



Raughton Head CE Primary School - PSHE Curriculum Yearly Overview

2023-2024	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1 (EYFS/Year 1)	Health & Well being Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Health & Well being Changing me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Relationships Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Living in the wider world Being me in my world Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Living in the wider world Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals
Class 2 (Year 2/Year 3)	Health & Well being Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Health & Well being Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Relationships Celebrating difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating differences and remaining friends	Living in the wider world Being me in my world Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Living in the wider world Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success
Class 3 (Year 4/5/6)	Health & well being Healthy Me Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Health & well being Changing me Having a baby Girls and puberty Puberty for boys Puberty Conception Babies: Conception to Birth	Relationships Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Relationships Celebrating difference Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Living in the wider world Being me in my world 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	Living in the wider world Dreams and goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes