

PSHE LONG TERM CURRICULUM OVERVIEW

FOUNDATION STAGE		Children at the expected level of development will: Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary; - Offer explanations for why things might happen, making use of recently introduced vocabulary from stories, non-fiction, rhymes and poems when appropriate; - Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Being me in my world	Celebrating difference	Relationships	Healthy me	Dreams and goals	Changing me
KS1	Year 1	Feeling special and safe Rights and responsibilities Rewards and feeling proud	Similarities and differences Understanding bullying	Belonging to a family Making friends/being a good friend	Keeping myself healthy Healthier lifestyle choices Being safe - road	Securing goals Identifying successes Tackling new challenges	Life cycles – animal and human Changes in me Female and male bodies
	Year 2	Hopes and fears for the year Choices Recognising feelings	Assumptions & stereotypes about gender Understanding bullying Standing up for self and others	Different types of family Friendship and conflict Secrets and trust	Healthier choices Healthy eating Safety out and about	Achieving realistic goals Perseverance and strengths Group co-operation	Life cycles in nature Growing from young to old Increasing independence
LKS2	Year 3	Personal goals Self-identity and worth Responsible choices	Families & their differences Witnessing bullying Recognising how words can be hurtful	Friendship and negotiation Keeping safe online Media influence How my choices affect others	Exercise Respect for myself and others Water safety	Difficult challenges and achieving success Dreams and ambitions Simple budgeting	How babies grow Outside/inside body changes Personal hygiene
	Year 4	Rights, responsibilities and democracy Rewards and consequences Group decision-making	Challenging assumptions Judging by appearance Understanding bullying	Jealousy Love and loss Girlfriends and Boyfriends	Peer influences Railway safety Smoking Alcohol and vaping	Overcoming disappointment Celebrating contributions Resilience	Girls and puberty Confidence in change Environmental change
UKS2	Year 5	Being a citizen How behaviour affects groups Democracy	Cultural differences Racism Rumours and namecalling Materials wealth and happiness	Self-recognition/ self-worth Online gaming and risks Dangers of online grooming Internet safety rules	Smoking including vaping Anti-social behaviour Emergency aid Body image	Future dreams Spending, saving and value of money Jobs and careers	Body image and influence of media Puberty for girls/boys Conception (incl IVF)
	Year 6	Global citizenship Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Empathy	Mental health Love and loss Managing feelings Power and control Assertiveness	Personal responsibility Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Emotions in success Making a difference in the world Motivation Recognising achievements	Puberty and feelings Conception to birth Physical attraction Respect and consent Boyfriends/girlfriends Sexting

