



PSHE Curriculum Whole School Overview



Year	Autumn 1 Being Me in My World	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
R	Being Me in My World: Self-identity	Celebrating Differences: Being special	Dreams and Goals: Challenges	Healthy Me: Exercising bodies	Relationships: Family life & Friendships	Changing Me: Bodies
1	Being Me in My World: Feeling special and safe	Celebrating Differences: Similarities and differences	Dreams and Goals: Setting goals	Healthy Me: Keeping myself healthy	Relationships: Belonging to a family & making friends	Changing Me: Changes in me
2	Being Me in My World: Rights and responsibilities	Celebrating Differences: Understanding bullying	Dreams and Goals: Achieving realistic goals	Healthy Me: Motivation	Relationships: Different types of family & friendship and conflict	Changing Me: Growing from young to old
3	Being Me in My World: Self-identity and worth	Celebrating Differences: Families and their differences	Dreams and Goals: Difficult challenges and achieving success	Healthy Me: Exercise	Relationships: Family roles and responsibilities & friendship and negotiation	Changing Me: How babies grow
4	Being Me in My World: Being a school citizen	Celebrating Differences: Challenging assumptions	Dreams and Goals: Hopes and dreams	Healthy Me: Healthier friendships	Relationships: Getting on and Falling Out	Changing Me: Having a baby
5	Being Me in My World: Being a citizen	Celebrating Differences: Cultural differences and how they can cause conflict	Dreams and Goals: Future dreams	Healthy Me: Healthy choices	Relationships: Self-recognition and self-worth	Changing Me: Puberty for girls and boys & conception (including IVF)
6	Being Me in My World: Global citizenship	Celebrating Differences: Perceptions of normality	Dreams and Goals: Personal learning goals, in and out of school	Healthy Me: Taking personal responsibility	Relationships: Mental health	Changing Me: Puberty and feelings & conception to birth



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