

PSHRE

Year Group / Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<b>Being Me In My World</b> Self-identity Understanding feelings	<b>Celebrating Difference</b> Identifying talents Being special	<b>Dreams and Goals</b> Challenges Perseverance	<b>Healthy Me</b> Exercising bodies Physical activity	<b>Relationships</b> Family life Friendships	<b>Changing Me</b> Bodies Respecting my body
<b>Reception</b>	Being in a classroom Being gentle Rights and responsibilities	Families Where we live Making friends Standing up for yourself	Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Healthy food Sleep Keeping clean Safety	Breaking friendships Falling out Dealing with bullying Being a good friend	Growing up Fun and fears Celebrations
<b>1</b>	<b>Being Me In My World</b> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	<b>Celebrating Difference</b> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating differences in everyone	<b>Dreams and Goals</b> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	<b>Healthy Me</b> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety / safety with household items Road safety Linking health and happiness	<b>Relationships</b> Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	<b>Changing Me</b> Life cycles - animals and humans Changes in me Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
<b>2</b>	<b>Being Me In My World</b> Hopes and dreams for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	<b>Celebrating Difference</b> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	<b>Dreams and Goals</b> Achieving realistic goals Perseverance Learning strengths Learning with others Group op-operation Contributing to and sharing success	<b>Healthy Me</b> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	<b>Relationships</b> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	<b>Changing Me</b> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
<b>3</b>	<b>Being Me In My World</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	<b>Celebrating Difference</b> 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	<b>Dreams and Goals</b> 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	<b>Healthy Me</b> Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	<b>Relationships</b> 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	<b>Changing Me</b> How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Changing my ideas Preparing for transition

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<p><b>4</b></p>	<p><b>Being Me In My World</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</p>	<p><b>Celebrating Difference</b>          Challenging assumptions          Judging by appearance          Accepting self and others          Understanding influences          Understanding bullying          Problem-solving          Identifying how special and unique everyone is          First impressions</p>	<p><b>Dreams and Goals</b>          Hopes and dreams          Overcoming disappointment          Creating new, realistic dreams          Achieving goals          Working in a group          Celebrating contributions          Resilience          Positive attitudes</p>	<p><b>Healthy Me</b>          Healthier friendships          Group dynamics          Smoking          Alcohol          Assertiveness          Peer pressure          Celebrating inner strength</p>	<p><b>Relationships</b>          Jealousy          Love and loss          Memories of loved ones          Getting on and Falling out          Girlfriends and boyfriends          Showing appreciation to people and animals</p>	<p><b>Changing Me</b>          Being unique          Having a baby          Girls in puberty          Confidence in change          Accepting change          Preparing for transition          Environmental change</p>
<p><b>5</b></p>	<p><b>Being Me In My World</b>          Planning for the forthcoming year          Being a citizen          Rights and responsibilities          Rewards and consequences          How behaviour affects groups          Democracy, having a voice, participating</p>	<p><b>Celebrating Difference</b>          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</p>	<p><b>Dreams and Goals</b>          Future dreams          The importance of money          Jobs and careers          Dream job and how to get there          Goals in different cultures          Supporting others (charity)          Motivation</p>	<p><b>Healthy Me</b>          Smoking, including vaping          Alcohol          Alcohol and anti-social behaviour          Emergency aid          Body image          Relationships with food          Healthy choices          Motivation and behaviour</p>	<p><b>Relationships</b>          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          SMARTT internet safety rules</p>	<p><b>Changing Me</b>          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          Preparing for transition</p>
<p><b>6</b></p>	<p><b>Being Me In My World</b>          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          Role-modelling</p>	<p><b>Celebrating Difference</b>          Perceptions of normality          Understanding disability          Power struggles          Understanding bullying          Inclusion / exclusion          Differences as conflict, difference as celebration          Empathy</p>	<p><b>Dreams and Goals</b>          Personal learning goals, in and out of school          Success criteria          Emotions in success          Making a difference in the world          Motivation          Recognising achievements          Compliments</p>	<p><b>Healthy Me</b>          Taking personal responsibility          How substances affect the body          Exploitation, including 'county lines' and gang culture          Emotional and mental health          Managing stress</p>	<p><b>Relationships</b>          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 use</p>	<p><b>Changing Me</b>          Self-image          Body image          Puberty and feelings          Conception to birth          Reflections about change          Physical attraction          Respect and consent          Boyfriends / girlfriends          Sexting          Transition</p>