Woodhouse Primary School
PSHE/ RSE Curriculum Overview

Nursery	**Being Me in My World** Self Identity Understanding feelings and being part of a new class. How to be gentle	**Celebrating Difference** Identifying talents, being special and talking about families and where we live	**Dreams and Goals** Challenges, persevering and overcoming obstacles.	**Healthy Me** Exercise, healthy food, sleep, hygiene and safety	**Relationships** Family life, friendships, falling out, dealing with bullying and being a good friend	**Changing Me** Bodies, growing up, fun and fears and celebrations
Reception	**Being Me in My World** Understanding feelings and being part of a new class. How to be gentle School values and Woodhouse Way	**Celebrating Difference** Identifying talents, being special and talking about families and where we live Making friends and standing up for yourself	**Dreams and Goals** Challenges, persevering and overcoming obstacles. Seeking help. Jobs and achieving goals.	**Healthy Me** Exercise, healthy food, sleep, hygiene and safety	**Relationships** Family life, friendships, falling out, dealing with bullying and being a good friend	**Changing Me** Bodies, growing up, fun and fears and celebrations
Year One	**Being Me in My World** Feeling special and safe, rewards and consequences, being part of a class, rights and responsibilities. Rewards, feeling proud and consequences. Owning the learning charter **Celebrating Difference** Similarities and differences Understanding bullying and how to deal with it. Making friends. Celebrating difference in everyone.		**Dreams and Goals** Setting goals, being successful and celebrating, learning styles, working well and celebrating achievement, tackling new challenges. Feelings of success and overcoming obstacles. **Healthy Me** Keeping myself healthy and being safe, clean and safe in the home and out and about. Linking health and happiness		**Relationships** Belonging to a family, making friends and being a good friend. People who help us and celebrating special relationships. Physical contact preferences. Qualities as a friend and being a friend to ourselves. **Changing Me** Life cycles – animal and human. Changes in me. Difference between male and female body parts (correct terminology) Linking growing and learning, coping with change. Transition.
Year Two	**Being Me in My World** Safe and fair learning, consequences, choices, recognising feelings and valuing contributions. Hopes and fears for the year. Rewards and consequences. Safe and fair learning environment. Choices **Celebrating Difference** Assumptions and stereotypes about gender, understanding bullying, making new friends, gender diversity, celebrating difference and remaining friends.		**Dreams and Goals** Achieving realistic goals, perseverance, learning strengths, group learning and contributing to and sharing success. **Healthy Me** Motivation, healthier choices, relaxation, healthy eating and nutrition, healthier snacks and sharing food.		**Relationships** Different types of family, physical contact boundaries, friendship and conflict, secrets, trust and appreciation. Expressing appreciation for special relationships. **Changing Me** Life cycles in nature, growing from young to old, increasing independence, differences in male and female bodies (correct terminology), assertiveness' Preparing for transition.
Year Three	**Being Me in My World** Setting personal goals. Self-identity and worth, rewards and consequences, responsible choices, seeing things from others perspectives. Positivity in challenges. **Celebrating Difference** Families and their differences. Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it. Rec words can be hurtful and giving and receiving compliments.		**Dreams and Goals** Difficult challenges and achieving success, dreams and ambitions, new challenges, motivation and enthusiasm, overcoming obstacles, evaluating learning processes, managing feelings, simple budgeting **Healthy Me** 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.		**Relationships** 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. **Changing Me** How babies grow, understanding a baby's needs, outside body changes, inside body changes, family stereotypes, challenging my ideas. Preparing for transition.
Year Four	**Being Me in My World** Being part of a class and school team, being a good citizen, rights and responsibility, democracy, rewards and consequences. Having a voice, what motivates behaviour. **Celebrating Difference** Challenging assumptions, judging by appearances, accepting self and others, understanding influences, Problem solving, understanding bullying. First impressions. Identifying how special and unique everyone is.		**Dreams and Goals** Hopes and dreams, overcoming disappointment, creating new, realistic dreams. Achieving goals, working in a group, celebrating contributions, resilience and positive attitudes **Healthy Me** Healthier friendships, group dynamics, smoking, alcohol, assertiveness. Peer pressure and celebrating inner strength		**Relationships** Jealousy, love and loss, memories of loved ones. Getting on and falling out. Girlfriends and boyfriends, showing appreciation to people and animals **Changing Me** Being unique, having a baby, girls and puberty, confidence in change Accepting change. Preparing for transition and environmental change

Year Five	**Being Me in My World** Planning the forthcoming year, being a citizen, rights and responsibilities, how behaviour affects groups, democracy and having a voice, participating. **Celebrating Difference** 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.	**Dreams and Goals** Future dreams, the importance of money, jobs and careers, dream job and how to get there. Goals in different cultures, supporting others (charity) Motivation **Healthy Me** Smoking, including vaping. Alcohol and antisocial behaviour, emergency first aid, body image, relationships with food, healthy choices and motivation and behaviour.	**Relationships** 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 **Changing Me** 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 Six	**Being Me in My World** 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. **Celebrating Difference** Perceptions of normality, understanding disability, power struggles, understanding bullying, inclusion and exclusion, differences as conflict, difference as celebration and empathy.	**Dreams and Goals** Personal learning goals, in and out of school. Success criteria, emotions in success, making a difference in the world, motivation, recognising achievements, compliments **Healthy Me** Taking personal responsibility. How substances affect the body. Exploitation, including 'county lines' and gang culture, emotional and mental health and managing stress	**Relationships** 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. **Changing Me** Self-image, body image, puberty and feelings, conception to birth, reflections about change, physical attraction, respect and consent, boyfriends and girlfriends, sexting. Ttransition.