



## Northcote Primary School

### PSHE Overview 2023-24

*Caring, Learning, Growing.*

| <b>Year Group</b>           | <b>Autumn 1</b>                                                                                                                                                                                | <b>Autumn 2</b>                                                                                                                                                                                      | <b>Spring 1</b>                                                                                                                                                                                                                                                              | <b>Spring 2</b>                                                                                                                                                                                                  | <b>Summer 1</b>                                                                                                                                                                                                                                                                            | <b>Summer 2</b>                                                                                                                                                                                                                                            |
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| Nursery<br>And<br>Reception | <u>Being Me in My World</u><br>Self-identity<br>Understanding feelings<br>Being in a classroom<br>Being gentle<br>Rights and responsibilities                                                  | <u>Celebrating Difference</u><br>Identifying talents<br>Being special<br>Families<br>Where we live<br>Making friends<br>Standing up for yourself                                                     | <u>Dreams and Goals</u><br>Challenges<br>Perseverance<br>Goal-setting<br>Overcoming obstacles<br>Seeking help<br>Jobs<br>Achieving goals                                                                                                                                     | <u>Healthy Me</u><br>Exercising bodies<br>Physical activity<br>Healthy food<br>Sleep<br>Keeping clean<br>Safety                                                                                                  | <u>Relationships</u><br>Family life<br>Friendships<br>Breaking friendships<br>Falling out<br>Dealing with bullying<br>Being a good friend                                                                                                                                                  | <u>Changing Me</u><br>Bodies<br>Respecting my body<br>Growing up<br>Growth and change<br>Fun and fears<br>Celebrations                                                                                                                                     |
| Year 1                      | <u>Being Me in My World</u><br>Feeling special and safe<br>Being part of a class<br>Rights and responsibilities<br>Rewards and feeling proud<br>Consequences<br>Owning the Learning<br>Charter | <u>Celebrating Difference</u><br>Similarities and<br>differences<br>Understanding bullying<br>and knowing how to deal<br>with it<br>Making new friends<br>Celebrating the<br>differences in everyone | <u>Dreams and Goals</u><br>Setting goals<br>Identifying successes<br>and achievements<br>Learning styles<br>Working well and<br>celebrating<br>achievement with a<br>partner<br>Tackling new<br>challenges<br>Identifying and<br>overcoming obstacles<br>Feelings of success | <u>Healthy Me</u><br>Keeping myself healthy<br>Healthier lifestyle<br>choices<br>Keeping clean<br>Being safe<br>Medicine safety/safety<br>with household items<br>Road safety<br>Linking health and<br>happiness | <u>Relationships</u><br>Belonging to a family<br>Making friends/being a<br>good friend<br>Physical contact<br>preferences<br>People who help us<br>Qualities as a friend<br>and person<br>Self-acknowledgement<br>Being a good friend to<br>myself<br>Celebrating special<br>relationships | <u>Changing Me</u><br>Life cycles - animal and<br>human<br>Changes in me<br>Changes since being a<br>baby<br>Differences between<br>female and male bodies<br>(correct terminology)<br>Linking growing and<br>learning<br>Coping with change<br>Transition |
| Year 2                      | <u>Being Me in My World</u><br>Hopes and fears for the<br>year                                                                                                                                 | <u>Celebrating Difference</u><br>Assumptions and<br>stereotypes about gender                                                                                                                         | <u>Dreams and Goals</u><br>Achieving realistic goals<br>Perseverance                                                                                                                                                                                                         | <u>Healthy Me</u><br>Motivation                                                                                                                                                                                  | <u>Relationships</u><br>Different types of<br>family                                                                                                                                                                                                                                       | <u>Changing Me</u>                                                                                                                                                                                                                                         |

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|        | Rights and responsibilities<br>Rewards and consequences<br>Safe and fair learning environment<br>Valuing contributions<br>Choices<br>Recognising feelings                                                                                         | Understanding bullying<br>Standing up for self and others<br>Making new friends<br>Gender diversity<br>Celebrating difference and remaining friends                                                                                                            | Learning strengths<br>Learning with others<br>Group co-operation<br>Contributing to and sharing success                                                                                                                                                                | Healthier choices<br>Relaxation<br>Healthy eating and nutrition<br>Healthier snacks and sharing food                                                                                                                                                 | Physical contact boundaries<br>Friendship and conflict<br>Secrets<br>Trust and appreciation<br>Expressing appreciation for special relationships                                                                                                                                                                            | Life cycles in nature<br>Growing from young to old<br>Increasing independence<br>Differences in female and male bodies (correct terminology)<br>Assertiveness<br>Preparing for transition      |
| Year 3 | <u>Being Me in My World</u><br>Setting personal goals<br>Self-identity and worth<br>Positivity in challenges<br>Rules, rights and responsibilities<br>Rewards and consequences<br>Responsible choices<br>Seeing things from others' perspectives  | <u>Celebrating Difference</u><br>Families and their differences<br>Family conflict and how to manage it (child-centred)<br>Witnessing bullying and how to solve it<br>Recognising how words can be hurtful<br>Giving and receiving compliments                 | <u>Dreams and Goals</u><br>Difficult challenges and achieving success<br>Dreams and ambitions<br>New challenges<br>Motivation and enthusiasm<br>Recognising and trying to overcome obstacles<br>Evaluating learning processes<br>Managing feelings<br>Simple budgeting | <u>Healthy Me</u><br>Exercise<br>Fitness challenges<br>Food labelling and healthy swaps<br>Attitudes towards drugs<br>Keeping safe and why it's important online and off line scenarios<br>Respect for myself and others<br>Healthy and safe choices | <u>Relationships</u><br>Family roles and responsibilities<br>Friendship and negotiation<br>Keeping safe online and who to go to for help<br>Being a global citizen<br>Being aware of how my choices affect others<br>Awareness of how other children have different lives<br>Expressing appreciation for family and friends | <u>Changing Me</u><br>How babies grow<br>Understanding a baby's needs<br>Outside body changes<br>Inside body changes<br>Family stereotypes<br>Challenging my ideas<br>Preparing for transition |
| Year 4 | <u>Being Me in My World</u><br>Being part of a class team<br>Being a school citizen<br>Rights, responsibilities and democracy (school council)<br>Rewards and consequences<br>Group decision-making<br>Having a voice<br>What motivates behaviour | <u>Celebrating Difference</u><br>Challenging assumptions<br>Judging by appearance<br>Accepting self and others<br>Understanding influences<br>Understanding bullying<br>Problem-solving<br>Identifying how special and unique everyone is<br>First impressions | <u>Dreams and Goals</u><br>Hopes and dreams<br>Overcoming disappointment<br>Creating new, realistic dreams<br>Achieving goals<br>Working in a group<br>Celebrating contributions<br>Resilience                                                                         | <u>Healthy Me</u><br>Healthier friendships<br>Group dynamics<br>Smoking<br>Alcohol<br>Assertiveness<br>Peer pressure<br>Celebrating inner strength                                                                                                   | <u>Relationships</u><br>Jealousy<br>Love and loss<br>Memories of loved ones<br>Getting on and Falling Out<br>Girlfriends and boyfriends<br>Showing appreciation to people and animals                                                                                                                                       | <u>Changing Me</u><br>Being unique<br>Having a baby<br>Girls and puberty<br>Confidence in change<br>Accepting change<br>Preparing for transition<br>Environmental change                       |

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| Year 5 | <u>Being Me in My World</u><br>Planning the forthcoming year<br>Being a citizen<br>Rights and responsibilities<br>Rewards and consequences<br>How behaviour affects groups<br>Democracy, having a voice, participating                                                          | <u>Celebrating Difference</u><br>Cultural differences and how they can cause conflict<br>Racism<br>Rumours and name-calling<br>Types of bullying<br>Material wealth and happiness<br>Enjoying and respecting other cultures | <u>Dreams and Goals</u><br>Future dreams<br>The importance of money<br>Jobs and careers<br>Dream job and how to get there<br>Goals in different cultures<br>Supporting others (charity)<br>Motivation            | <u>Healthy Me</u><br>Smoking, including vaping<br>Alcohol<br>Alcohol and anti-social behaviour<br>Emergency aid<br>Body image<br>Relationships with food<br>Healthy choices<br>Motivation and behaviour | <u>Relationships</u><br>Self-recognition and self-worth<br>Building self-esteem<br>Safer online communities<br>Rights and responsibilities online<br>Online gaming and gambling<br>Reducing screen time<br>Dangers of online grooming<br>SMARRT internet safety rules | <u>Changing Me</u><br>Self- and body image<br>Influence of online and media on body image<br>Puberty for girls<br>Puberty for boys<br>Conception (including IVF)<br>Growing responsibility<br>Coping with change<br>Preparing for transition |
| Year 6 | <u>Being Me in My World</u><br>Identifying goals for the year<br>Global citizenship<br>Children's universal rights<br>Feeling welcome and valued<br>Choices, consequences and rewards<br>Group dynamics<br>Democracy, having a voice<br>Anti-social behaviour<br>Role-modelling | <u>Celebrating Difference</u><br>Perceptions of normality<br>Understanding disability<br>Power struggles<br>Understanding bullying<br>Inclusion/exclusion<br>Differences as conflict, difference as celebration<br>Empathy  | <u>Dreams and Goals</u><br>Personal learning goals, in and out of school<br>Success criteria<br>Emotions in success<br>Making a difference in the world<br>Motivation<br>Recognising achievements<br>Compliments | <u>Healthy Me</u><br>Taking personal responsibility<br>How substances affect the body<br>Exploitation, including 'county lines' and gang culture<br>Emotional and mental health<br>Managing stress      | <u>Relationships</u><br>Mental health<br>Identifying mental health worries and sources of support<br>Love and loss<br>Managing feelings<br>Power and control<br>Assertiveness<br>Technology safety<br>Take responsibility with technology use                         | <u>Changing Me</u><br>Self-image<br>Body image<br>Puberty and feelings<br>Conception to birth<br>Reflections about change<br>Physical attraction<br>Respect and consent<br>Boyfriends/girlfriends<br>Sexting<br>Transition                   |