

# PSHE Overview 2024-2025

Age Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me In	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>Year 3</b>	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights, and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful. Giving and receiving compliments	Difficult challenges and achieving success. Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes. Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Keeping safe and why it's important online and offline scenarios. Respect for myself and others. Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen. Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition
<b>Year 4</b>	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	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Showing appreciation to people and animal	Being unique Confidence in change Accepting change Preparing for transition Environmental change
<b>Year 5</b>	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	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. Goals in different cultures Supporting others (charity) Motivation	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 Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Growing responsibility Coping with change Preparing for transition
<b>Year 6</b>	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences, and rewards Group dynamics Democracy, having a voice. Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world. Motivation Recognising achievements Compliment	Taking personal responsibility How substances affect the body Exploitation, including 'county lines and gang culture. Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology us	Self-image Body image Reflections about change Physical attraction Respect and consent. Sexting Transition