



# PSHE Curriculum Whole School Overview



Year	Autumn 1 Being Me in My World	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
R	<b>Being Me in My World:</b> Self-identity	<b>Celebrating Differences:</b> Being special	<b>Dreams and Goals:</b> Challenges	<b>Healthy Me:</b> Exercising bodies	<b>Relationships:</b> Family life & Friendships	<b>Changing Me:</b> Bodies
1	<b>Being Me in My World:</b> Feeling special and safe	<b>Celebrating Differences:</b> Similarities and differences	<b>Dreams and Goals:</b> Setting goals	<b>Healthy Me:</b> Keeping myself healthy	<b>Relationships:</b> Belonging to a family & making friends	<b>Changing Me:</b> Changes in me
2	<b>Being Me in My World:</b> Rights and responsibilities	<b>Celebrating Differences:</b> Understanding bullying	<b>Dreams and Goals:</b> Achieving realistic goals	<b>Healthy Me:</b> Motivation	<b>Relationships:</b> Different types of family & friendship and conflict	<b>Changing Me:</b> Growing from young to old
3	<b>Being Me in My World:</b> Self-identity and worth	<b>Celebrating Differences:</b> Families and their differences	<b>Dreams and Goals:</b> Difficult challenges and achieving success	<b>Healthy Me:</b> Exercise	<b>Relationships:</b> Family roles and responsibilities & friendship and negotiation	<b>Changing Me:</b> How babies grow
4	<b>Being Me in My World:</b> Being a school citizen	<b>Celebrating Differences:</b> Challenging assumptions	<b>Dreams and Goals:</b> Hopes and dreams	<b>Healthy Me:</b> Healthier friendships	<b>Relationships:</b> Getting on and Falling Out	<b>Changing Me:</b> Having a baby
5	<b>Being Me in My World:</b> Being a citizen	<b>Celebrating Differences:</b> Cultural differences and how they can cause conflict	<b>Dreams and Goals:</b> Future dreams	<b>Healthy Me:</b> Healthy choices	<b>Relationships:</b> Self-recognition and self-worth	<b>Changing Me:</b> Puberty for girls and boys & conception (including IVF)





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6	<b>Being Me in My World:</b> Global citizenship	<b>Celebrating Differences:</b> Perceptions of normality	<b>Dreams and Goals:</b> Personal learning goals, in and out of school	<b>Healthy Me:</b> Taking personal responsibility	<b>Relationships:</b> Mental health	<b>Changing Me:</b> Puberty and feelings & conception to birth
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