



PSHE Curriculum Overview for Parents

These unit overviews are designed to give a brief summary of coverage and show progression across the school. Even though unit titles may be similar, the content will be progressive and age appropriate across Key Stage 1 and 2. In Early Years (Foundation Stage) this will be covered in personal, social and emotional development. Children will learn about building self-confidence, managing their feelings and making relationships.

Yr group	Health and wellbeing	Living in the wider world	Relationships
1	<p>Aiming high Children will discuss positive views of themselves and identify that having a positive learning attitude will help them tackle and achieve new learning challenges. Children will talk about their aspirations for the future including stereotyped views of certain jobs and professions.</p> <p>It's my body Children will learn about looking after their bodies. Making safe choices including sleep, exercise and diet. The message of choice and consent runs through the unit and children are encouraged to get help from adults they trust.</p>	<p>Britain Children will understand that that individuals can have a positive impact on their community. Children will learn about being a good neighbour and looking after their environment. They will also learn about diversity within Britain, celebrating and being respectful of differences.</p> <p>Money matters Children will discuss where money comes from and how it is used. Spending and saving and understanding why it is important to keep money safe. Identifying the difference between what we want and what we need.</p>	<p>Be yourself Children will learn about having the confidence to 'be themselves' and the positive impact that it can have on their mental health and emotional wellbeing. Children are encouraged to recognise different emotions and explore strategies they can use to manage uncomfortable feelings they may have. They will explore the importance of sharing their thoughts and feelings</p> <p>TEAM Children will explore the idea of collaboration (good listening, being kind to others). They will learn about the effects that bullying can have and identify positive choices.</p>
2	<p>Safety first Children will learn about everyday dangers, in the home and outside and how they can keep themselves safe. They will also learn being safe online. They will be taught about the 'underwear rule' (inappropriate touching). They will also be taught about trusted adults and their own responsibility for keeping themselves safe.</p> <p>Think positive Children can recognise, talk about and accept their feelings, both positive and negative, through thinking calmly, making good decisions and developing resilience. It also encourages being thankful, grateful and mindful for what we have.</p>	<p>One world We can all benefit by learning about people living in different places to us and their ways of life. Children compare their family life these to children from around the world. Children also learn about the relationship between people and their environment.</p> <p>Respecting rights Children learn about shared rights and respect. They explore the concepts of difference and fairness, encouraging them to reflect on how we should behave towards those who are different from us. Children learn about who helps us to protect our rights.</p>	<p>Growing up Children learn about how we grow and change (physically and emotionally). Children learn about their bodies and respecting each other and keeping themselves safe.</p> <p>VIPs This unit explores the Very Important Persons (VIPs) in the children's lives and the ways in which they can develop positive relationships with them. What makes someone special? Children discuss the importance of friends and families. They explore the idea that everyone's family can be different and that we must respect these differences.</p>

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3	<p>Aiming high Children focus on goals and aspirations. They discuss achievements and the type of attitude that helps them succeed. Learn to apply a growth mindset and the importance of resilience. They will have opportunities to consider different jobs and roles.</p> <p>It's my body Children learn about their bodies, sleep and exercise, diet and cleanliness. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.</p>	<p>Britain Children learn about our diverse, multicultural and democratic society and the benefits that it brings. They will also learn about British people, rules, the law, liberty and what living in a democracy means as well as tolerance.</p> <p>Money matters Children are encouraged to think about where money comes from and how it can be used. They discuss how we spend money, why people might need to borrow money and the consequences of this. Through this unit of learning, children will also consider what influences their spending and how we can keep track of what we spend.</p>	<p>Be yourself Children identify their strengths and achievements. They recognise different emotions and explore how to express their thoughts and feelings respectfully. The children will also have an opportunity to explore the influence of the media in how we view ourselves and analyse the reality of these messages.</p> <p>TEAM A class team works well together. It has a positive impact on all of its members and what they can achieve. Children will learn about their individual responsibilities towards teams they work in and how new starts, such as starting a new school year, may feel and how they can support each other in this.</p>
4	<p>Safety first Children will consider what it means to take responsibility for their own safety from everyday risks and hazards. They will also learn about road safety and dangerous substances; drugs (including medicines), cigarettes and alcohol. Children will look at e-Safety, consider personal information and what to do about online incidents.</p> <p>Think positive This unit is designed to build on what the children have already learnt about feelings, both positive and negative and how our attitude towards life can affect our mental health. There are central themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning.</p>	<p>One world Children learn about a fictional girl called Chiwa, who lives in Malawi. The children will explore different aspects of her life in each lesson. It aims to enable the children to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place.</p> <p>Respecting rights Children will discuss human rights that are shared by all people – no matter who they are or where they are from. It will help them to explore the ideas of equality and discrimination and the consequences of both. Children will learn how to respect the rights of others and challenge stereotypes.</p>	<p>Be yourself Children will discuss that we are all individuals and that it is important to 'be yourself'. It aims to encourage the children to develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality. It will also look at how to be confident and how to manage uncomfortable feelings.</p> <p>VIPs Children will look at friendships, how they are formed and maintained, and the qualities of a good friend. The lessons will then move on to disputes and bullying and will address strategies for coping with each of these.</p>

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5	<p>Aiming high Children will focus on achievements, aspirations and opportunities. They will learn about their own personal preferred learning styles, to understand how they learn best and think about the barriers to success and how to overcome them. Stereotypes in the world of work will be addressed, as children are encouraged to consider jobs they would like to do and the skills needed to do those jobs.</p> <p>It's my body Children will learn about how to take care of their bodies. This will involve learning about consent and autonomy, learning about body image and stereotypes and learning about substances which are harmful to our bodies. Children will also learn about the importance of sleep and keeping clean, especially as their bodies change during puberty.</p>	<p>Britain Children will learn about Britain as a country that represents a wide range of faiths and ethnicities. It aims to enable the children to identify how they can make a positive contribution to the community. Children will learn about the law and the consequences of not respecting it as well as the workings of local and national government.</p> <p>Money matters Children will think about how money is used in the wider world. They will also learn about influences advertisers try to use to encourage us to spend our money and how to see the real value of products. Children will learn about budgeting and discuss what happens if people cannot afford what they need to buy.</p>	<p>Growing up This unit builds on children's knowledge of the human body; how we grow and change, both physically and emotionally. Children will learn about their own and other's bodies and how male and female bodies play a part in human reproduction. They will learn about different relationships and family structures.</p> <p>TEAM Children will learn about the positive qualities of working together. They will discuss how to disagree respectfully and communicate effectively. They will discuss collaborative learning and how to compromise to ensure successful group tasks.</p>
6	<p>Safety first Children will learn about taking responsibility for their own safety, including peer pressure. They will assess risks in different situations and learn about what to do if they feel in danger. They will also learn about identifying emergencies, what to do and how to get help. Children will continue to learn about e-Safety, including social media.</p> <p>Think positive Children will further develop their understanding about thoughts and emotions, positive and negative. It will include themes such as: the links between our thoughts, feelings and emotions; making good choices; mindfulness and applying a growth mindset.</p>	<p>One world Children will learn about living as a global citizen. Taking responsibility for our environment and all living things. They will also learn about sustainability and biodiversity, using natural resources and the harmful effects of global warming as well as the steps we can all take to reduce them.</p> <p>Respecting rights Children will discuss the choices we all make to live as rights-respecting citizens. They will learn about human rights and how they protect all people, enabling them to live happy, safe and healthy lives. It will help children explore the ideas of equality and discrimination and how they can make choices and take actions which respect the rights of others.</p>	<p>Growing up Children will continue to learn about how we change (physically and emotionally) and different relationships that people have. Children will learn about sexual relationships, positive body images and stereotypes.</p> <p>VIPs Children will identify who their VIPs are within their families and friendship groups and how important kindness and respect are within these relationships. They will also learn about conflict and resolution in their own relationships as well as healthy and unhealthy friendships.</p>