

## PSHE Curriculum Overview 2022-2023

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Term 1</b>							
<b>Me and my World</b>	Understanding Feelings	Feeling Special and Safe	Hopes and Fears	Getting to Know Each Other	Being a School Citizen	Being Me in Britain	Being a Global Citizen
<b>Leadership</b>		Step 0 Part 1 + 2	Step 1 Part 1 + 2	Step 2 Part 1 + 2	Step 3 Part 1 + 2	Step 4 Part 1 - 3	Step 5 Part 1 + 2
<b>Term 2</b>							
<b>Celebrating Difference</b>	Making Friends	Celebrating Me	Being Friends with Differences	Families/Words Matter	Developing Self-Esteem	Understanding Culture	What is Normal?
<b>Teamwork/Speaking</b>		Step 0 Part 1 + 2	Step 1 Part 1 + 2	Step 2 Part 1 + 2	Step 3 Part 1 + 2	Step 4 Part 1 + 2	Step 5 Part 1 + 2
<b>Term 3</b>							
<b>Relationships</b>	Being a Friend	People Who Help Us	Friends and Conflict	My Web of Relationships	Relationships with People and Animals	Boyfriends and Girlfriends/Relationships and Technology	Love and Loss/Staying Safe with Technology
<b>Problem Solving</b>		Step 0 Part 1 + 2	Step 1 Part 1 + 2	Step 2 Part 1 + 2	Step 3 Part 1 + 2	Step 4 Part 1 + 2	Step 5 Part 1 + 2
<b>Term 4</b>							
<b>Changing Me</b>	Respecting My Body	Learning and Growing	Growing From Young to Old	How Babies Grow/Family and Stereotypes	Puberty/Accepting Change	Puberty/Self and Body Image	Puberty/Babies - Conception to Birth
<b>Staying Positive</b>		Step 0 Part 1 + 2	Step 1 Part 1 + 2	Step 2 Part 1 + 2	Step 3 Part 1 + 2	Step 4 Part 1 + 2	Step 5 Part 1 + 2
<b>Term 5</b>							
<b>Healthy Me</b>	Healthy Eating/ Keeping Clean	Making Healthy Choices/Road Safety	Healthy Eating/Medicine Safety	Being Fit and Healthy/Drug Awareness	Smoking and Alcohol/Understanding Peer Pressure	Smoking and Alcohol/Body Image	Drug Awareness/Emotional and Mental Health
<b>Listening</b>		Step 0 Part 1 + 2	Step 1 Part 1 + 2	Step 2 Part 1 + 2	Step 3 Part 1 + 2	Step 4 Part 1 + 2	Step 5 Part 1 + 2
<b>Term 6</b>							
<b>Dreams and Goals</b>	Setting Goals	Overcoming Obstacles	My Learning Strengths	My Dreams and Ambitions	Overcoming Disappointment/Achieving Goals	Career Aspirations	Making a Difference
<b>Aiming high/creativity</b>		Step 0 Part 1 + 2	Step 1 Part 1 + 2	Step 2 Part 1 + 2	Step 3 Part 1 + 2	Step 4 Part 1 + 2	Step 5 Part 1 + 2