PSHE Curriculum Overview

Year Group/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception (Ages 3–5)	Identifying feelings Feelings and emotions Being gentle Belonging Rights and responsibilities	Being unique Families Where we live Making friends Standing up for yourself	Challenges Achieving and setting goals Overcoming obstacles Seeking help Jobs	Exercising bodies Healthy food Sleep Keeping clean Safety	Friends Making friendships Helping others Being kind Dealing with bullying	Bodies Growing up Growth and change Fun and fears Celebrations
Year 1 (Ages 5–6)	Feeling special and safe Being part of a class Rights and responsibilities Rewards and consequences Classroom rules	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating difference	Setting goals Identifying successes and achievements Learning from mistakes Working with others Feeling proud	Keeping myself healthy Healthy lifestyle Keeping clean Medicine safety Road safety	Belonging to a family Making friends / being a good friend Physical contact preferences Working cooperatively Celebrating special relationships	Life cycles – animals and humans Changes in me Changes since being a baby Differences between male and female bodies Transition
Year 2 (Ages 6–7)	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Choices and consequences Recognising feelings	Assumptions and stereotypes Understanding disability Power struggles Understanding bullying Inclusion / exclusion Celebrating difference	Achieving realistic goals Perseverance Celebrating success Group co-operation Contributing to group success	Motivation Healthy choices Hygiene and nutrition Safety in the home Safety out and about Medicines	Different types of family Physical contact boundaries Friendship conflict Secrets Trust and appreciation Expressing appreciation	Life cycles in nature Growing independence Differences in female and male bodies (correct terminology) Transition
Year 3 (Ages 7–8)	Setting personal goals Self-identity and belonging Challenges and responsibilities Rewards and consequences	Families and their differences Family conflict and how to manage it Gender stereotypes Understanding bullying	Goals and ambitions Dreams and future plans Working together Recognising achievements	Food labelling and healthy swaps Fitness and exercise Keeping safe online Healthy choices and	Responsibilities in relationships Recognising feelings Keeping safe online and offline	Puberty and body changes Inside body changes Family stereotypes Preparing for transition Managing emotions

	Group decision-making Motivation	Witnesses to bullying Giving and receiving compliments	Motivation and resilience	habits Understanding risk	Being a good friend Managing conflict	
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Year 4 (Ages 8–9)	Being part of a class team Being a school citizen Rights and responsibilities Democracy (school council) Rewards and consequences Group decision-making	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions	Healthy friendships Peer influence Staying safe with friends Smoking and vaping awareness Assertiveness Peer pressure	Jealousy Love and loss Memories of loved ones Getting and falling out Girlfriends and boyfriends Showing appreciation	Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition
Year 5 (Ages 9–10)	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy and participation	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 Spending, saving and jobs Dream jobs and careers Dreams and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition / self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Dangers of online grooming Internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for Y6 transition
Year 6 (Ages 10–11)	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	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	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety	Self-image Body image Puberty and feelings Conception / birth (including IVF) Reflections about change Physical attraction Respect and consent Boyfriends / girlfriends

Anti-social behaviour
Role-modelling

achievements
Compliments

health
Managing stress

Taking responsibility
with technology use

Sexting
Secondary School Transition