Long Sutton Primary School

Overview of PSHE (EYFS and KS1)

	Autumn Term		Spring Term		Summer Term	
Nursery	Being Me in My World Focus on: Self identity, understanding their own feelings, being in a classroom and rights and responsibilities	Celebrating Difference Focus on: Identifying talents, being special, families, where we live, making friends and standing up for yourself	Dreams and Goals Focus on: Challenges, perseverance, setting goals, overcoming obstacles, seeking help, jobs and achieving goals	Healthy Me Focus on: Exercise, being active and how to keep our bodies and minds healthy	Relationships Focus on: Family life, friendships, falling out, dealing with bullying and being a good friend	Changing Me Focus on: Respecting our bodies, growing up and the changes to our bodies, fun and fears and celebrations
Reception	Being Me in My World Focus on: Self identity, understanding their own feelings, being in a classroom and rights and responsibilities	Celebrating Difference Focus on: Identifying talents, being special, families, where we live, making friends and standing up for yourself	Dreams and Goals Focus on: Challenges, perseverance, setting goals, overcoming obstacles, seeking help, jobs and achieving goals	Healthy Me Focus on: Exercise, being active and how to keep our bodies and minds healthy	Relationships Focus on: Family life, friendships, falling out, dealing with bullying and being a good friend	Changing Me Focus on: Respecting our bodies, growing up and the changes to our bodies, fun and fears and celebrations
Year 1	Being Me in My World Focus on: Feeling special and safe, being part of a class, rights and responsibilities, rewards and feeling proud and consequences	Celebrating Difference Focus on: Similarities and differences between us, understanding bullying and knowing how to deal with it, making new friends and celebrating the differences in everyone	Dreams and Goals Focus on: Setting goals, identifying successes and achievements, learning styles, celebrating achievements with a partner, identifying and overcoming obstacles and feelings of success	Healthy Me Focus on: Keeping myself healthy, making healthier lifestyle choices, keeping our bodies clean and safe, how to stay safe in our homes, road safety and the link between health and happiness	Relationships Focus on: Belonging to a family, making friends, being a good friend, physical contact preferences, people who help us, qualities as a friend and person, being a good friend to myself and celebrating special relationships	Changing Me Focus on: Animal and human life cycles, changes in me, changes since being a baby, the differences between female and male bodies (using correct terminology), growing and learning, coping with change and transition
Year 2	Being Me in My World Focus on: Hopes and fears for the year ahead, rights and responsibilities, rewards and consequences, a safe and fair learning environment, valuing contributions and choices and recognising feelings	Celebrating Difference Focus on: Assumptions and stereotypes about gender, understanding bullying, standing up for yourself and others, making new friends, gender diversity, celebrating difference and remaining friends	Dreams and Goals Focus on: Achieving realistic goals, perseverance, learning strengths, learning with others, group co-operation and contributing and sharing success	Healthy Me Focus on: Motivation, making healthier choices, relaxation, healthy eating and nutrition, healthier snacks and sharing food	Relationships Focus on: Different types of family, physical contact boundaries, friendship and conflict, secrets, trust and appreciation, expressing appreciation for special relationships	Changing Me Focus on: Life cycles in nature, growing from young to old, increasing independence, the differences between female and male bodies (using correct terminology), assertiveness and preparing for transition

Be A Star!

Strength Teamwork Ambition Respect

Long Sutton Primary School

Overview of PSHE (KS2)

	Autumn Term		Spring Term		Summer Term	
Year 3	Being Me in My World Focus On: Setting personal goals, self-identify and self worth, finding positivity in challenges, rules, rights and responsibilities, rewards and consequences, responsible choices and seeing things from others' perspectives	Celebrating Difference Focus on: Families and their differences, family conflict and how to manage it, witnessing bullying and how to solve it, recognising how words can be hurtful, giving and receiving compliments	Dreams and Goals Focus on: Difficult challenges and achieving success, dreams and ambitions, new challenges, motivation and enthusiasm, recognising and trying to overcome obstacles, managing feelings and simple budgeting	Healthy Me Focus on: Exercise, fitness challenges, food labelling and healthy swaps, attitudes towards drugs, keeping safe and why it's important both online and offline, respect for myself and others and healthy and safe choices	Relationships Focus on: 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 and expressing appreciation for family and friends	Changing Me Focus on: How babies grow, understanding a baby's needs, outside body changes, inside body changes, family stereotypes, challenging my ideas and preparing for transition
Year 4	Being Me in My World Focus on: 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 and what motivates behaviour	Celebrating Difference Focus on: Challenging assumptions, judging by appearance, accepting self and others, understanding influences, understanding bullying, problem-solving, identifying how special and unique everyone is, first impressions	Dreams and Goals Focus on: Hopes and dreams, overcoming disappointment, creating new, realistic dreams, achieving goals, working as a group, celebrating contributions, resilience, positive attitudes	Healthy Me Focus on: Healthier friendships, group dynamics, smoking, alcohol, assertiveness, peer pressure and celebrating inner strength	Relationships Focus on: Jealousy, love and loss, memories of loved ones, getting on and falling out, girlfriends and boyfriends, showing appreciation to people and animals	Changing Me Focus on: Being unique, having a baby, girls and puberty, confidence in change, accepting change, preparing for transition and environmental change
Year 5	Being Me in My World Focus on: Planning the forthcoming year, being a citizen, rights and responsibilities, rewards and consequences, how behaviour affects groups, democracy, having a voice and participating	Celebrating Difference Focus on: Cultural differences and how they can cause conflict, racism, rumours and name-calling, types of bullying, material wealth and happiness and enjoying and respecting other cultures	Dreams and Goals Focus on: Future dreams, the importance of money, jobs and careers, dream job and how to get there, goals in different cultures, supporting others e.g. through charities and motivation	Healthy Me Focus on: Smoking (including vaping), alcohol and anti-social behaviour, emergency aid, body image, relationships with food, healthy choices and motivation and behaviour	Relationships Focus on: 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 and SMART internet safety rules	Changing Me Focus on: Self and body image, influence of online and media on body image, puberty for girls, puberty for boys, conception (including IVF), growing responsibility, coping with change and preparing for transition
Year 6	Being Me in My World Focus on: Identifying goals for the year, global citizenship, children's universal rights, feeling welcomed and valued, choices, consequences and rewards, group dynamics, democracy, having a voice, anti-social behaviour and role-modelling	Celebrating Difference Focus on: Perceptions of normality, understanding disability, power struggles, understanding bullying, inclusion/exclusion, differences as conflict, difference as celebration and empathy	Dreams and Goals Focus on: Personal learning goals, both in and out of school, success criteria, emotions in success, making a difference in the world, motivation, recognising achievements and compliments	Healthy Me Focus on: Taking personal responsibility, how substances affect the body, exploitation (including 'county lines' and gang culture), emotional and mental heath and managing stress	Relationships Focus on: Mental health, identifying mental health worries and sources of support, love and loss, managing feelings, power and control, assertiveness, technology safety and taking responsibility with technology use	Changing Me Focus on: Self-image, body image, puberty and feelings, conception to birth, reflections about change, physical attraction, respect and consent, boyfriends/girlfriends, sexting and transition

Be A Star!

Strength Teamwork Ambition Respect