

Subject Overview



Ashford Hill
Primary School

PSHRE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	Being Me in My World Special and safe; My Class; Rights and Responsibilities; Rewards and Feeling Proud; Consequences and Owning our own learning charter	Celebrating Difference Similarities and Differences Between People; What bullying is and what to do about it; Making New Friends	Dreams and Goals Setting Simple Goals; Steps to Goals; Achieving Together; Tackling challenges; Overcoming Obstacles and Celebrating My Success	Healthy Me Being Healthy; Healthy Choices; Clean and Healthy; Medicine Safety; Road Safety and Happy, Healthy Me	Relationships Families; Making Friends, Greetings; People Who Help Us; Being My Own Best Friend; Celebrating My Special Relationships	Changing Me Life Cycles; Changing Me; My Changing Body; Boys and Girls Bodies; Learning and Growing; Coping with Changes
Year 1 & 2	Being Me in My World Hopes and Fears for the Year; Rights and Responsibilities; Rewards and Consequences, Our Learning Charter; Owning our Learning Charter	Celebrating Difference Boys and Girls (stereotypes); Why does bullying happen; Standing up for myself and others; Gender Diversity; Celebrating difference and still being friends	Dreams and Goals Goals to Success, My Learning Strengths; Learning with Others; A Group Challenge; Celebrating our Achievement	Healthy Me Being Healthy; Being Relaxed; Medicine Safety; Healthy Eating; Happy, Healthy Me!	Relationships Families; Keeping Safe- exploring physical contact; Friends and Conflict; Secrets; Trust and Appreciation, Celebrating My Special Relationships	Changing Me Life Cycles in Nature; Growing from Young to Old; The Changing Me; Boys' and Girls' Bodies; Assertiveness; Looking Ahead
Year 3	Being Me in My World Getting to Know Each Other; Our Nightmare School; Our Dream School; Rewards and Consequences; Our learning Charter; Owning our Learning Charter	Celebrating Difference Families; Family Conflict; Witness and Feelings; Words that harm; Compliments	Dreams and Goals Dreams and Goals, My Dreams and Ambitions; A New Challenge- how to achieve; Overcoming Obstacles; Celebrating My Learning	Healthy Me Being Fit and Healthy, What Do I Know About Drugs; Being Safe; Safe or Unsafe; My Amazing Body	Relationships Family Roles and Responsibilities; Friendships; Keeping Myself Safe Online; Being A Global Citizen; Celebrating My Web of Relationships	Changing Me How Babies Grow; Babies; Outside Body Changes; Inside Body Changes; Family Stereotypes; Looking Ahead
Year 4	Being Me in My World Becoming a Class 'Team'; Being a School Citizen; Rights, Responsibilities and Democracy; Rewards and Consequences; Our Learning Charter; Owning Our Learning Charter	Celebrating Difference Judging by Appearances; Understanding influences; Understanding Bullying; Problem-solving; Special Me; How we look	Dreams and Goals Hopes and Dreams; Broken Dreams; Overcoming Disappointment; Creating New Dreams; Achieving Goals; We Did It!	Healthy Me My Friends and Me; Group Dynamics; Smoking; Alcohol; Healthy Friendships; Celebrating My Inner Strength and Assertiveness	Relationships Jealousy; Love and Loss; Memories; Getting on and Falling Out; Girlfriends and Boyfriends; Celebrating My Relationships with People and Animals	Changing Me Unique Me; Having a Baby; Girls and Puberty; Circles of Change; Accepting Changing; Looking Ahead
Year 5 & 6 Cycle A	Being Me in My World My Year Ahead; Being a Citizen of My Country; Responsibilities, Rewards and Consequences; Our Learning Charter and Owning our Learning Charter	Celebrating Difference Difference cultures; Racism; Rumours and Name-calling; Types of Bullying; Does Money Matter? And Celebrating Difference across the world	Dreams and Goals When I Grow Up; Investigate Jobs and Careers; My Dream Job; Dreams and Goals of Young People in Other Cultures; How can we support each other; Rallying Support	Healthy Me Smoking; Alcohol; Emergency Aid; Body Image; My Relationship with Food; Healthy Me	Relationships Recognising Me; Safety with Online Communities; Being in an Online Community; Online Gaming; My relationship with Technology; screen time; Relationships and Technology	Changing Me Self and Body Image; Puberty for Girls; Puberty for Boys; Conception; Looking Ahead
Year 5 & 6 Cycle B	Being Me in My World My Year Ahead; Being a Global Citizen; The Learning Charter	Celebrating Difference Am I Normal; Understanding Difference; Power Struggles; Why Bully; Celebrating Difference	Dreams and Goals Personal Learning Goals; Steps to Success; My Dream for the World; Helping to Make a Difference; Recognising Our Achievements	Healthy Me Taking responsibility for my health and well-being; Drugs; Exploitation; Gangs; Emotional and Mental Health; Managing Stress and Pressure	Relationships What is Mental Health; My Mental Health; Love and Loss; Power and Control; Being Online; Using Technology Responsibly	Changing Me My Self Image; Puberty; Babies; Conception to Birth; Boyfriends and Girlfriends; Real self and ideal self; The Year Ahead