



PSHE AT A GLANCE

	AUTUMN ONE	AUTUMN TWO	SPRING ONE	SPRING TWO	SUMMER ONE	SUMMER TWO
KEY STAGE 1 YEAR A 23 – 24/25 - 26	Being Me In My World Identifying fears and hopes for the year	Celebrating Difference Learning to celebrate what makes us similar and different	Dreams and Goals Learning to set realistic goals and overcome challenges	Healthy Me Learning to make healthy and nutritious choices	Relationships Learning about different types of families	Changing Me Using correct terminology for female and male body parts
KEY STAGE 1 YEAR B 24 – 25/26 - 27	Being Me In My World Learning how to feel special and safe as part of a community	Celebrating Difference Learning about what makes us similar and different	Dreams and Goals Learning to identify goals, challenges and success	Healthy Me Learning to keep happy, clean and safe	Relationships Learning to be a good friend and to celebrate good relationships	Changing Me Recognising changes in our bodies and using correct terminology
LOWER JUNIORS YEAR A 23 – 24/25 - 26	Being Me In My World Understanding our rights and responsibilities	Celebrating Difference Learning to accept ourselves and the others around us	Dreams and Goals Overcoming disappointment and celebrating success	Healthy Me Recognising healthy relationships and group dynamics	Relationships Learning to show appreciation to others	Changing Me Learning to accept change
LOWER JUNIORS YEAR B 24 – 25/26 - 27	Being Me In My World Learning to find positivity in challenges	Celebrating Difference Learning to deal with conflict	Dreams and Goals Understanding ambition and difficulty	Healthy Me Learning how to make healthy and safe choices	Relationships Learning about being a global citizen	Changing Me Understanding changes in our bodies
UPPER JUNIORS YEAR A 23 – 24/25 - 26	Being Me In My World Understanding rights, responsibilities, choices and consequences	Celebrating Difference Understanding perceptions of normality and empathy	Dreams and Goals Setting learning goals and understanding emotions in success	Healthy Me Learning about taking personal responsibility	Relationships Identify mental health worries and sources of support	Changing Me Learning about self-image, puberty and respect
UPPER JUNIORS YEAR B 24 – 25/26 - 27	Being Me In My World Learning how behavior affects different groups	Celebrating Difference Understanding how differences can cause conflict	Dreams and Goals Considering our future goals and steps to success	Healthy Me Learning to motivate ourselves to make healthy choices	Relationships Understanding self-worth and building safer online communities	Changing Me Understanding body image. Learning about puberty and coping with change

