

'Shine like stars in the world. 'Philippians 2:15



St Paul's Church of England Primary School

PSHE

Long Term Curriculum 23-24

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PSHE Long Term Curriculum 2023-2024

| | Being me in my world | Celebrating Differences | Dreams and goals | Healthy Me | Relationships | Changing Me |
|---------------|---|---|--|---|--|--|
| EYFS | Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities | Identifying talents Being special Families Where we live Making friends Standing up 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 and change Fun and fears Celebrations |
| YEAR 1 | Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning our rules | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone | Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement Tackling new challenges and overcoming obstacles Feeling of success | Keeping myself healthy Healthy lifestyle choices Keeping clean Being safe Medicine safety Road safety Linking health with happiness | 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 | Life cycles animal and human Changes in me Changes since being a baby. Differences between male and female bodies (correct terminology) Linking growing and learning Coping with change |

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| YEAR 2 | Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions choices | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends | Achieving realistic goals Dreams and ambitions Perseverance Learning strengths Learning with others Group cooperation Contributing to sharing success | Motivation Healthier choices Relaxations Healthy eating Nutrition Healthier snacks and sharing food | Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships | How babies grow Life cycles in nature Growing from young to old Differences between male and female bodies (correct terminology) Increasing independence Preparing for transition |

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| YEAR 3 | Setting personal goals Self-identity and worth Positivity in challenges Rules rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspective | Families and their differences Family conflict and how to manage it Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments | Difficult challenges and achieving success Dreams and ambitions New challenges Motivations and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings | Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it is important, online/ offline Respect for myself and others Healthy and safe choices | Family Roles and responsibilities 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 | How babies grow Family stereotypes Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition |

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| | | | | | Expressing appreciation for family and friends | |
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| YEAR 4 | Being part of a class team Being a school citizen Rights and responsibilities and democracy (school council) | Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem solving Understanding how special and unique everyone is | Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes | Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Motivation and behaviour | Jealousy Love and loss Memories of loved ones Getting on and falling out Showing appreciation to people and animals | Being unique Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change |
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| YEAR 5 | Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating | 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 | Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation | Smoking including vaping Alcohol Alcohol and antisocial behaviour | Self-recognition and self-worth Building self esteem Safer online communities Rights and responsibilities online Online gaming and gambling Dangers of online grooming Reducing screen time | Self and body image Influence of online and media on body image Puberty for boys and girls Conception Growing responsibility Coping with change Preparing for transition |

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