

The Whitchurch CE Federation

The Healthy Me

Subject Overview PSHE

Year Group	Autumn Term		Spring Term		Summer Term	
1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts Being Me In My World	Key Concepts Celebrating Difference	Key Concepts Dreams and Goals	Key Concepts Healthy Me	Key Concepts Relationships	Key Concepts Changing Me
	Breadth Understand that all living things live, grow and die. Discuss changes and growth of animals and themselves. Reflect on own history. Discuss changes in their own life. Identify body parts of boys and girls. Embrace changes. Understand how learning helps growth. Understand that change and growth is inevitable. The Healthy Me.	Breadth Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating differences in everyone	Breadth Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievements with a partner Feelings of success	Breadth Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine / safety with household items Road safety Linking health and happiness	Breadth 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	Breadth Life cycles – animal and human changes in me. Changes since being a baby. Linking growing and learning Coping with change and transition.
2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts Being Me In My World	Key Concepts Celebrating Difference	Key Concepts Dreams and Goals	Key Concepts Healthy Me	Key Concepts Relationships	Key Concepts Changing Me
	Breadth Being me in my world Hopes and Fears for the Year	Breadth Accept that everyone is different Include others when	Breadth Goals to success My Learning Strengths Learning with others	Breadth Plan and design a Healthy Me Café Being Healthy	Breadth Being a good friend. Understanding different kinds of	Breadth Understand that all living things live, grow and die.

	Being Me In My World Breadth Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour.	Celebrating Difference Breadth Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Dreams and Goals Breadth Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthy Me Breadth Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Relationships Breadth Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Changing Me Breadth Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts Being Me In My World	Key Concepts Celebrating Difference	Key Concepts Dreams and Goals	Key Concepts Healthy Me	Key Concepts Relationships	Key Concepts Changing Me
	Breadth Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Breadth 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	Breadth Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Breadth Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Breadth Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARTT internet safety rules	Breadth Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts Being Me In My World	Key Concepts Celebrating Difference	Key Concepts Dreams and Goals	Key Concepts Healthy Me	Key Concepts Relationships	Key Concepts Changing Me
	Breadth	Breadth	Breadth	Breadth	Breadth	Breadth

	<p>Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and 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 and 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' and gang culture Emotional and mental health Managing stress</p>	<p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology</p>	<p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>
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