

PSHE Intent Statement

Our PSHE curriculum develops the qualities, skills and attributes children need to thrive as individuals, family members and members of society both now and in the future. It has been carefully designed to develop confidence, resilience and self-esteem and provide all children with the skills and knowledge needed to live healthy, safe, productive, responsible and balanced lives, make informed choices and identify and manage risk.



Concepts and Themes

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> • Identify and moderate their own feelings socially and emotionally. • Manage their own needs: - personal hygiene • Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian • See themselves as a valuable individual. • Show resilience and perseverance in the face of challenge. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Think about the perspectives of others. 					
Year 1	Being me in My World - Rights and responsibilities	Celebrating differences - Celebrating the differences in everyone. (Understanding Bullying)	Dreams and Goals - Setting Goals	Healthy Me - Keeping myself healthy	Relationships - Making friends and being a good friend. Celebrating special relationships.	Changing Me - Life cycles animals and humans. RSE - Diff between Male and female bodies -Transition
Year 2	Being Me in My World - Hopes and fears for the year, recognising feelings	Celebrating Difference - Assumptions and stereotypes about gender, Understanding Bullying -Standing up for self and others	Dreams and Goals - Achieving realistic goals-perseverance	Healthy Me - Healthy choices,healthy eating and snacks	Relationships - Different types of families, Trust and appreciation	Changing Me - Life cycles in nature, growing from young to old. RSE- Differences in Male and Female bodies, transition
Year 3	Being Me in My World - Setting Personal goals. Seeing things from others perspective.	Celebrating Difference - Families and their differences. Bullying - witnessing bullying and how to solve it.	Dreams and Goals - Difficult challenges and achieving success. Simple budgeting	Healthy Me - Healthy and safe Choices, Keeping safe online	Relationships - Family roles and responsibilities, being a global citizen	Changing Me - How Babies grow, RSE- Body changes, transition
Year 4	Being Me in My World - Being a school citizen	Celebrating differences - Challenging Assumptions, Understanding Bullying	Dreams and Goals - Hopes and dreams, resilience	Healthy Me - Healthier friendships, smoking and alcohol	Relationships- Jealousy, Love and Loss, Getting on and Falling out	Changing Me - Being unique, Environmental change RSE- Puberty, Transition
Year 5	Being Me in My World - Planning for the forthcoming year, democracy - having a voice.	Celebrating Differences -Cultural diffeences and how they can cause conflict, Types of Bullying.	Dreams and Goals - Future dreams, The importance of money, jobs and careers.	Healthy Me - Smoking, Alcohol, anti-social behaviour, Body image.	Relationships - Self-recognition and Self-worth, Safer online communities, SMARRT rules.	Changing Me- self and body image. RSE - Puberty, conception, Transition
Year 6	Being me in My World - Identifying goals for the year, Children's universal rights.	Celebrating difference - Perceptions of normality, Understanding Bullying	Dreams and Goals -Personal Learning Goals, in and out of school, making a difference in the world.	Healthy Me -Taking personal responsibility, How substances affect the body, Exploitation	Relationships - Mental Health worries and sources of support, Technology safety	Changing Me - Self and Body image, RSE- Puberty and feelings, Conception to Birth, boyfriends and girlfriends, Transition