

Whole School PSHE Overview

	Autumn Term		Spring Term		Summer Term	
FSU	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	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
KS1 (Cycle A)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	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 Working well and celebrating achievement with a partner Feelings of success Perseverance Learning strengths Learning with others	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Healthy eating and nutrition Healthier snacks and sharing food	Belonging to a family Making friends/being a good friend Physical contact preferences Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
KS1 (Cycle B)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Hopes and fears for the year Rights and responsibilities Rewards and consequences	Assumptions and stereotypes about gender Understanding bullying	Achieving realistic goals Learning styles Tackling new challenges	Medicine safety/safety with household items Road safety	People who help us Qualities as a friend and person Self-acknowledgement	Differences between female and male bodies (correct terminology)

	<p>Safe and fair learning environment</p> <p>Valuing contributions</p> <p>Choices</p> <p>Recognising feelings</p>	<p>Standing up for self and others</p> <p>Making new friends</p> <p>Gender diversity</p> <p>Celebrating difference and remaining friends</p>	<p>Identifying and overcoming obstacles</p> <p>Group co-operation</p> <p>Contributing to and sharing success</p>	<p>Linking health and happiness</p> <p>Motivation</p> <p>Healthier choices</p> <p>Relaxation</p>	<p>Being a good friend to myself</p> <p>Celebrating special relationships</p> <p>Different types of family</p> <p>Physical contact boundaries</p> <p>Friendship and conflict</p>	<p>Linking growing and learning</p> <p>Coping with change</p> <p>Transition</p> <p>Life cycles in nature</p> <p>Growing from young to old</p> <p>Increasing independence</p> <p>Preparing for transition</p>
LKS2 (Cycle A)	<p>Being Me in My World</p>	<p>Celebrating Difference</p>	<p>Dreams & Goals</p>	<p>Healthy Me</p>	<p>Relationships</p>	<p>Changing Me</p>
	<p>Setting personal goals</p> <p>Self-identity and worth</p> <p>Positivity in challenges</p> <p>Rights, responsibilities and democracy (school council)</p> <p>Rewards and consequences</p> <p>Group decision making</p> <p>Having a voice</p> <p>What motivates behaviour</p>	<p>Witnessing bullying and how to solve it</p> <p>Recognising how words can be hurtful</p> <p>Giving and receiving compliments</p> <p>Understanding bullying</p> <p>Problem solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</p>	<p>New challenges</p> <p>Motivation and enthusiasm</p> <p>Recognising and trying to overcome obstacles</p> <p>Overcoming disappointment</p> <p>Evaluating learning processes</p> <p>Managing feelings</p>	<p>Exercise</p> <p>Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p> <p>Respect for myself and others</p> <p>Healthy and safe choices</p> <p>Smoking</p> <p>Alcohol</p>	<p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Keeping safe online and who to go to for help</p> <p>Getting on and falling out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p>	<p>How babies grow</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Environmental change</p> <p>Preparing for transition</p>
LKS2 (Cycle B)	<p>Being Me in My World</p>	<p>Celebrating Difference</p>	<p>Dreams & Goals</p>	<p>Healthy Me</p>	<p>Relationships</p>	<p>Changing Me</p>
	<p>Being part of a class team</p> <p>Being a school citizen</p> <p>Rules, rights and responsibilities</p> <p>Rewards and consequences</p>	<p>Families and their differences</p> <p>Family conflict and how to manage it (child-centred)</p>	<p>Hopes and dreams</p> <p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p>	<p>Keeping safe and why it's important – online and offline scenarios</p> <p>Healthier friendships</p>	<p>Being a global citizen</p> <p>Being aware of how my choices affect others</p>	<p>Inside body changes</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Being unique</p> <p>Having a baby</p>

	Responsible choices Seeing things from others' perspectives	Challenging assumptions Judging by appearance Accepting self and others Understanding influences	Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Group dynamics Assertiveness Peer pressure Celebrating inner strength	Awareness of how other children have different lives Expressing appreciation for family and friends Jealousy Love and loss Memories of loved ones	Puberty and menstruation Preparing for transition
UKS2 (Cycle A)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Planning the forthcoming year Being a citizen Rights and responsibilities Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	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 Making a difference in the world Motivation Recognising achievements Compliments	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 Power and control Assertiveness Technology safety Taking responsibility with technology use	Conception (including IVF) Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Preparing for transition
UKS2 (Cycle B)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Identifying goals for the year Global citizenship Children's universal rights	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion	Goals in different cultures Supporting others (charity) Motivation	Taking personal responsibility How substances affect the body	Online gaming and gambling Reducing screen time Dangers of online grooming	Self and body image Influence of online and media on body image Puberty for girls

	Feeling welcome and valued Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Differences as conflict Difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success	Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	SMARRT internet safety rules Mental health Identifying mental healthy worries and sources of support Love and loss Managing feelings	Puberty for boys Growing responsibility Coping with change Boyfriends and girlfriends Sexting Preparing for transition
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