



# Newberries Primary School - PSHE Overview



<b>Foundation Stage</b>			
<b>EYFS</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<p><b>Being In My World</b> Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p>	<p><b>Dreams and Goals</b> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p>	<p><b>Relationships</b> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p>
	<p><b>Celebrating Differences</b> Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p><b>Healthy Me</b> Physical activity Healthy food Sleep Keeping clean Safety</p>	<p><b>Changing Me</b> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>



# Newberries Primary School - PSHE Overview



## Year 1

### Year 1

#### Autumn

##### **Being In My World**

Feeling special and safe  
Being part of a class  
Rights and responsibilities  
Rewards and feeling proud  
Consequences  
Owning the Learning Charter

##### **Celebrating Differences**

Similarities and differences  
Understanding bullying and knowing how to deal with it  
Making new friends  
Celebrating the differences in everyone

#### Spring

##### **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

##### **Healthy Me**

Keeping myself healthy  
Healthier lifestyle choices  
Keeping clean  
Being safe  
Medicine safety/safety with household items  
Road safety  
Linking health and happiness

#### Summer

##### **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

##### **Changing Me**

Life cycles – animal and human  
Changes in me  
Changes since being a baby  
Differences between female and male bodies (correct terminology)  
Linking growing and learning  
Coping with change  
Transition



# Newberries Primary School - PSHE Overview



Year 2			
<b>Year 2</b>	<b>Autumn</b> <b>Being In My World</b> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings  <b>Celebrating Differences</b> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	<b>Spring</b> <b>Dreams and Goals</b> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success  <b>Healthy Me</b> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	<b>Summer</b> <b>Relationships</b> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships  <b>Changing Me</b> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition



# Newberries Primary School - PSHE Overview



Year 3			
Year 3	Autumn	Spring	Summer
	<p><b>Being In My World</b>            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><b>Dreams and Goals</b>            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><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            Expressing appreciation for family and friends</p>
	<p><b>Celebrating Differences</b>            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</p>	<p><b>Healthy Me</b>            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</p>	<p><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</p>



# Newberries Primary School - PSHE Overview



## Year 4

### Year 4

#### Autumn

##### Being 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

##### Celebrating Differences

Challenging assumptions  
Judging by appearance  
Accepting self and others  
Understanding influences  
Understanding bullying  
Problem-solving  
Identifying how special and unique everyone is  
First impressions

#### Spring

##### Dreams and Goals

Hopes and dreams  
Overcoming disappointment  
Creating new, realistic dreams  
Achieving goals  
Working in a group  
Celebrating contributions  
Resilience  
Positive attitudes

##### Healthy Me

Healthier friendships  
Group dynamics  
Smoking  
Alcohol  
Assertiveness  
Peer pressure  
Celebrating inner strength

#### Summer

##### 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  
Environmental change



# Newberries Primary School - PSHE Overview



Year 5			
Year 5	Autumn	Spring	Summer
	<p><b>Being In My World</b> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p> <p><b>Celebrating Differences</b> 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><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</p> <p><b>Healthy Me</b> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p><b>Relationships</b> 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</p> <p><b>Changing Me</b> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>



# Newberries Primary School - PSHE Overview



Year 6			
Year 6	Autumn	Spring	Summer
	<p><b>Being In My World</b> Personal identity What influences personal identity Identify personal strengths How do others see me? Group identity My growing sense of personal identity and independence Online and global identity Expectations</p> <p><b>Celebrating Differences</b> Assertiveness Prejudice and discrimination My values and those of others Challenging stereotypes Discrimination in school How prejudice and discrimination fuels bullying Being inclusive</p>	<p><b>Dreams and Goals</b> What are my dreams and goals? Steps to success Coping when things don't go to plan Rewarding my dreams Intrinsic and extrinsic motivation Keeping my dreams alive How dreams and goals change in response to life</p> <p><b>Healthy Me</b> Healthy choices about my emotional health Managing stress Managing my choices around substances Managing my nutritional choices Medicines and immunisation Healthy choices about physical activity and rest/sleep</p>	<p><b>Relationships</b> My changing web of friendships Support I need now and in the future Developing positive relationships What external factors affect relationships, e.g. media influences? Assertiveness in relationships The changing role of families</p> <p><b>Changing Me</b> My changing body and feelings What is self-image? Coping during times of change My changing ways of thinking Managing my changes in mood Moving forwards into my next year of education</p>

