

PSHE Curriculum Overview 2023-2024

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Term 1							
Me and my World	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
Leadership		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
Term 2							
Celebrating Difference	Making Friends	Celebrating Me	Being Friends with Differences	Families/Words Matter	Developing Self-Esteem	Understanding Culture	What is Normal?
Teamwork/Speaking		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
Term 3							
Relationships	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
Problem Solving		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
Term 4							
Changing Me	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
Staying Positive		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
Term 5							
Healthy Me	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
Listening		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
Term 6							
Dreams and Goals	Setting Goals	Overcoming Obstacles	My Learning Strengths	My Dreams and Ambitions	Overcoming Disappointment/Achieving Goals	Career Aspirations	Making a Difference
Aiming high/creativity		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