

PSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Me around Others What it means to be a part of a social group? What groups do I belong to? Who are the special people in my life? How do families differ? How do I spend time with my family? When do I need to tell someone?	Respectable Me What does respect mean? What makes me, me? What is similar? What is unique? How can I express my feelings around others? What is the private part of me? What are different types of touch?	Healthy Me How do I stay healthy? Why do we need medication? Why is physical activity healthy? Why is it important to stay clean? Who can help us? What is an emergency?	Developing Me How do we change? How am I different? When do I feel worried? When do I feel happy? When do I feel angry, scared, or upset? How can I stop feeling anxious? When should I ask for help?	Social Me How should I treat others? Is all life precious? How do we care for our local environment? How do I keep safe in my community? What are the rules in my community? Why do we need internet?	Successful Me What is money? Why do we need money? Do I really need it? What are my strengths? What is a goal? Why should I be persistent?
Year 2	Me around Others How can I be a good team player? What role do I play in my circle of friends? How do I conquer loneliness? What is another point of view? How do I keep relationships happy?	Respectable Me Why should we celebrate our differences? How can I affect others? What makes me and others uncomfortable? What is a secret? Why is it wrong to bully? When to ask for help?	Healthy Me What can help us grow and stay healthy physically and mentally? Is too much sugar bad? Why is medication important for our health? Why is physical activity important for our physical and mental health? Why is the sunshine important to my body? How to keep myself and others safe?	Developing Me How do we recognize our feelings? What affects our emotions? What can I do to feel better? How can I be resilient? What changes as we grow up? What are the stages of the human cycle?	Social Me What group do I belong to? How do I stay safe in my environment? How do I spot risks in my social world? How do I deal with peer pressure? How do I know if it is true? Do I need to report it?	Successful Me What forms can money take? Why do we care about money? How do we earn money? Why are jobs the same? Why am I suitable for the job? How can the internet help us in our learning and at work?
Year 3	Me around Others Why is family important? How do I spend quality time with my family? How do I show love for my family? What are the basic strategies of keeping myself safe around others? What can I share with my community outside of my family? When do I ask for help?	Respectable Me What factors create positive friendships? What are the negative effects of peer exclusion? How do we overcome differences in friendships? What can I share with my friends? How does bullying affect us? When to ask for support?	Healthy Me Why is a healthy diet important? What is a healthy routine? How can I benefit from physical activity? How can I reduce risks? What do I do in case of an accident? When do I get help?	Developing Me What are the challenges I am going to face? What factors influence my feelings? How do I show resilience? How valuable are my strengths? How do I manage setbacks? How can I reflect on my past?	Social Me What wider groups am I a part of? Why must we be respectful? What is a diverse community? How does the community help us? How can I identify hazards in my community? What is the safe way of using the internet?	Successful Me Who am I? How do I set a realistic goal? How do I persevere? What job is right for me? What types of jobs are there? What are gender stereotypes?

Year 4	<p>Me around Others</p> <p>What defines me? What is a healthy, positive relationship? How should I interact with others? How do I spot exclusion within my peer group? How do we communicate respectfully? What is an online relationship?</p>	<p>Respectable Me</p> <p>Is everyone the same? How do we treat each other with respect? How does my behaviour affect others? What is privacy? Should I do what my friends dare me to do? When to say STOP?</p>	<p>Healthy Me</p> <p>What is oral hygiene? What is an illness? Why do we use medicine? Why are drugs dangerous? How can the internet impact on our mental health? When has it gone too far?</p>	<p>Developing Me</p> <p>How do we differ? How do I improve my emotional wellbeing? How do we express ourselves? Is it important to express my feelings? What are the ways of managing my feelings? When to ask for help?</p>	<p>Social Me</p> <p>Why is community important? How to care for others? How can our choices make a difference to others and the environment? What is the digital world? What is the importance of advertising? What makes a good discussion?</p>	<p>Successful Me</p> <p>What are my positive attributes? How do I adjust my goals and thinking? How do I overcome learning obstacles? How to develop my self-worth? How do we spend money? How can we help others with our decisions?</p>
Year 5	<p>Me around Others</p> <p>What impact can a relationship have on my life? How do I communicate and what influence does it have? Should I trust my online friend? How do I reconcile differences? What is acceptable? What is not acceptable? What do I do when I feel worried?</p>	<p>Respectable Me</p> <p>What is mutual respect? What is acceptable contact? How do people vary? What makes up our identity? Why are stereotypes dangerous? What is discrimination?</p>	<p>Healthy Me</p> <p>What is unhealthy? What is healthy? How to prevent diseases? How can drugs common to everyday life affect health? Why do people use drugs? How do I identify risk? What is first aid?</p>	<p>Developing Me</p> <p>How will we grow and change? How does puberty affect my emotions and my behaviour? How can I manage it? What is gender identity? What are secrets? How can I keep safe?</p>	<p>Social Me</p> <p>What facilities are there in my community? Why should I protect my environment? What effect does money have on the environment? What are the different types of media? What is a reliable source of information? What can I trust online?</p>	<p>Successful Me</p> <p>Does everybody find their perfect job straight away? What is required to do certain jobs? Where do I begin? How can I challenge stereotypes? What is my career path? How do we spend and save money?</p>
Year 6	<p>Me around Others</p> <p>What are the types of relationships? What is diversity in relationships? What is a healthy relationship? <i>What is a marriage?</i> How do we work together? How can I understand my peers' feelings?</p>	<p>Respectable Me</p> <p>What forms can peer pressure take? Why does consent matter? Who can be a positive role model? What are the ground rules for effective discussion? How can I understand things from someone else's perspective? How do I keep safe?</p>	<p>Healthy Me</p> <p>What is mental wellbeing? What are the early signs of mental ill-health? How can I support my mental wellbeing? How can I balance time online effectively? What is the difference between illegal drugs and pharmaceutical drugs? When should I ask for help?</p>	<p>Developing Me</p> <p>When do we become independent? How do we manage change? What other challenges might we face? What is an intimate relationship? What is FGM? How do I get help?</p>	<p>Social Me</p> <p>How does social media affect me? What is fake news? How do I know what to believe online? How do I make good decisions online? How do I stay safe online? What is prejudice?</p>	<p>Successful Me</p> <p>What roles does money play in our life? What are the challenges of the modern world? How do I stay safe in the modern world? How do I become the best ME? How do I plan to reach my goals? What are my long-term plans?</p>