Cubitt Town Primary School

PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	**Throughout the year the following topics will be covered:** • select and use activities and resources, with help when needed - this helps them to achieve a goal they have chosen or one which is suggested to them • develop their sense of responsibility and membership of a community • become more outgoing with unfamiliar people, in the safe context of their setting • show more confidence in new social situations • play with one or more other children, extending and elaborating play ideas • find solutions to conflicts and rivalries, for example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas • increasingly follow rules, understanding why they are important • remember rules without needing an adult to remind them • develop appropriate ways of being assertive • talk with others to solve conflicts • talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried' • understand gradually how others might be feeling • be increasingly independent in meeting their own care needs, for example, brushing teeth, using the toilet, washing and drying hands thoroughly • make healthy choices about food, drink, activity and toothbrushing					
Nursery (3-4) 	**Being me** 1. Who.. me? - belonging 2. How am I feeling today? 3. Being at nursery/pre-school 4. Gentle hands 5. Our rights 6. Our responsibilities - learning what it means	**Healthy Me** 1. Everybody's body 2. We like to move it, move it! 3. Food glorious food - healthy food 4. sweet dreams - how to help myself sleep 5. Keeping clean - washing hands 6. Safe adults	**Celebrating Difference** 1. What am I good at? 2. I'm special, I'm me! 3. Families 4. Homes 5. Making friends 6. Standing up for yourself	**Dreams and Goals** 1. Challenge 2. Never giving up 3. Setting a goal 4. Obstacles and support 5. Flight to the future 6. Footprints awards	**Relationships** 1. My family and me 2. make friends - 1 3. make friends - 2 4. Falling out and bullying - 1 5. Falling out and bullying - 2 6. Being the best friends we can be	**Changing Me** 1. My body 2. respecting my body 3. Growing up 4. Growth and change 5. Fun and fears 6. celebration

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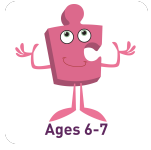
Reception (4-5) 	**Being Me** 'Who am I and how do I fit?' Being at school Gentle hands Our responsibilities	**Healthy Me** Being and keeping safe importance of exercising healthy eating choices importance of sleep Keeping clean Safe adults	**Celebrating Difference** Respect for similarity and difference Anti-bullying and being unique Making friends - being kind Standing up for yourself	**Dreams and Goals** Aspirations, persevering and tackling challenges Never giving up Setting a goal and working towards it positive attitude	**Relationships** Building positive, healthy relationships Making friends Solving problems Falling out Bullying	**Changing Me** Coping positively with change Learning about fun and fears
Year 1 (5-6) 	**Being Me** Class charters, Feeling safe and special	**Healthy Me** What it means to be healthy what healthy choices look like and how they make us feel Road safety Staying safe	**Celebrating Differences** Celebrating similarities & differences, Bullying	**Dreams and Goals** Setting goals Identifying problems Overcoming obstacles Celebrating my success	**Relationships** People who help us, Being friends to ourselves, Friends and Family Importance of families Importance of friendships	**Changing Me** My changing body changes since being a baby Coping positively with changes Life cycles Looking ahead to year 2
Year 2 (6-7) 	**Being Me** class charters, emotional vocabulary, Listening to others Rewards and consequences Working cooperatively	**Healthy Me** Making healthy choices Keeping safe at home Being safe outside Managing time online	**Celebrating Differences** stereotypes Bullying Diversity Standing up for myself and others	**Dreams and Goals** Goals to success My learning strengths Working together Being relaxed Challenging myself	**Relationships** Secrets Safe people Friends and conflicts Trust and appreciation Family security	**Changing Me** getting older Life cycles The changing me NSPCC body safety Looking ahead to year 3
Year 3 (7-8) 	**Being Me** class charters Facing challenges Being responsible rewards & consequences Decision making	**Healthy Me** Being a good friend being fit and healthy Being Safe Online Safety Getting help	**Celebrating Differences** Different families What makes me me Family conflicts Harmful words Celebrating difference	**Dreams and Goals** Similarities and differences Dreams and Goals Facing challenges Resilience	**Relationships** family and friends being safe online how to be a good citizen Positive relationships	**Changing Me** changes throughout life, Keeping ourselves clean, Looking ahead to year 4

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Year 4 (8-9) 	**Being Me** class charters Our school community The right to learn Collaboration Rewards and consequences	**Healthy Me** Healthier friendships Staying safe with friends Smoking, Alcohol Peer pressure Online relationships	**Celebrating Differences** Challenging assumptions Accepting self and others Identifying how special and unique everyone is Understanding bullying Understanding problem solving Understanding influences	**Dreams and Goals** Listening to my body Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	**Relationships** Staying safe Jealousy Love and loss Getting on and Falling Out Showing appreciation to people and animals	**Changing Me** being unique and belonging accepting change looking ahead to year 5
Year 5 (9-10) 	**Being Me** class charters Being a citizen rights and responsibilities	**Healthy Me** Smoking and vaping Alcohol Peer pressure and responsibility Emergency Aid- medical, fire, water safety, Body image Relationship with food	**Celebrating Differences** Families Different cultures Racism Rumours & Name-calling Types of Bullying Stereotypes and prejudices	**Dreams and Goals** Jobs and careers When I grow up My dream job Supporting each other	**Relationships** Being a good friend Online Safety charter Online bullying recognising myself relationship with technology	**Changing Me** personal hygiene puberty for girls and puberty for boys looking ahead to year 6 I?”
Year 6 (10-11) 	**Being Me** class charters being a global citizen how our behaviour affects others.	**Changing Me** my real self, My self image Adolescent friendships Puberty Transitioning to year 7	**Celebrating Differences** Understanding difference Reasons why people bully Power struggles Celebrating difference Respecting others	**Dreams and Goals** Staying motivated Resilience Positive outlook Helping others Steps to success Helping to make a difference	**Relationships** Wellbeing - mental health Good and Bad relationships. Love and loss Being online: real or fake Using technology responsibly	**Healthy Me** Healthy eating emotional and mental health managing stress and pressure Being a good friendOnline Safety charter Online information