



## Northcote Primary School

### PSHE Overview 2024-25

*Caring, Learning, Growing.*

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Whole School Themes/Event Days	School Mission, Vision and Values- 'The Northcote Way'  Celebrate differences- Black History Month Road Safety Bonfire/Firework Safety	Antibullying Week& odd socks day  Children in Need  UK Parliament week- School Council Elections	Safer Internet Day  Children's mental Health Week	World Earth Day- Eco Week  Celebrating difference- Neuro-diversity	Aspirations week	Healthy Me Week  Moving on- Transition
<b>Year Group</b>						
Nursery And Reception	<u>Being Me in My World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	<u>Celebrating Difference</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself	<u>Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	<u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	<u>Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	<u>Being Me in My World</u> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	<u>Celebrating Difference</u> Similarities and differences Understanding bullying and knowing how to deal with it	<u>Dreams and Goals</u> Setting goals Identifying successes and achievements Learning styles Working well and celebrating	<u>Healthy Me</u> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe	<u>Relationships</u> Belonging to a family Making friends/being a good friend Physical contact preferences	<u>Changing Me</u> Life cycles - animal and human Changes in me Changes since being a baby

	Owning the Learning Charter	Making new friends Celebrating the differences in everyone	achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Medicine safety/safety with household items Road safety Linking health and happiness	People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	<u>Being Me in My World</u> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	<u>Celebrating Difference</u> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	<u>Dreams and Goals</u> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	<u>Healthy Me</u> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	<u>Relationships</u> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	<u>Changing Me</u> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Year 3	<u>Being Me in My World</u> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	<u>Celebrating Difference</u> 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	<u>Dreams and Goals</u> 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	<u>Healthy Me</u> Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	<u>Relationships</u> 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	<u>Changing Me</u> How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	<u>Being Me in My World</u>	<u>Celebrating Difference</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u> Jealousy	<u>Changing Me</u> Being unique

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

	Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling		Recognising achievements Compliments	Managing stress	Take responsibility with technology use	Boyfriends/girlfriends Sexting Transition
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