

# PSHCE/SRE

	Autumn 1	Autumn 2	Spring	Spring	Summer 1	Summer 2
KS1 Cycle 1	<b>BEING ME IN MY WORLD</b> Listening & sharing views Online Relationships Internet Safety and harm	<b>CELEBRATING DIFFERENCE</b> Differences & similarities Respectful relationships	<b>RELATIONSHIPS</b> Special people in my life Importance of families and healthy family characteristics	<b>HEALTHY ME</b> My amazing body Being healthy, feeling happy	<b>DREAMS AND GOALS</b> Feelings of success and celebration	<b>CHANGING ME</b> Respect for my body Understand which parts are private
KS1 Cycle 2	<b>BEING ME IN MY WORLD</b> Rights and Responsibilities Online Relationships Internet Safety and harm	<b>CELEBRATING DIFFERENCE</b> Being unique Courtesy and manners	<b>RELATIONSHIPS</b> Caring friendships Solving conflict	<b>HEALTHY ME</b> Healthy diet Dental health and personal hygiene	<b>DREAMS AND GOALS</b> Recognise and talk about different emotions	<b>CHANGING ME</b> Privacy and keeping secrets Appropriate physical contact
LKS2 Cycle 1	<b>BEING ME IN MY WORLD</b> My school community and the part I play Online Relationships Internet Safety and harm	<b>CELEBRATING DIFFERENCE</b> Respect for self and respect for others Use of words and compliments	<b>RELATIONSHIPS</b> Recognise that not all families are the same.	<b>HEALTHY ME</b> How to be safe from people, places and things. Peer pressure	<b>DREAMS AND GOALS</b> My learning process and targets Sharing successes with others	<b>CHANGING ME</b> Y3: Identify differences between male and female body parts Y4: Identify how bodies change on the inside Appropriate friendships
LKS2 Cycle 2	<b>BEING ME IN MY WORLD</b> Attitudes and actions Democracy and group decisions Online Relationships Internet Safety and harm	<b>CELEBRATING DIFFERENCE</b> Identify types of bullying Impact on others Bystander responsibilities	<b>RELATIONSHIPS</b> Healthy friendships Repairing a friendship Wider influences	<b>HEALTHY ME</b> Risks associated with unhealthy eating Sun safety	<b>DREAMS AND GOALS</b> Resilience and positive attitudes Setting goals	<b>CHANGING ME</b> Y3: Identify differences between male and female body parts Y4: Identify how bodies change on the inside Appropriate friendships
UKS2 Cycle 1	<b>BEING ME IN MY WORLD</b> Personal challenges and setting goals Online Relationships Internet Safety and harm	<b>CELEBRATING DIFFERENCE</b> Direct and indirect bullying How to support those being bullied	<b>RELATIONSHIPS</b> Using technology safely Recognise peer pressure and how to stand up for myself	<b>HEALTHY ME</b> Respect and value my body Role of food in people's lives Y5: Signs of physical illness/vaccinations Y6: Drugs, alcohol and tobacco	<b>DREAMS AND GOALS</b> Y5: How/where to ask for advice How to report concerns or abuse Y6: Basic First Aid	<b>CHANGING ME</b> Y5: Puberty and the changing body Menstrual cycle Y6: Sex education Respectful relationships
UKS2 Cycle 2	<b>BEING ME IN MY WORLD</b> Making choices Rights and Responsibilities Online Relationships Internet Safety and harm	<b>CELEBRATING DIFFERENCE</b> Types of bullying Stereotypes Impact of bullying on mental wellbeing	<b>RELATIONSHIPS</b> Caring friendships Trust Managing difficult situations	<b>HEALTHY ME</b> Y5: Signs of physical illness/vaccinations Y6: Drugs, alcohol and tobacco	<b>DREAMS AND GOALS</b> Y5: How/where to ask for advice How to report concerns or abuse Y6: Basic First Aid	<b>CHANGING ME</b> Y5: Puberty and the changing body Menstrual cycle Y6: Sex education Respectful relationships