



Raughton Head CE Primary School - PSHE Curriculum Yearly Overview

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1 (EYFS/Year 1)	Health & Well being Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Health & Well being Changing me Life cycles - animals 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	Relationships 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	Relationships Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Living in the wider world Being me in my world Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Living in the wider world Dreams and goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feeling of success
Class 2 (Year 2/Year 3)	Health & Well being Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards	Health & Well being Changing Me How babies grow Understanding a baby's needs Outside body	Relationships Family roles and responsibilities Friendships and negotiation Keeping safe online	Relationships Celebrating Difference Family and their differences Family conflict and	Living in the wider world Being me in my world Setting personal goals Self-identity and	Living in the wider world Dreams and Goals Difficult challenges and achieving success Dreams and

	<p>drugs Keeping safe and why it is important online and off line scenarios Respect for myself and others Healthy and safe choices</p>	<p>changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p>	<p>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</p>	<p>how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving Compliments</p>	<p>worth Positivity in challenges Rules, rights and responsibilities Rewards in consequences Responsible choices Seeing things from others' perspective</p>	<p>ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating and learning processes Managing feelings Simple budgeting</p>
<p>Class 3 (Year 4/5/6)</p>	<p>Health & Well being Healthy Me Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>Health & Well being Changing Me 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</p>	<p>Relationships 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</p>	<p>Relationships Celebrating Difference 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</p>	<p>Living in the wider world Being me in my world Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p>Living in the wider world Dreams and Goals Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>