

## The Whitchurch CE Federation The Healthy Me Subject Overview PSHE



Year Group			Spring Term		Summer Term	
1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Key Concepts</b> Being Me In My World	<b>Key Concepts</b> Celebrating Difference	<b>Key Concepts</b> Dreams and Goals	<b>Key Concepts</b> Healthy Me	<b>Key Concepts</b> Relationships	<b>Key Concepts</b> Changing Me
	Breadth Understand that all living things live, grow and die. Discuss changes and growth of animals and themselves. Reflect on own history. Discuss changes in their own life. Identify body parts of boys and girls. Embrace changes. Understand how learning helps growth. Understand that change and growth is inevitable. The Healthy Me.	Breadth Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating differences in everyone	Breadth Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievements with a partner Feelings of success	Breadth Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine / safety with household items Road safety Linking health and happiness	Breadth 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	Breadth Life cycles – animal and human changes in me. Changes since being a baby. Linking growing and learning Coping with change and transition.
2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Key Concepts</b> Being Me In My World	<b>Key Concepts</b> Celebrating Difference	<b>Key Concepts</b> Dreams and Goals	Key Concepts Healthy Me	<b>Key Concepts</b> Relationships	<b>Key Concepts</b> Changing Me
	Breadth Being me in my world Hopes and Fears for the Year	Breadth Accept that everyone is different Include others when	Breadth Goals to success My Learning Strengths Learning with others	Breadth Plan and design a Healthy Me Café Being Healthy	Breadth Being a good friend. Understanding different kinds of	Breadth Understand that all living things live, grow and die.

	Rights and Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	working and playing Know how to help if someone is being bullied Try to solve problems Try to use kind words Know how to give and receive compliments	A group challenge Assessment week Celebrating achievement	Being Relaxed Medicine Safety Healthy Eating The Healthy Me	physical contact. Asking for help. Self-love. Having healthy relationships. The Healthy Me.	Discuss changes and growth of animals and themselves. Reflect on own history. Discuss changes in their own life. Identify body parts of boys and girls. Embrace changes. Understand how learning helps growth. Understand that change and growth is inevitable. The Healthy Me.
3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Breadth Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Breadth 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	Breadth 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	Breadth 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	Breadth 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	Breadth How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts					

	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Breadth	Breadth	Breadth	Breadth	Breadth	Breadth
	Being part of a class	Challenging	Hopes and dreams	Healthier friendships	Jealousy	Being unique
	team	assumptions	Overcoming	Group dynamics	Love and loss	Having a baby
	Being a school citizen	Judging by	disappointment	Smoking	Memories of loved	Girls and puberty
	Rights, responsibilities	appearance	Creating new, realistic	Alcohol	ones	Confidence in change
	and	Accepting self and	dreams	Assertiveness	Getting on and Falling	Accepting change
	democracy (school	others	Achieving goals	Peer pressure	Out	Preparing for transition
	council)	Understanding	Working in a group	Celebrating inner	Girlfriends and	Environmental change
	Rewards and	influences	Celebrating	strength	boyfriends	
	consequences	Understanding bullying	contributions		Showing appreciation	
	Group decision-	Problem-solving	Resilience		to people and	
	making	Identifying how special	Positive attitudes		animals	
	Having a voice	and				
	What motivates	unique everyone is				
	behaviour.	First impressions				
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5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Breadth	Breadth	Breadth	Breadth	Breadth	Breadth
	Planning the	Cultural differences	Future dreams	Smoking, including	Self-recognition and	Self- and body image
	forthcoming year	and how	The importance of	vaping	self-worth	Influence of online and
	Being a citizen	they can cause	money	Alcohol	Building self-esteem	media on body image
	Rights and	conflict	Jobs and careers	Alcohol and anti-social	Safer online	Puberty for girls
	responsibilities	Racism	Dream job and how to	behaviour	communities	Puberty for boys
	Rewards and	Rumours and name-	get there	Emergency aid	Rights and	Conception (including
	consequences	calling	Goals in different	Body image	responsibilities online	IVF)
	How behaviour affects	Types of bullying	cultures	Relationships with food	Online gaming and	Growing responsibility
	groups	Material wealth and	Supporting others	Healthy choices	gambling	Coping with change
	Democracy, having a	happiness	(charity)	Motivation and	Reducing screen time	Preparing for transition
	voice,	Enjoying and	Motivation	behaviour	Dangers of online	
	participating	respecting other			grooming	
		cultures			SMARRT internet safety	
6	Autumn 1	Autumn 2	Spring 1	Spring 2	rules Summer 1	Summer 2
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	Key Concepts	Key Concepts Celebrating Difference	Key Concepts	Key Concepts	Key Concepts Relationships	Key Concepts Changing Me
		Key Concepts Celebrating Difference Breadth	Key Concepts Dreams and Goals Breadth	Key Concepts Healthy Me Breadth	Key Concepts Relationships Breadth	Key Concepts Changing Me Breadth

Identifying goals for	Perceptions of	Personal learning	Taking personal	Mental health	Self-image
the year	normality	goals, in and out of	responsibility	Identifying mental	Body image
Global citizenship	Understanding	school	How substances affect	health worries and	Puberty and feelings
Children's universal	disability	Success criteria	the body	sources of support	Conception to birth
rights	Power struggles	Emotions in success	Exploitation, including	Love and loss	Reflections about
Feeling welcome and	Understanding bullying	Making a difference in	'county lines' and	Managing feelings	change
valued	Inclusion/exclusion	the world	gang culture	Power and control	Physical attraction
Choices,	Differences as conflict,	Motivation	Emotional and mental	Assertiveness	Respect and consent
consequences and	difference as	Recognising	health	Technology safety	Boyfriends/girlfriends
rewards	celebration	achievements	Managing stress	Take responsibility with	Sexting
Group dynamics	Empathy	Compliments		technology	Transition
Democracy, having a					
voice					
Anti-social behaviour					
Role-modelling					