



PSHE Curriculum Overview

| | Team Newington/ Morality | Curiosity | Grit | Zest | Collaboration | Versatility |
|------------|--|--|--|---|---|--|
| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Core theme | Relationships/ Living in the wider world | Relationships/ Health and Wellbeing | Health and Wellbeing/Living in the wider world | Health and Wellbeing/ Relationships | Relationships/ Living in the wider world | Health and Wellbeing/ Living in the wider world |
| PSHE Topic | Rights and Responsibilities | Respectful Relationships | Keeping ourselves safe | Growing and changing | Valuing difference | Respecting myself |
| MH focus | Recognising feelings | Communicating feelings | Managing big feelings | Strategies for positive MH | Seeking support for myself and others | Looking after my MH |
| 1 | Class rules Likes and dislikes Choices and consequences Recognising strengths and goal setting (New academic resolutions) | How behaviour affects others Resolving arguments Secrets/surprises and recognising privacy NSPCC underwear rule | Caring for the environment Medicines and people who help us (CWP SOW) | Keeping clean Growing and changing Families and care (CWP SOW) | Similarities and differences: roles of different people Jobs in the community | Celebrating strengths Healthy lifestyles – hygiene |
| 2 | Class rules Likes and dislikes Choices and consequences Recognising strengths and goal setting | Making friends: feeling lonely and getting help Resolving arguments Secrets/surprises: managing secrets NSPCC underwear rule | Keeping safe (CWP SOW) Belonging to a group | Differences: boys and girls, males and females. Naming body parts (CWP SOW) | Similarities and differences: playing and working cooperatively | Celebrating strengths Healthy lifestyles – sleep, medicines, teeth |
| 3 | Rules (different rules, different situations) Choices and consequences Recognising strengths and goal setting | Healthy/unhealthy relationships (NSPCC) personal boundaries Respectful conversations | Smoking (CWP SOW) Human rights | Differences: male and female Personal space Family differences (CWP SOW) | Valuing difference Discrimination and prejudice | Self-esteem/self-respect Balanced lifestyles-choices |
| 4 | Rules and laws What makes a community – shared responsibility Recognising strengths and goal setting | Positive friendships (inc. online) Negotiation and compromise Teasing/bullying Dares | Alcohol (CWP SOW) Human rights | Growing up: puberty changes (CWP SOW) | Valuing difference and discussing sensitively Stereotypes in the media - jobs | Self esteem Images in the media Balanced diets |
| 5 | Rules and Laws Practices against British Law (British Values) Recognising strengths and goal setting Human rights | Managing friendships – peer influence Bullying/Antisocial behaviour Discrimination | Legal and Illegal drugs (CWP SOW) Protecting the environment | Puberty: Talking about puberty Male and Female changes Puberty and hygiene (CWP SOW) | Differences and similarities (culture, ethnic, racial, religious) Challenging stereotypes – link with diff media types Families | Body image (Social media) Healthy lifestyles (physical, mental emotional) |
| Topic | Rights and Responsibilities | Respectful Relationships | Growing and Changing | Respecting myself | Valuing difference | Keeping ourselves safe |
| 6 | Rules and laws Different kinds of responsibilities, rights and duties (home/school/community) Recognising strengths and goal setting Voluntary, community and pressure groups | Maintaining positive relationships Respecting others' pov Recognising unhealthy relationships (peer-pressure) Responsible use of mobile phones (cyber bullying) | Puberty, relationships and reproduction (CWP SOW) | How images in the media can affect how people feel about themselves Personal boundaries and the right to privacy (consent) | Challenging stereotypes (age, sex, gender, sexual orientation) How the media presents information Appreciating the range of identities in UK (British Values) | Preventing early use (Drugs Ed CWP SOW) Transition (Rise Above resources) |

Ambition, Achievement, Aspiration