



PSHE subject overview 2022-23

Year 6	Being me in my world <ol style="list-style-type: none"> To plan our year ahead To understand my wants and needs and compare these with children in different countries To understand my wants and needs and compare these with children in different countries To understand how to make good choices in my behaviour To discuss rewards and consequences for behaviour choices To understand how my behaviour can impact on others 	Celebrating differences <ol style="list-style-type: none"> To understand there are different perceptions of normal To understand how being different could affect someone's life To explore power and power struggles To know why some people use bullying behaviours To explore inspirational people with disabilities To explain how differences can cause conflict or be reason to celebrate 	Dreams and goals <ol style="list-style-type: none"> To understand my learning strengths and set realistic goals To work out the steps needed to reach a goal 	
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Autumn term

Spring term

W/B Subject	2/1	9/1	16/1	23/1	30/1	6/2	13/2	27/2	6/3	13/3	20/3	27/3
EYFS												
Year 1	Dreams and goals - continued <ol style="list-style-type: none"> Achieving together Stretchy learning Overcoming obstacles Celebrating my success 					Healthy me <ol style="list-style-type: none"> Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me 					Relationships <ol style="list-style-type: none"> Family Making friends 	
Year 2	Dreams & Goals - continued <ol style="list-style-type: none"> Learning with Others 4/5 A Group Challenge Celebrating Our Achievement 					Healthy me <ol style="list-style-type: none"> Assembly/ Being Healthy Being Relaxed Medicine Safety Healthy Eating Healthy Eating Healthy Happy Me! 					Relationships <ol style="list-style-type: none"> Assembly/Families Keeping Safe - exploring physical contact 	
Year 3	Dreams and goals (continued)					Healthy me					Relationships	



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Year 1	Relationships – continued 3. Greetings 4. People who help us 5. Being my own best friend 6. Celebrating my special relationships	Changing me 1. Life cycles 2. Changing me 3. My changing body 4. Boys’ and girls’ bodies 5. Learning and growing 6. Coping with changes	PSHE quiz week (of the year’s learning)	
Year 2	Relationships (continued) 3. Friends and Conflict 4. Secrets 5. Trust and Appreciation 6. Celebrating My Special Relationships	Changing me 1. Assembly/Life Cycles in Nature 2. Growing from Young to Old 3. The Changing Me 4. Boys’ and Girls’ Bodies 5. Assertiveness 6. Looking Ahead	PSHE quiz week (of the year’s learning)	
Year 3	Relationships (continued) 3. Keeping myself safe online 4. Being a global citizen 1 5. Being a global citizen 2 6. Celebrating my web of relationships	Changing me 1. How babies grow 2. Babies 3. Outside body changes 4. Inside body changes 5. Family stereotypes 6. Looking ahead	PSHE quiz week (of the year’s learning)	
Year 4	Relationships (continued) 3. Memories 4. Getting on and falling out 5. Girlfriends and boyfriends 6. Celebrating my relationships with people and animals	Changing me 1. Unique me 2. Having a baby 3. Girls and puberty 4. Circles of change 5. Accepting change 6. Looking ahead	PSHE quiz week (of the year’s learning)	
Year 5	Relationships (continued) 3. Being in an online community 4. Online gaming 5. My relationship with technology: screen time 6. Relationships and technology	Changing me 1. Self and body image 2. Puberty for girls 3. Puberty for boys 4. Conception 5. Looking ahead 1 6. Looking ahead 2	PSHE quiz week (of the year’s learning)	
Year 6	Relationships – continued 3. To understand that there are different stages of grief 4. To recognize when people are trying to	Changing me (Compulsory) 1. I am aware of my own self-image and how my body image fits into that. 2. I can explain how girls’ and boys’ bodies change during puberty and	PSHE quiz week (of the year’s learning)	



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	<p>gain power or control</p> <p>5. To judge whether something online is safe and helpful</p> <p>6. To use technology positively and safely</p>	<p>understand the importance of looking after yourself physically and emotionally. (Compulsory)</p> <p>3. I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby. (Pupils can be withdrawn)</p> <p>4. I can describe how a baby develops from conception through the nine months of pregnancy and how it is born. (Compulsory)</p> <p>5. I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. (Compulsory)</p> <p>6. I am aware of the importance of a positive self-esteem and what I can do to develop it. (Compulsory)</p> <p>7. I can identify what I am looking forward to and what worries me about the transition to secondary school. (Compulsory)</p>		
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