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| Haytor green on white**Haytor View Community Primary School & Nursery**  **PSHE Curriculum Overview [21-7-22]**  *Learning together - enjoying success - aiming high - celebrating difference – enriching community* | | | | | | |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **PSHE THEME** | **Being me in my world**  Understanding my place in the class, school and global community | **Celebrating Difference:**  Anti-bullying (inc. cyber and homophobic bullying) and diversity work | **Dreams and Goals:**  Goal-setting, aspirations for yourself and the world and working together. | **Healthy Me:**  Drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices | **Relationships**  Understanding friendship, family and other relationships, conflict resolution and communication skills | **Changing Me**  Sex and relationships education in the context of coping positively with change |
| **SEAL Link** | New Beginnings | Getting on Falling Out | Going for Goals | Good to be me | Relationships | Changes |
| **British Values and PREVENT Link** | **The Rule of Law**  I demonstrate an understanding of the value of rules, principles and laws as well as an understanding of responsibility and consequence | **Mutual Tolerance**  I demonstrate an understanding of the importance of tolerance, as well as an awareness of prejudices and prejudice-based bullying. I know how to be a good citizen in a culturally diverse community | **Respectful Attitudes**  I demonstrate an understanding of mutual respect, I treat people with respect and know that this will influence how people treat and view me | **Democracy**  I demonstrate an understanding of democracy, playing an active role in sharing my opinions and respecting the opinions of others, knowing it’s okay have different views | **Respectful Attitudes**  I demonstrate an understanding of mutual respect, I know that my behaviours have an effect on my rights and the rights of people around me. | **Individual Liberty**  I understand the principle of individual liberty and personal freedom, I engage responsibly with choice knowing that this can play an important role in my safety and well being and the safety and well being of those around me |
| **EYFS** | Self-identity  Understanding feelings  Being in a classroom  Being gentle  Rights and responsibilities | Identifying talents  Being special  Families  Where we live  Making friends  Standing up for yourself | Challenges  Perseverance  Goal-setting  Overcoming obstacles  Seeking help  Jobs  Achieving goals | Exercising bodies  Physical activity  Healthy food  Sleep  Keeping clean Safety | Family life  Friendships  Breaking friendships  Falling out  Dealing with bullying  Being a good friend | Bodies  Respecting my body  Growing up  Growth and change Fun and fears  Celebrations |
| **Year 1** | Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud Consequences  Owning the Learning Charter | Similarities and differences  Understanding bullying and knowing how to deal with it  Making new friends  Celebrating the differences in everyone | Setting goals  Identifying successes and achievements  Learning styles  Working well and celebrating achievement with a partner  Tackling new challenges Identifying and overcoming obstacles  Feelings of Success | Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  Medicine safety/safety with household items  Road safety  Linking health and happiness | Belonging to a family  Making friends/being a good friend  Physical contact preferences  People who help us  Qualities as a friend and person Self-acknowledgement Being a good friend to myself  Celebrating special relationships | Life cycles – animal and human  Changes in me  Changes since being a baby  Differences between female and  male bodies (correct terminology)  Linking growing and learning  Coping with change  Transition |
| **Year 2** | Hopes and fears for the year  Rights and responsibilities  Rewards and consequences  Safe and fair learning environment  Valuing contributions Choices  Recognising feelings | Assumptions and  stereotypes about gender  Understanding bullying  Standing up for self and others  Making new friends  Gender diversity  Celebrating difference and remaining friends | Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group co-operation  Contributing to and  sharing success | Motivation  Healthier choices  Relaxation  Healthy eating and nutrition  Healthier snacks and sharing food | Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation  Expressing appreciation for special relationships | Life cycles in nature  Growing from young to old  Increasing independence  ifferences in female and male bodies (correct terminology)  Assertiveness  Preparing for transition |
| **Year 3** | Setting personal goals  Self-identity and worth  Positivity in challenges Rules, rights and  responsibilities  Rewards and consequences  Responsible choices  Feeing things from others’ 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 it’s 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 |
| **Year 4** | Being part of a class team  Being a school citizen  Rights, responsibilities and democracy (school council)  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 special and unique everyone 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 |
| **Year 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 conflict  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 job 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 self-worth  Building self-esteem  Safer online communities  Rights and responsibilities online  Online gaming and gambling  Reducing screen time  Dangers of online grooming  SMARRT internet safety rules | Self- and body image  Influence of online and media on body image Puberty for girls  Puberty for boys  Conception (including IVF)  Growing responsibility  Coping with change  Preparing for transition |
| **Year 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  Inclusion/exclusion  Differences as conflict, difference 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, including ‘county lines’ and gang culture  Emotional and mental health  Managing stress | Mental health  Identifying mental health worries and 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 about change Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition |