



# PSHE

## Subject Headlines



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<b>Being Me in My World</b> Feeling safe, rights and responsibilities	<b>Celebrating Differences</b> Similarities & differences, making friends	<b>Dreams and Goals</b> Setting goals, working with others	<b>Relationships</b> Different types of families, being a good friend	<b>Healthy Me</b> Healthy lifestyle choices, road safety	<b>Changing Me</b> Life cycles of animals and humans, change
Year 2	<b>Being Me in My World</b> Choices and their consequences	<b>Celebrating Differences</b> Making new friends	<b>Dreams and Goals</b> Special people, people who help me	<b>Relationships</b> Family members, getting on with others	<b>Healthy Me</b> Keeping my body healthy, food groups	<b>Changing Me</b> Confidence, how we change
Year 3	<b>Being Me in my world</b> Facing new challenges, making good choices	<b>Celebrating Differences</b> Understanding families	<b>Dreams and Goals</b> Challenges and successes, what are my dreams	<b>Relationships</b> Roles & responsibilities in my family	<b>Healthy Me</b> Exercise and how it affects my body, heart and lungs	<b>Changing Me</b> Growing up, baby development
Year 4	<b>Being Me in My World</b> Fitting in with my school community, showing empathy	<b>Celebrating Differences</b> First impressions, everyone is unique	<b>Dreams and Goals</b> Hopes and dreams, reflecting on experiences	<b>Relationships</b> Relationships close and distant, feeling loved	<b>Healthy Me</b> Friendship groups and valuing friends, facts about smoking	<b>Changing Me</b> The circle of change, my characteristics
Year 5	<b>Being Me in the World</b> New challenges, personal goals, having a voice	<b>Celebrating Differences</b> Conflict, racism, direct and indirect types of bullying	<b>Dreams and Goals</b> Identifying jobs, what I want to achieve	<b>Relationships</b> My personal qualities, managing friendships	<b>Healthy Me</b> Health risks, emergency first aid	<b>Changing Me</b> Positive body image, becoming a teenager
Year 6	<b>Being Me in My World</b> Rights, rewards, consequences, democracy	<b>Celebrating Differences</b> Understanding and celebrating differences	<b>Dreams and Goals</b> My learning strengths, working with others	<b>Relationships</b> Significant people in my life, using social media positively	<b>Healthy Me</b> Know the impact of food on the body, keeping emotionally well	<b>Changing Me</b> Bodies changes, understanding puberty