

Key stage 1 and 2 PHSE Curriculum 23-24

Year	Autumn	Spring	Summer
1	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter <p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> 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><u>Healthy Me</u></p> <ul style="list-style-type: none"> Keeping myself healthy and healthier lifestyle choices Keeping clean Medicine safety/safety with household items Road safety Knowing what money is and choices we have over spending Linking health and happiness 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> 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><u>Changing Me</u></p> <ul style="list-style-type: none"> 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
2	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> Hopes and fears for the year Rights and responsibilities linked to the Oakridge Way Rewards and consequences Safe and fair learning environment Valuing contributions Choices 	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships

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	<p>Recognising feelings</p> <p><u>Celebrating difference</u></p> <p>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><u>Healthy Me</u></p> <p>Motivation Healthier choices Relaxation The Difference between needs and wants Knowing that money needs to be looked after</p>	<p><u>Changing Me</u></p> <p>Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>
3	<p><u>Being me in my world</u></p> <p>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><u>Celebrating difference</u></p> <p>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><u>Dreams and Goals</u></p> <p>Difficult challenges and achieving success New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p> <p><u>Healthy Me</u></p> <p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Respect for myself and others Healthy and safe choices</p>	<p><u>Relationships</u></p> <p>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 friend Different ways to pay for things and choices</p> <p><u>Changing Me</u></p> <p>Family roles and responsibilities Family stereotypes Preparing for transition</p>
4	<p><u>Being me in my world</u></p> <p>Being part of a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences</p>	<p><u>Dreams and Goals</u></p> <p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals</p>	<p><u>Relationships</u></p> <p>Healthier friendships Group dynamics Jealousy Love and loss with memories of loved ones</p>

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	<p>Group decision-making Having a voice What motivates behaviour</p> <p><u>Celebrating difference</u></p> <p>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>Working in a group Celebrating contributions Resilience Positive attitudes</p> <p><u>Healthy Me</u></p> <p>Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Attitudes to spending and saving money Value for money</p>	<p>Getting on and Falling Out Showing appreciation to people and animals</p> <p><u>Changing Me</u></p> <p>Being unique Confidence in change Accepting change Preparing for transition Environmental change</p>
5	<p><u>Being me in my world</u></p> <p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p> <p><u>Celebrating difference</u></p> <p>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><u>Dreams and Goals</u></p> <p>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><u>Healthy Me</u></p> <p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image</p>	<p><u>Growing up: Part one</u></p> <p>Body parts – male and female Periods Boys – What happens to boys during puberty? Girls – What happens to girls during puberty? Increasing responsibility with money and understanding the risks associated with money</p> <p><u>Relationships</u></p> <p>Self-recognition and self-worth Building self-esteem Online safety via Computing learning</p>

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		<p>Relationships with food Healthy choices Motivation and behaviour</p>	
6	<p><u>Being me in my world</u> 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><u>Celebrating difference</u> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p><u>Dreams and Goals</u> Emotions in success and learning to 'fail well' Making a difference in the world Motivation Recognising achievements Compliments</p> <p><u>Healthy Me</u> Taking personal responsibility Exploitation, including 'county lines' and gang culture Emotional and mental health and sources of support Managing stress Risks associated with gambling</p>	<p><u>Growing up: Part two</u> Recap Year 5 learning Conception Consent Pregnancy</p> <p><u>Relationships</u> Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>