



WCPS PSHE Overview

| | Being me in my world | Celebrating differences | Dreams and goals | Healthy me | Relationships | Changing me |
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| EYFS | Self-identity Understanding feelings Being in a classroom Being gentle Rights & responsibilities | Identifying talents Being special Families Where we live Making friends Standing up for yourself | Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals | Exercising Bodies Physical activity Healthy food Sleep Keeping clean Safety | Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend | Bodies Respecting my body Growing up Growth & change Fun & fears Celebrations |
| Year 1 | Feeling special & safe Being part of a class Rights & responsibilities Rewards & feeling proud Consequences Owing the Learning Charter | Similarities & differences Understanding bullying & knowing how to deal with it Making new friends Celebrating the differences in everyone | Setting goals Identifying successes & achievements Learning styles Working well & celebrating achievement with a partner Tackling new challenges Identifying & overcoming obstacles Feelings of success | Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health & happiness | Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend & person Self-acknowledgement Being a good friend to myself Celebrating special relationships | Life cycles (<i>animal & human</i>) Changes in me Changes since being a baby Differences between female & male bodies (<i>correct terminology</i>) Linking growing & learning Coping with change Transition |
| Year 2 | Hopes & fears for the year Rights & responsibilities Rewards & consequences Safe & fair learning environment Valuing contributions Choices Recognising feelings | Assumptions & stereotypes about gender Understanding bullying Standing up for myself & others Making new friends Gender diversity Celebrating difference & remaining friends | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to & sharing success | Motivation Healthier choices Relaxation Healthy eating & nutrition Healthier snacks & sharing food | Different types of family Physical contact boundaries Friendship & conflict Secrets Trust & appreciation Expressing appreciation for special relationships | Life cycles in nature Growing from young to old Increasing independence Differences in female & male bodies (<i>correct terminology</i>) Assertiveness Preparing for transition |

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| <p>Year 3</p> | <p>Setting personal goals Self-identity & worth Positivity in challenges Rules, rights & responsibilities Rewards & consequences Responsible choices Seeing things from others' perspectives</p> | <p>Families & their differences Family conflict & how to manage it (<i>child-centred</i>) Witnessing bullying & how to solve it Recognising how words can be hurtful Giving & receiving compliments</p> | <p>Difficult challenges & achieving success Dreams & ambitions New challenges Motivation & enthusiasm Recognising & trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p> | <p>Exercise Fitness challenges Food labelling & healthy swaps Attitudes towards drugs Keeping safe & why it's important online & off line scenarios Respect for myself & others Healthy & safe choices</p> | <p>Family roles & responsibilities Friendship & negotiation Keeping safe online & 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 & friends</p> | <p>How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition</p> |
| <p>Year 4</p> | <p>Being part of a class team Being a school citizen Rights, responsibilities & democracy Rewards & consequences Group decision-making Having a voice What motivates behaviour</p> | <p>Challenging assumptions Judging by appearance Accepting self & others Understanding influences Understanding bullying Problem-solving Identifying how special & unique everyone is First impressions</p> | <p>Hopes & dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p> | <p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p> | <p>Jealousy Love & loss Showing appreciation to people & animals</p> | <p>Being unique Having a baby Girls & puberty Confidence in change Accepting change Preparing for transition Environmental change</p> |
| <p>Year 5</p> | <p>Planning the forthcoming year Being a citizen Rights & responsibilities Rewards & consequences How behaviour affects groups Democracy, having a voice, participating</p> | <p>Cultural differences & how they can cause conflict Racism Rumours & name-calling Types of bullying Material wealth & happiness Enjoying & respecting other cultures</p> | <p>Future dreams The importance of money Jobs & careers Dream job & how to get there Goals in different cultures Supporting others (<i>charity</i>) Motivation</p> | <p>Smoking, including vaping Alcohol Alcohol & anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation & behaviour</p> | <p>Self-recognition & self-worth Building self-esteem Safer online communities Rights & responsibilities Online gaming & gambling Reducing screen time Dangers of online grooming SMART internet safety rules</p> | <p>Self & body image Influence of online & media on body image Puberty for girls Puberty for boys Preparing for transition</p> |

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| <p>Year 6</p> | <p>Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome & valued Choices, consequences & rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p> | <p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p> | <p>Personal learning goals, in & out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p> | <p>Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ & gang culture Emotional & mental health Managing stress</p> | <p>Mental health Identifying mental health worries & sources of support Love and loss Managing feelings Power & control Assertiveness Technology safety Take responsibility with technology use</p> | <p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Respect & consent Transition</p> |
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