

PSHE Overview

Year 1						
	Autumn 1- Being Me in My World	Autumn 2- Celebrating Difference	Spring 1- Dreams and Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
	Who am I and how do I fit?	Respect for similarity and difference. Anti-bullying and being unique.	Aspirations, how to achieve goals and understanding the emotions that go with this.	Being and keeping safe and healthy	Building positive, healthy relationships	Coping positively with change
Lesson 1	WALT: Identify how I feel special in my class.	WALT: Identify similarities between people.	WALT: Set simple goals.	WALT: Understand the difference between being healthy and unhealthy.	WALT: Understand that there are different types of families.	WALT: Understand the life cycles of animals and humans.
Lesson 2	WALT: Understand that I belong to my class.	WALT: identify differences between people.	WALT: Identify how to achieve my goals.	WALT: Understand how to make healthy lifestyle choices.	WALT: Understand how to be a good friend.	WALT: Identify things that have changed about me and things that have stayed the same.

Lesson 3	WALT: Understand how to make my class a safe place.	WALT: Understand what bullying is.	WALT: Understand how to work well with a partner.	WALT: Understand why we need to keep ourselves clean and how we can do this.	WALT: Understand appropriate ways of physical contact to greet my friends.	WALT: Identify how my body has changed since I was a baby.
Lesson 4	WALT: Recognise how it feels to be proud of an achievement.	WALT: Identify who I can talk to about my feelings and bullying.	WALT: Understand how to tackle a new challenge to stretch my learning.	WALT: Understand that medicines can help us when we are ill.	WALT: Identify people who can help us in school.	WALT: Identify the parts of the body that make girls and boys different.
Lesson 5	WALT: Understand choices and consequences.	WALT: Understand how to make new friends.	WALT: Understand how to overcome obstacles.	WALT: Understand how to keep safe when crossing the road.	WALT: Recognise my qualities as a person and a friend.	WALT: Understand that learning new things can cause us to change.
Lesson 6	WALT: Understand my rights and responsibilities	WALT: Identify how I am different from my friends.	WALT: Celebrate our successes.		WALT: Celebrate our special relationships.	WALT: Discuss changes that have happened in our lives.

Lesson 7	British Values: Democracy	British Values: Individual Liberty			<p>WALT: Identify which communities we belong to and the importance of looking after shared spaces.</p> <p>Citizenship link- belonging, community, identity, shared responsibility.</p>	British Values: Respect and Tolerance
Lesson 8	British Values: Rule of Law					

Year 2						
	Autumn 1- Being Me in My World	Autumn 2- Celebrating Difference	Spring 1- Dreams and Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
	Who am I and how do I fit?	Respect for similarity and difference. Anti- bullying and being unique.	Aspirations, how to achieve goals and understanding the emotions that go with this.	Being and keeping safe and healthy	Building positive, healthy relationships	Coping positively with change
Lesson 1	WALT: Identify our hopes and fears for the year.	WALT: Understand assumptions.	WALT: Set realistic goals and identify how to achieve them.	WALT: Understand the importance of healthy eating (part 1)	WALT: Identify relationships with family members.	WALT: Recognise cycles of life in nature.
Lesson 2	WALT: Understand the rights and responsibilities for being a member of the class.	WALT: Understand stereotypes.	WALT: Understand the importance of being healthy	WALT: Understand the importance of healthy eating (part 2)	WALT: Recognise acceptable and unacceptable forms of physical contact within a family.	WALT: Discuss the natural process of growing from young to old.
Lesson 3	WALT: Discuss rewards and	WALT: Understand that	WALT: Recognise how working with	WALT: Understand how	WALT: Identify things that can	WALT: Identify how my body has

	consequences (Part 1)	bullying is sometimes about difference.	others can help us learn.	to keep safe at home	cause conflict between friends.	changed since I was a baby.
Lesson 4	WALT: Discuss rewards and consequences (Part 2)	WALT: Recognise how to stand up for myself and others.	WALT: Understand how to work well in a group	WALT: Understand how to keep safe outside	WALT: Understand that it is good to keep a secret sometimes and sometimes it is not good.	WALT: Recognise physical differences between boys and girls and use the correct names for body parts.
Lesson 5	WALT: Create a learning charter.	WALT: Understand that we are all different	WALT: Understand the importance of relaxation	WALT: Understand how to use medicine safely	WALT: Recognise and appreciate people who can help me in my family, school and community.	WALT: Understand that there are different types of touch.
Lesson 6	WALT: Recognise the choices we make and understand the consequences.	WALT: Celebrate differences.	WALT: Celebrate our achievements.		WALT: Celebrate our special relationships	WALT: Identify what we are looking forward to about Year 3.

Lesson 7	British Values: Democracy	British Values: Individual Liberty			<p>WALT: Discuss who helps our community to work well and the importance of systems.</p> <p>Citizenship link- public services (NHS, emergency services, transport, libraries etc.), community roles, community organization and systems.</p>	British Values: Respect and Tolerance
Lesson 8	British Values: Rule of Law					

Year 3

	Autumn 1- Being Me in My World	Autumn 2- Celebrating Difference	Spring 1- Dreams and Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
	Who am I and how do I fit?	Respect for similarity and difference. Anti-bullying and being unique.	Aspirations, how to achieve goals and understanding the emotions that go with this.	Being and keeping safe and healthy	Building positive, healthy relationships	Coping positively with change
Lesson 1	WALT: Identify positive things about ourselves.	WALT: Understand that everybody's family is different and important to them.	WALT: Discuss people who have faced challenges and achieved success.	WALT: Understand how exercise affects our bodies.	WALT: Identify family roles and the expectations of males and females.	WALT: Understand that changes happen from birth to fully grown for animals and humans.
Lesson 2	WALT: Discuss how to face new challenges positively.	WALT: Understand that differences and conflicts sometimes happen in families.	WALT: Identify dreams and ambitions that are important to us.	WALT: Understand that the number of calories and fat can affect our health	WALT: Identify and practise some friendship skills.	WALT: Understand why and how boys' and girls' bodies change on the outside so they can make babies.

Lesson 3	WALT: Understand the need for rules and rights and responsibilities.	WALT: Understand how to help someone who is being bullied.	WALT: Understand the importance of feeling safe to grow.	WALT: Share our knowledge and attitude towards drugs.	WALT: Understand how to keep ourselves safe online.	WALT: Understand why and how boys' and girls' bodies change on the inside so they can make babies.
Lesson 4	WALT: Understand that my actions affect myself and others.	WALT: How to problem solve in a bullying situation.	WALT: Understand that choices can help us to grow	WALT: Identify things, people and places that I need to keep safe from.	WALT: Understand how people's actions can help and influence our lives.	WALT: Understand how to keep our bodies clean.
Lesson 5	WALT: Understand how to make responsible choices.	WALT: Understand that some words are used in hurtful ways.	WALT: Recognise obstacles and how to overcome them.	WALT: Identify when something feels safe or unsafe.	WALT: Understand that needs and rights can be similar or different for children around the world.	WALT: Discuss stereotypical views of families.
Lesson 6	WALT: Understand how to see things from	WALT: Understand the	WALT: Celebrate our learning.		WALT: Celebrate our special relationships	WALT: Identify what we are

	the point of view of others.	importance of compliments.				looking forward to in Year 4.
Lesson 7	British Values: Democracy	British Values: Individual Liberty			WALT: Understand how and why communities change over time. Citizenship link- evolution and development of needs, society, community history, inclusion.	British Values: Respect and Tolerance
Lesson 8	British Values: Rule of Law					

Year 4

	Autumn 1- Being Me in My World	Autumn 2- Celebrating Difference	Spring 1- Dreams and Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
	Who am I and how do I fit?	Respect for similarity and difference. Anti-bullying and being unique.	Aspirations, how to achieve goals and understanding the emotions that go with this.	Being and keeping safe and healthy	Building positive, healthy relationships	Coping positively with change
Lesson 1	WALT: Understand how we can become a 'Class Team'.	WALT: Understand what it means to judge by appearance.	WALT: Discuss our hopes and dreams.	WALT: Discuss friendship groups and understand our own friendships.	WALT: Recognise situations which can cause jealousy in relationships.	WALT: Understand that humans are unique.
Lesson 2	WALT: Understand how we can fit in and contribute to our school community.	WALT: Discuss what influences us to make assumptions.	WALT: Understand that hopes and dreams don't always come true.	WALT: Understand peer pressure and influence	WALT: Discuss feelings of love and loss.	WALT: Describe how a girl's body changes in order for her to be able to have babies.
Lesson 3	WALT: Understand rights,	WALT: Understand what	WALT: Understand how	WALT: Understand and discuss the effect	WALT: Understand that we can remember	WALT: Understand that

	responsibilities and democracy.	to do if we suspect bullying.	to overcome disappointment.	of smoking and vaping on health.	people even if we no longer see them.	families form part of our inner circle.
Lesson 4	WALT: Discuss reward and consequences.	WALT: Problem solve a bullying situation with others.	WALT: Understand how to set new goals after disappointment.	WALT: Understand and discuss the effect of alcohol on health.	WALT: Recognise how friendships can change and how to manage this.	WALT: Understand 'The Circle of Change'.
Lesson 5	WALT: Work together as a group to make decisions.	WALT: Identify the physical features that make me unique.	WALT: Understand how to work out the steps to achieve a goal.	WALT: Discuss healthy and unhealthy friendships.	WALT: Understand what having a boyfriend or girlfriend might mean.	WALT: Discuss changes that are outside of our control.
Lesson 6	WALT: Understand the importance of having a voice.	WALT: Understand the importance of accepting people for who they are.	WALT: Evaluate our successes.		WALT: Celebrate our relationships with people and animals.	WALT: Identify what we are looking forward to in Year 5.
Lesson 7	British Values: Democracy	British Values: Individual Liberty			WALT: Discuss how citizens can	British Values: Respect and Tolerance

					contribute to and improve society, Citizenship link-community improvement, social action, charity, contribution and change.	
Lesson 8	British Values: Rule of Law					

Year 5

	Autumn 1- Being Me in My World	Autumn 2- Celebrating Difference	Spring 1- Dreams and Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
	Who am I and how do I fit?	Respect for similarity and difference. Anti-bullying and being unique.	Aspirations, how to achieve goals and understanding the emotions that go with this.	Being and keeping safe and healthy	Building positive, healthy relationships	Coping positively with change
Lesson 1	WALT: Discuss how to face new challenges and set goals positively.	WALT: Discuss cultural differences and that conflict it can sometimes cause.	WALT: Discuss our dreams for when we grow up.	WALT: Understand the health risks of smoking and vaping	WALT: Discuss our personal characteristics and qualities.	WALT: Discuss self and body image.
Lesson 2	WALT: Discuss how to be a citizen of our country.	WALT: Understand and discuss racism.	WALT: Understand attitudes to money.	WALT: Understand the risks with misusing alcohol and how it affects the body.	WALT: Discuss the positive and negative consequences of being online.	WALT: Explain how a girl's body changes during puberty.
Lesson 3	WALT: Understand my	WALT: Understand that	WALT: Discuss our dream jobs	WALT: Understand and	WALT: Understand the	WALT: Explain how a boy's body

	rights and responsibilities as a citizen.	rumour-spreading and name-calling can be bullying behaviours.	and potential steps to achieve them.	practise emergency aid.	rights and responsibilities of being in an online community.	changes during puberty.
Lesson 4	WALT: Understand rewards and consequences.	WALT: Understand the difference between direct and indirect bullying.	WALT: Understand that people in different cultures will have different dreams.	WALT: Understand body image and the impact of the media.	WALT: Understand the rights and responsibilities when playing a game online.	WALT: Understand how babies are conceived.
Lesson 5	WALT: Understand how an individual's behavior can impact a group.	WALT: Discuss the impact of money on culture.	WALT: Discuss how we can support people from different cultures.	WALT: Understand different attitudes towards food and external influences.	WALT: Discuss our relationships with technology.	WALT: Discuss what we are looking forward to about becoming a teenager.
Lesson 6	WALT: Understand the importance and impact of having a voice.	WALT: Celebrate different cultures.	WALT: Understand the importance of supporting others to achieve their goals.		WALT: Understand how to stay safe when using technology to communicate.	WALT: Discuss what we are looking forward to in Year 6.

Lesson 7	British Values: Democracy	British Values: Individual Liberty			<p>WALT: Understand how information can influence people and society.</p> <p>Citizenship link- persuasive language and images, advertising, fact and opinion, false online information.</p>	British Values: Respect and Tolerance
Lesson 8	British Values: Rule of Law					

Year 6

	Autumn 1- Being Me in My World	Autumn 2- Celebrating Difference	Spring 1- Dreams and Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
	Who am I and how do I fit?	Respect for similarity and difference. Anti-bullying and being unique.	Aspirations, how to achieve goals and understanding the emotions that go with this.	Being and keeping safe and healthy	Building positive, healthy relationships	Coping positively with change
Lesson 1	WALT: Identify our goals, fears and worries out this year.	WALT: Understand that there are different perceptions of what normal means.	WALT: Set challenging and realistic goals.	WALT: Discuss how we can take responsibility for our health.	WALT: Understand the importance of mental health.	WALT: Discuss self-image.
Lesson 2	WALT: Understand that there are global rights for children.	WALT: Understand and celebrate differences.	WALT: identify the learning steps to reach our goals.	WALT: Understand different types of drugs, their uses and their effects on the body.	WALT: Understand how we can deal with mental health problems of ourselves and others.	WALT: Discuss puberty and the importance of looking after ourselves physically and emotionally.

Lesson 3	WALT: Understand our wants and needs and compare these to children in different communities.	WALT: Understand how one person or group can have power over another.	WALT: Discuss problems in the world that concern us.	WALT: Discuss and understand exploitation.	WALT: Understand the stages of grief and how to deal with them.	WALT: Understand the process that occurs from conception to birth.
Lesson 4	WALT: Discuss rewards and consequences.	WALT: Understand some of the reasons why people use bullying behaviours.	WALT: Discuss how we can help to make the world a better place.	WALT: Understand the risks involved with gangs.	WALT: Identify when people might be trying to gain power or control.	WALT: Discuss attraction and boyfriend and girlfriend relationships.
Lesson 5	WALT: Understand how to work collaboratively.	WALT: Raise our awareness of disability and celebrate differences.	WALT: Share and evaluate our plan for how we can help o make the world a better place	WALT: Discuss emotional and mental health.	WALT: Discuss the potential of real and fake, safe and unsafe information being online.	WALT: Understand the importance of self-esteem and how we can develop it.
Lesson 6	WALT: Understand the importance of	WALT: Understand how difference can be	WALT: Recognise our achievements.		WALT: Use technology positively and	WALT: Discuss what we are looking forward to

	having a voice and the benefits of using it appropriately.	a cause of conflict and a cause for celebration.			safely to communicate.	about secondary school.
Lesson 7	British Values: Democracy	British Values: Individual Liberty			WALT: Understand how information can influence people and society. Citizenship link- persuasive language and images, advertising, fact and opinion, false online information.	British Values: Respect and Tolerance
Lesson 8	British Values: Rule of Law					