



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 |
|------|--|---|---|---|--|--|
| N | Being Me in My World Who am I and how do I fit? | Celebrating Differences Respect for similarity and difference. | Dreams and Goals Aspirations, goals and emotions. | Healthy Me Being and keeping safe and healthy | Relationships Building positive, healthy relationships | Changing Me Coping positively with change |
| R | Being Me in My World Who am I and how do I fit? | Celebrating Differences Being special | Dreams and Goals Challenges | Healthy Me Exercising bodies | Relationships Family life & Friendships | Changing Me Coping positively with change |
| 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 conflict can occur | Dreams and Goals Future dreams | Healthy Me Healthy choices | Relationships Self-recognition and self-worth | Changing Me Puberty for girls and boys & conception |
| 6 | Being Me in My World Global citizenship | Celebrating Differences Perceptions of normality | Dreams and Goals Personal learning goals, | Healthy Me Taking personal responsibility | Relationships Mental health | Changing Me Puberty and feelings & conception to birth |