

Roxbourne PSHE Curriculum



Year Group	Unit	HT1	HT2	HT3	HT4	HT5	HT6
EYFS	Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Lesson Content	Self-identity Understanding feelings Being in a classroom Being Gentle Rights and responsibilities	Identify talents Being special Families Where we live Making friends	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help	Exercising bodies Physical activity Healthy food Sleep Keeping clean	Family life Friendships Breaking friendships Falling out Dealing with bullying	My Body Respecting my Body Growing Up Growth and Change Fun and Fears
Year 1	Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Lesson Content	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	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 with a partner Tackling new challenges Identifying and overcoming obstacles Feeling of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/ being a good friend Physical contact preferences People who help us Qualifies as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life Cycles Changing Me My Changing Body NSPCC Pants Rules Learning and Growing Coping with Changes
Year 2	Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Lesson Content	Hope and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning Environment Valuing contributions	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and 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	Life Cycles in Nature Growing from Young to Old Changing Me NSPCC Pants Rules Assertiveness Looking Ahead
Year 3	Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Lesson Content	Setting Personal Goals Self Identity and Worth Positivity in Challenges Rules, Rights and Responsibilities Rewards and Consequences Responsible Choices Seeing things from other's Perspectives	Families and their Differences Family Conflict and How to Manage it (Child-Centered) 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 Motivation and Enthusiasm Recognising and Trying to Overcome Obstacles Evaluating Learning Processes Managing Feelings Simple Budgeting	Exercise Fitness Challenges Food Labelling and Healthy Swaps Attitudes Towards Drugs Keeping Safe and Why it's Important Online and Off Line Scenarios Respect for myself 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 Expressing Appreciation for Family and Friends	Internet Safty Internet Safty Sun Safty How babies grow Family stereotypes Looking Ahead
Year 4	Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Lesson Content	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	Challenging assumptions Judging by Appearance Accepting Self and Others Understanding Influences Understanding Bullying Problem Solving Identify how special and unique everyone is First Impressions	Hopes and Dream Overcoming Dissappointment 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	Jealousy Love and Loss Memories of Loved Ones Getting on and Falling Out Girlfriends and Boyfriends Showing Appreciation to People and Animals	Unique Me Girls and Puberty Puberty for Boys Circles of Change Accepting Change Looking ahead
Year 5	Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Lesson Content	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 vapes Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gambling and gaming Reducing screen time Dangers of online grooming SMARTT internet safety rules	Self and Body image Puberty for Girls Puberty for Boys Puberty Q&A Looking Ahead 1 Looking Ahead 2
Year 6	Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Lesson Content	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	Perceptions of Normality Understanding Disability Power Struggles Understanding Bullying Inclusion/Exclusion Differences as Conflict, Difference as a Celebration Empathy	Personal Learning Goals In and Out of School Success Criteria 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 Emotional 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 Take Responsibility with Technology Use	Self Image Puberty Conception Babies: Conception to birth Boyfriends and Girlfriends The Year Ahead