



## Woodhouse Primary School PSHE/ RSE Curriculum Overview

<b>Nursery</b>	<b>Being Me in My World</b> Understanding feelings and being part of a new class. How to be gentle	<b>Celebrating Difference</b> Identifying talents, being special and talking about families and where we live	<b>Dreams and Goals</b> Challenges, persevering and overcoming obstacles.	<b>Healthy Me</b> Exercise, healthy food, sleep, hygiene and safety	<b>Relationships</b> Family life, friendships, falling out, dealing with bullying and being a good friend	<b>Changing Me</b> Bodies, growing up, fun and fears and celebrations
<b>Reception</b>	<b>Being Me in My World</b> Understanding feelings and being part of a new class. How to be gentle  School values and Woodhouse Way	<b>Celebrating Difference</b> Identifying talents, being special and talking about families and where we live Making friends and standing up for yourself	<b>Dreams and Goals</b> Challenges, persevering and overcoming obstacles. Seeking help. Jobs and achieving goals.	<b>Healthy Me</b> Exercise, healthy food, sleep, hygiene and safety	<b>Relationships</b> Family life, friendships, falling out, dealing with bullying and being a good friend	<b>Changing Me</b> Bodies, growing up, fun and fears and celebrations
<b>Year One</b>	<b>Being Me in My World</b> Feeling special and safe, rewards and consequences, being part of a class, rights and responsibilities Owning the learning charter <b>Celebrating Difference</b> Similarities and differences Understanding bullying and how to deal with it. Making friends. Celebrating difference in everyone.		<b>Dreams and Goals</b> Setting goals, being successful and celebrating, learning styles, working well and celebrating achievement, tackling new challenges. <b>Healthy Me</b> Keeping myself healthy and being safe, clean and safe in the home and out and about. Linking health and happiness		<b>Relationships</b> Belonging to a family, making friends and being a good friend. People who help us and celebrating special relationships <b>Changing Me</b> Life cycles – animal and human. Changes in me. Difference between male and female body parts (correct terminology) Linking growing and learning, coping with change and transition.	
<b>Year Two</b>	<b>Being Me in My World</b> Safe and fair learning, consequences, choices, recognising feelings and valuing contributions <b>Celebrating Difference</b> Assumptions and stereotypes about gender, understanding bullying, making new friends, gender diversity, celebrating difference and remaining friends.		<b>Dreams and Goals</b> Achieving realistic goals, perseverance, learning strengths, group learning and contributing to 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 for special relationships. <b>Changing Me</b> Life cycles in nature, growing from young to old, increasing independence, differences in male and female bodies (correct terminology), assertiveness, preparing for transition.	
<b>Year Three</b>	<b>Being Me in My World</b> Setting personal goals Self-identity and worth, rewards and consequences, responsible choices, seeing things from others perspectives. <b>Celebrating Difference</b> Families and their differences. Witnessing bullying and how to solve it. Words can be hurtful and giving and receiving compliments.		<b>Dreams and Goals</b> Difficult challenges and achieving success, dreams and ambitions, new challenges, motivation and enthusiasm, overcoming 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 is important online and off line, 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 <b>Changing Me</b> How babies grow, understanding a baby's needs, outside body changes, inside body changes, family stereotypes, challenging my ideas, preparing for transition.	
<b>Year Four</b>	<b>Being Me in My World</b> Being part of a class and school team, democracy, rewards and consequences. Having a voice, group decision making and what motivates behaviour. <b>Celebrating Difference</b> Challenging assumptions, judging by appearances, accepting self and others, understanding influences, Problem solving, understanding bullying. First impressions		<b>Dreams and Goals</b> Hopes and dreams, overcoming disappointment, creating new, realistic dreams. Achieving goals, working in a group, celebrating contributions, resilience and positive attitudes <b>Healthy Me</b> Healthier friendships, group dynamics, smoking, alcohol, assertiveness. Peer pressure and celebrating inner strength		<b>Relationships</b> Jealous, love and loss, memories of loved ones. Getting on and falling out. Girlfriends and boyfriends, showing appreciation to people and animals <b>Changing Me</b> Being unique, having a baby, girls and puberty, confidence in change Accepting change, preparing for transition and environmental change	
<b>Year Five</b>	<b>Being Me in My World</b> Planning the forthcoming year, being a citizen, children's universal rights, feeling welcome and valued, choices, consequences and		<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		<b>Relationships</b> Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online. Online gaming and	

	<p>rewards, democracy and having a voice, anti-social behaviour and role modelling.</p> <p><b>Celebrating Difference</b></p> <p>Cultural difference 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>Healthy Me</b></p> <p>Smoking, including vaping. Alcohol and antisocial behaviour, emergency aid, body image, relationships with food, healthy choices and motivation and behaviour.</p>	<p>gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules</p> <p><b>Changing Me</b></p> <p>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>
<b>Year Six</b>	<p><b>Being Me in My World</b></p> <p>Identifying goals for the year, global citizenship, children's universal rights, feeling welcome and valued, choices, rewards and consequences, group dynamics, democracy. Having a voice, Anti-social behaviour, role modelling.</p> <p><b>Celebrating Difference</b></p> <p>Perceptions of normality, understanding disability, power struggles, understanding bullying, inclusion and exclusion, differences as conflict, difference as celebration and empathy.</p>	<p><b>Dreams and Goals</b></p> <p>Personal learning goals, in and out of school. Success criteria, emotions in success, making a difference in the world, motivation, recognising achievements</p> <p><b>Healthy Me</b></p> <p>Taking personal responsibility. How substances affect the body. Exploitation, including 'county lines' and gang culture, emotional and mental health and managing stress</p>	<p><b>Relationships</b></p> <p>Mental health, identifying MH worries and levels of support. Love and loss , managing feelings, power and control, assertiveness, technology safety and responsible use of technology.</p> <p><b>Changing Me</b></p> <p>Self-image, body image, puberty and feelings, conception to birth, reflections about change, physical attraction, respect and consent, boyfriends and girlfriends, sexting and transition.</p>