

2016/2017 PSHE Overview

YEAR	AUTUMN		SPRING		SUMMER	
UNITS	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
1	Understand the rights and responsibilities for being a member of my class.	What makes us special and unique.	Understanding success and how it feels.	Ways to keep my body safe and healthy.	Why I appreciate someone who is special to me and how I feel about them.	Identify parts of the body and use the correct terms.
2	Understand the rights and responsibilities for being a member of my class and school.	Identify ways in which my friend is different from me.	Working cooperatively in a group to create an end product. Explain how it feels to be part of that group.	Make a healthy snack and explain why it is good for my body.	Identify some of the things that cause conflict between my friends and me.	Recognise the physical differences between boys and girls and use correct names. Learn to appreciate that these parts of my body are private.
3	Understand why rules are needed and how to face a challenge positively.	To give and receive compliments and know how this feels.	Evaluate my own learning and identify how it can be better next time.	Identify things, people and places that I need to keep safe from and who I can go to for help.	Explain how some of the actions and work of people around the world help and influence my life.	Identify changes in myself and others as part of getting older.
4	Understand who is part of a school community and how I play my part. Look at how a school council works.	Explain why it is good to accept people for who they are.	Know what it means to be resilient and to have a positive attitude. Make a plan and set new goals.	Identify feelings of anxiety and fear associated with peer pressure.	Explain different points of view on e.g. an animal rights issue. Express my own opinion and feelings on this.	Identify what I am looking forward to when I am in Year 5. What changes will I make?

5	Understand the rights and responsibilities for a British Citizen and for being a member of my school.	Explain the differences between direct and indirect types of bullying.	Describe the dreams and goals of a young person in a culture different from mine.	Describe the different roles food can play in different people's lives and explain how people develop eating problems (disorders) relating to body image pressures.	Explain how to feel safe when using technology to communicate with my friends.	Describe how boys' and girls' bodies change during puberty.
6	Understand that my actions affect people nationally and globally.	Explain ways in which difference can be a source of conflict or a cause for celebration.	Describe some ways in which I can work with other people to help make the world a better place.	Evaluate when alcohol is being used responsibly, antisocially or being misused.	Recognise when people are trying to gain power or control.	Describe how a baby develops from conception through the nine months of pregnancy and how it is born.