

## PSHE in Dovedale Primary School

*All themes of learning are revisited and built on each year.*

Learning themes / focus

| Year Group                    | Reception                                                                                                                       | Year 1                                                                                                                                            | Year 2                                                                                                                                                                              | Year 3                                                                                                                                                          | Year 4                                                                                                                                                                               | Year 5                                                                                                                                                                                       | Year 6                                                                                                                                     |
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| <b>Being Me in My World</b>   | Who.....me?<br>How am I feeling today?<br>Being at School.<br>Gentle Hands.<br>Our Rights.<br>Our Responsibilities              | Special and Safe.<br>My Class.<br>Rights and Responsibilities.<br>Rewards and Feeling Proud.<br>Consequences.<br>Owning our Learning Charter.     | Hopes and Fears for the Year.<br>Rights and Responsibilities.<br>Rewards and Consequences.<br>Our Learning Charter.<br>Owning our Learning Charter.                                 | Getting to know each other.<br>Our Nightmare School.<br>Our Dream School.<br>Rewards and Consequences.<br>Our Learning Charter.<br>Owning our Learning Charter. | Becoming a Class 'Team'.<br>Being a School Citizen.<br>Rights, Responsibilities and Democracy.<br>Rewards and Consequences.<br>Our Learning Charter.<br>Owning our Learning Charter. | My Year Ahead.<br>Being a Citizen of My County.<br>Year 5<br>Responsibilities.<br>Rewards and Consequences.<br>Our Learning Charter.<br>Owning our Learning Charter.                         | My Year Ahead.<br>Being a Global Citizen.<br>The Learning Charter.<br>Our Learning Charter.<br>Owning our Learning Charter.                |
| <b>Celebrating Difference</b> | What I am good at.<br>I'm Special.<br>I'm Me!<br>Families.<br>Houses and Homes.<br>Making Friends.<br>Standing Up for Yourself. | The same as.....<br>Different from.....<br>What is 'bullying'?<br>What do I do about bullying?<br>Making New Friends.<br>Celebrating Me.          | Boys and Girls Stereotypes – 2 lessons.<br>Why does bullying happen?<br>Standing up for myself and others.<br>Gender Diversity.<br>Celebrating differences and still being friends. | Families.<br>Family Conflict.<br>Witness and Feelings.<br>Witness and Solutions.<br>Words that Harm.<br>Compliments.                                            | Judging by appearances.<br>Understanding influences.<br>Understanding bullying.<br>Problem-Solving.<br>Special Me.<br>Celebrating Difference – How We Look.                          | Different Cultures.<br>Racism.<br>Rumours and Name-Calling.<br>Types of Bullying.<br>Does money matter?<br>Celebrating Difference – Across the World.                                        | Am I normal?<br>Understanding Disability.<br>Power Struggles.<br>Why Bully?<br>Celebrating Difference.                                     |
| <b>Dreams and Goals</b>       | Challenge.<br>Never Giving Up.<br>Setting a Goal.<br>Obstacles and Support.<br>Flight to the Future.<br>Footprint Awards.       | My Treasure Chest of Success.<br>Steps to Goals.<br>Achieving Together.<br>Stretchy Learning.<br>Overcoming Obstacles.<br>Celebrating my Success. | Goals to Success.<br>My Learning Strengths.<br>Learning with Others.<br>A Group Challenge.<br>Continuing our Group Challenge.<br>Celebrating our Achievement.                       | Dreams and Goals.<br>My Dreams and Ambitions.<br>A New Challenge.<br>Our New Challenge.<br>Overcoming Obstacles.<br>Celebrating My Learning.                    | Hopes and Dreams.<br>Broken Dreams.<br>Overcoming Disappointment.<br>Creating New Dreams.<br>Achieving Goals.<br>We Did It!                                                          | When I Grow Up (My Dream Lifestyle).<br>Investigating Jobs and Careers.<br>My Dream Job.<br>Why I Want It and the Steps to Get There.<br>Dreams and Goals of Young People in Other Cultures. | Personal Learning Goals.<br>Steps to Success.<br>My Dream for the World.<br>Helping to Make a Difference.<br>Recognising our Achievements. |

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| <b>Learning themes / focus</b>                                                   |                                                                                                                |                                                                                                                                              |                                                                                                                                          |                                                                                                                                                                    |                                                                                                                                                     |                                                                                                                                                              | How can we support each other?<br>Rallying Support.                                                                                                    |                                                                                                                                                                     |
|                                                                                  | <b>Healthy Me</b>                                                                                              | Everybody's Body. We like to move it, move it!<br>Food, Glorious Food.<br>Sweet Dreams.<br>Keeping Clean.<br>Stranger Danger.                | Being Healthy. Healthy Choices.<br>Clean and Healthy.<br>Medicine Safety.<br>Road Safety.<br>Happy, Healthy Me.                          | Being Healthy. Being Relaxed.<br>Medicine Safety.<br>Healthy Eating .<br>Happy, Healthy Me!                                                                        | Being fit and Healthy.<br>What do I know about drugs?<br>Being Safe.<br>Safe or Unsafe.<br>My Amazing Body.                                         | My Friends and Me.<br>Group Dynamics.<br>Smoking.<br>Alcohol.<br>Healthy Friendships.<br>Celebrating my Inner Strength and Assertiveness                     | Smoking.<br>Alcohol.<br>Emergency Aid.<br>Body Image.<br>My Relationship with Food.<br>Healthy Me.                                                     | Taking Responsibility for My Health and Well-Being.<br>Drugs.<br>Exploitation.<br>Gangs.<br>Emotional and Mental Health.<br>Managing Stress and Pressure.           |
|                                                                                  | <b>Relationships</b>                                                                                           | My Family and Me.<br>Make friends, make friends, never ever break friends.<br>Falling out and bullying.<br>Being the best friends we can be. | Families.<br>Making friends.<br>Greetings.<br>People who help us.<br>Being my own best friend.<br>Celebrating my special relationships.  | Families.<br>Keeping safe and exploring physical contact.<br>Friends and Conflict.<br>Secrets.<br>Trust and Appreciation.<br>Celebrating my special relationships. | Family roles and responsibilities.<br>Friendship.<br>Keeping Myself Safe Online.<br>Being a Global Citizen.<br>Celebrating my Web of Relationships. | Jealousy.<br>Love and Loss.<br>Memories.<br>Getting on and Falling Out.<br>Girlfriends and Boyfriends.<br>Celebrating Relationships with People and Animals. | Recognising Me.<br>Safety with Online Communities.<br>Being in and Online Community.<br>Online Gaming.<br>My Relationship with Technology: screen time | What is Mental Health?<br>My Mental Health.<br>Love and Loss.<br>Power and Control.<br>Being Online: Real or Fake? Safe or Unsafe?<br>Using Technology Responsibly. |
| <b>Summer 2: Changing Me</b><br><br><b>*RSE lessons taught during this term*</b> | My Body.<br>Respecting My Body.<br>Growing Up.<br>Growth and Change.<br>Fun and Fears Pt1/Pt2.<br>Celebration. | Life-Cycles.<br>Changing Me.<br>My Changing Body.<br>Boys and Girls Bodies.<br>Learning and Growing.<br>Coping with Change.                  | Life-Cycles in Nature.<br>Growing from young to old.<br>The Changing Me.<br>Boys' and Girls' Bodies.<br>Assertiveness.<br>Looking Ahead. | How Babies Grow.<br>Babies.<br>Outside Body Changes.<br>Inside Body Changes.<br>Family Stereotypes.<br>Looking Ahead.                                              | Unique Me.<br>Having a Baby.<br>Girls and Puberty.<br>Circles of Change.<br>Accepting Change.<br>Looking Ahead.                                     | Self and Body Image.<br>Puberty for Girls.<br>Puberty for Boys.<br>Conception.<br>Looking Ahead.                                                             | My Self Image.<br>Puberty.<br>Babies – conception to birth.<br>Boyfriends and Girlfriends.<br>Real Self and Ideal Self.<br>The Year Ahead.             |                                                                                                                                                                     |

- Puberty lessons are statutory / **conception** lessons are non-statutory but are age appropriate and highly recommended for all children.