

St. Cuthbert's Catholic Primary School

PSHE Content Overview



Term	Autumn		Spring		Summer	
CM	Compassion		Courage		Wisdom	
Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	Myself Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Welcome Identifying talents Being special Families Where we live Making friends Standing up for yourself	Birthday Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Celebrating Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Gathering & Growing Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Good News/ Friends/ Our World Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
KS1	Families Yr1 Beginnings Yr2 Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owing the Learning Charter	Belonging Yr1 Signs and Symbols Yr2 Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Waiting Yr 1 Preparations Yr 2 Setting goals Identifying successes & achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Special People/ Meals Yr 1 Books Yr2 Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Change/Holidays and Holy Days Yr1 Thanksgiving/ Opportunities Yr 2 Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Being Sorry/ Neighbours Yr 1 Spread the Word/ Rules & Treasures Yr 2 Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Yr 3	Homes Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Promises Assumptions and stereotypes about gender Understanding bullying Standing up for self & others Making new friends Gender diversity Celebrating difference and remaining friends	Visitors Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Journeys/ Listening & Sharing Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Giving All/ Energy Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Choices/ Special Places Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

Yr 4	People Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Called Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Gift Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Community/ Giving & Receiving Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Self Discipline Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	New Life/ Building Bridges/ God's People How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
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Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Yr 5	Ourselves Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Life Choices Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hope & Mission Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Memorial Sacrifice / Sacrifice Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Transformation/ Freedom & Responsibility Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Stewardship Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Yr 5/6	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism, Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency First Aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self- and body-image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Yr 6	Loving Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Vocation & Commitment Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Expectations Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Witness Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Healing Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Common Good Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition