

PSHE Content Overview



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5 (F1-F2)	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	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	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family 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	Life Cycles Changing Me My Changing Body Boys' and Girls' Bodies Learning and Growing Coping with Changes
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life Cycles in Nature Growing from Young to Old The Changing Me Boys' and Girls' bodies Assertiveness Looking Ahead
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	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	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	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	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	How babies grow Boys' and Girls' Bodies Assertiveness Family Stereotypes Looking Ahead

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	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	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Unique Me Babies Outside Body Changes Inside Body Changes Girls and Puberty Circles of Change Accepting Change Looking Ahead
Ages 9-10	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	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 The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	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 SMART internet safety rules	Self and Body Image Having a baby * Girls and Puberty Looking Ahead 1 Looking Ahead 2
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 Anti-social behaviour Role-modelling	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 achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	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	My Self Image Puberty for Girls (*) Puberty for Boys (*) Conception* Real self and Ideal Self The Year Ahead

* Indicates a lesson where a child may be withdrawn at the request of their parents.

(*) Indicates where a lesson can be altered for children withdrawing from lessons discussing sexual intercourse. The statutory puberty part of this lesson will still be provided.

Changing Me coverage details:

Year	Lesson in Changing Me	Lesson contents
EYFS	My Body	Naming body parts such as elbow, shoulder, eye
	Respecting my Body	What can my body do? Which foods keep my body healthy?
	Growing Up	Growing from baby to child to adult
	Fun and Fears part 1	Discussing moving to a new year group
	Fun and Fears part 2	What are our worries / what are we looking forward to about changing year groups?
	Celebration	Sharing memories from school this year
Year 1	Life Cycles	Animal and human life cycles. e.g. puppy to dog, baby to adult, caterpillar to butterfly
	Changing Me	Discussing what things about ourselves have changed and what have stayed the same as we have grown older
	My Changing Body	How our bodies have changed since being babies
	Boys' and Girls' Bodies	Identifying and correctly naming the parts of the body that make girls and boys different.
	Learning and Growing	Understanding that when we learn we change
	Coping with Changes	Talking about changes that have happened to us
Year 2	Life Cycles in Nature	Animal and human life cycles.
	Growing from Young to Old	Growing from baby to adult and understanding that we can't control all changes
	The Changing Me	How has my body changed since I was a baby?
	Boys' and Girls' bodies	Identifying and correctly naming the parts of the body that make girls and boys different. Understanding that some body parts are private
	Assertiveness	Knowing about different types of touch. Being confident to say when I don't like something and knowing who to tell.
	Looking Ahead	Looking forward to changing year group.
Year 3	How babies grow	Knowing in animals and humans lots of changes happen when growing up. Usually females have the babies.
	Boys' and Girls' Bodies	Identifying and correctly naming the parts of the body that make girls and boys different. Understanding that some body parts are private
	Assertiveness	Knowing about different types of touch. Being confident to say when I don't like something and knowing who to tell.
	Family Stereotypes	Recognising stereotypical ideas about family roles
	Looking Ahead	Looking forward to changing year group.
Year 4	Unique Me	Knowing we are all unique. Understanding that we inherit some of our characteristics from our parents
	Babies	Knowing how babies develop and grow. What do babies need to be healthy and happy?
	Outside Body Changes	Knowing how boys' and girls' bodies change through puberty on the outside
	Inside Body Changes	Knowing how boys' and girls' bodies change through puberty on the inside
	Girls and Puberty	Knowing how a girls' body changes during puberty and that menstruation is a natural part of growing up
	Circles of Change	Knowing how the circles of change works and applying it to changes I want to make
	Accepting Change	Knowing and accepting that we can't control all changes
	Looking Ahead	Looking forward to changing year group.

Year 5 (from 2021)	Self and Body Image	Awareness of self-image and developing self esteem
	Having a baby *	Identifying and correctly naming body parts involved in making a baby.
	Girls and Puberty	Knowing how a girls' body changes during puberty and that menstruation is a natural part of growing up
	Looking Ahead 1	What am I looking forward to about becoming a teenager?
	Looking Ahead 2	Looking forward to changing year group
Year 5 2021	Self and Body Image	Awareness of self-image and developing self esteem
	Outside Body Changes	Knowing how boys' and girls' bodies change through puberty on the outside
	Inside Body Changes	Knowing how boys' and girls' bodies change through puberty on the inside
	Girls and Puberty	Knowing how a girls' body changes during puberty and that menstruation is a natural part of growing up
	Looking Ahead 1	What am I looking forward to about becoming a teenager?
	Looking Ahead 2	Looking forward to changing year group
Year 6	My Self Image	Awareness of self-image and developing self-esteem
	Puberty for Girls (*)	Knowing how a girls' body changes during puberty. Understanding the importance of looking after yourself physically and emotionally
	Puberty for Boys (*)	Knowing how a boys' body changes during puberty.
	Conception*	Understanding that sexual intercourse can lead to conception and that is how babies are usually made. Sometimes people need IVF to help them have a baby
	Real self and Ideal Self	Positive self-esteem and how to develop it
	The Year Ahead	Looking forward to Secondary school. What am I excited about / what worries me?