



PSHE Cycle A & B Overview

Cycle A – 2022 onwards - (beginning on even academic years)

Reception	Year 1 and 2	Year 3 and 4	Year 5 and 6
<p>Being Me In My World Self-identity Understanding feelings and begin to regulate behavior accordingly Being in a classroom Rights and responsibilities</p>	<p>Being Me In My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p>	<p>Being Me In My World 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</p>	<p>Being Me In My World 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</p>
<p>Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p>Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p>	<p>Celebrating Difference Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Celebrating Difference Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>



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<p>Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p>	<p>Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success</p>	<p>Dreams and Goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Dreams and Goals Personal learning goals, in and out of school Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>
<p>Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p>Healthy Me Motivation Healthier choices Relaxation Medicine Healthy eating and nutrition Healthier snacks and sharing food</p>	<p>Healthy Me Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p>	<p>Healthy Me Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>
<p>Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p>	<p>Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p>	<p>Relationships Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Relationships Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety</p>



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<p>Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>	<p>Changing Me Life cycles in nature Growing from young to old Increasing independence Understanding bodies belong to them. Assertiveness Preparing for transition</p>	<p>Changing Me <u>Year 4 only</u> Being unique Outside body changes Inside body changes Confidence in change Accepting change Preparing for transition Environmental change <u>Year 3 only</u> How babies grow Understanding a baby's needs Differences in female and male bodies (correct terminology) Family stereotypes Challenging my ideas Preparing for transition</p>	<p>Changing Me <u>Year 6 only</u> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition Conception (including IVF) Growing responsibility <u>Year 5 only</u> Self- and body image Influence of online and media on body image Age appropriate puberty (including menstration) Having a baby Coping with change</p>
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PSHE Cycle A & B Overview

Cycle B – 2023 onwards - (beginning on odd academic years)

Reception	Year 1 and 2	Year 3 and 4	Year 5 and 6
<p>Being Me In My World See Cycle A</p>	<p>Being Me In My World Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter</p>	<p>Being Me In My World Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p>Being Me In My World Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>
<p>Celebrating Difference See Cycle A</p>	<p>Celebrating Difference Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone</p>	<p>Celebrating Difference Families and their differences Family conflict and how to manage it (child-centered) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p>	<p>Celebrating Difference 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</p>
<p>Dreams and Goals See Cycle A</p>	<p>Dreams and Goals 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</p>	<p>Dreams and Goals 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</p>	<p>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</p>



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<p>Healthy Me See Cycle A</p>	<p>Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p>	<p>Healthy Me Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line Respect for myself and others Healthy and safe choices</p>	<p>Healthy Me Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>
<p>Relationships See Cycle A</p>	<p>Relationships 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</p>	<p>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</p>	<p>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 Internet safety rules</p>
<p>Changing Me See Cycle A</p>	<p>Changing Me Life cycles – animal and human Changes in me Changes since being a baby Understanding bodies belong to them. Linking growing and learning Coping with change Transition</p>	<p>Changing Me <u>Year 4 only</u> Being unique Outside body changes Inside body changes Confidence in change Accepting change Preparing for transition Environmental change <u>Year 3 only</u> How babies grow Understanding a baby's needs</p>	<p>Changing Me <u>Year 6 only</u> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>



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		Differences in female and male bodies (correct terminology) Family stereotypes Challenging my ideas Preparing for transition	Conception (including IVF) Growing responsibility <u>Year 5 only</u> Self- and body image Influence of online and media on body image Age appropriate puberty (including menstration) Having a baby Coping with change
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