for many children these rights are not met; understand that my actions affect other people locally and globally; make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities; understand how an individual's behaviour can impact on a group; understand how democracy and having a voice benefits the school community.	Celebrating difference 9-10 Understand that cultural differences sometimes cause conflict; understand what racism is; understand how rumour-spreading and name-calling can be bullying behaviours; explain the difference between direct and indirect types of bullying; compare my life with people in the developing world; understand a different culture from my own.	Dreams and goals 10-11 Know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of- school goal); work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these; identify problems in the world that concern me and talk to other people about them; work with other people to help make the world a better place; describe some ways in which I can work with other people to help make the world a better place; know what some people in my class like or admire about me and can accept their praise.	Healthy me 9-10 Know there are health risks with smoking and vaping and can tell some of the ways that they are harmful to the body; know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart; know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations; understand how the media, social media and celebrity culture promotes certain body types; describe the different attitudes people have to food and how these can be affected by external influences; know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.	Relationships 10-11 Know that it is important to take care of my mental health; know how to take care of my mental health; understand that there are different stages of grief and that there are different types of loss that cause people to grieve; recognise when people are trying to gain power or control; judge whether something online is safe and helpful for me; use technology positively and safely to communicate with my friends and family.	Changing me (Y6 - split into year groups) I am aware of my own self-image and how my body image fits into that; explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally; describe how a baby develops from conception through the nine months of pregnancy, and how it is born; understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend; know myself well enough to maintain positive relationships with others whilst still keeping my own identity; I am aware of the importance of a positive self-esteem and what I can do to develop it; identify what I am looking forward to and what worries me about the transition to



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						secondary school /or moving to my next class.
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