**Courthouse Junior School PSHE Overview**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 3** | **Being responsible** What have we achieved that we are most proud of and how do we celebrate these achievements?What would we like to achieve by the end of year 3?What are rules and how do I make responsible choices and ask for help?How do my actions affect myself and others? Positive and negative.How do I take responsibility for my choices and actions? | **Valuing difference** What makes up my family?How are families different?How do words affect feelings and what are their consequences?Why is it importance to give and receive compliments and how this makes someone feel?What is Bullying?How can I help someone who is being bullied? | **Working together**What steps do we need to build confidence to share our successes?What is Teamwork?How can you ensure everyone in your team is heard and use their strengths?What obstacles might people overcome to achieve their goals and what dream or ambition is important to you, how can we achieve it?\*\*Mental Health Week\*\* | **Healthy lifestyles** How does exercise affect my body and why are my heart and lungs so important?How can I set myself a fitness challenge?What are drugs and what is my attitude towards them?What are things, people and places that I need to keep safe from?How do I stay safe at home and what substances can harm me?How can I respect my body and how is it so complex? | **Relationships**What are the roles and responsibilities of members of my family?What contributes a good friendship?How to be respectful to friends/others and how to resolve conflict including online?What can I do if I feel unsafe?Who influences my life and how do I show appreciation to those around me?What is conflict and how can I solve it? | **Growing up** How do animals and humans change over time?How do babies grow inside their mothers and how does this make me feel?How do boys and girls bodies change on the outside?How do boys and girls bodies change on the inside?What are family stereotypes? |
| **Year 4** | **Actions and rights** How do my actions and attitudes impact on others in school and the community?Who makes up our school community and how do they help us learn?What is a democracy and how does it work? (School Council)What are the five basic rights for children?How do my actions affect myself and others? Positive and negative.Do actions have consequences?What is doing the ‘right thing’? | **Being unique** How does our first impression of someone affect what we think of them?What assumptions and thoughts influence our perception of people?Why should we accept people for who they are?Is it easy to spot bullying and why might someone bully someone else? Why might a witness/bystander join in Bullying?What is special about me and makes me unique? | **Positive attitudes** What dreams do you have for the future and how do they make you feel?How can we make a plan and set new goals even if there have been setbacks?What does it mean to be resilient and to have a positive attitude?How can I work out the steps to take to achieve a goal, and do this successfully as part of a group?\*\*Mental Health Week\*\* | **Healthy lifestyles** How are friendships formed and how can I manage my emotions in friendships?How do groups form different dynamics? How does smoking affect health and what are the reasons some people smoke? What are the effects of alcohol and why do people drink alcohol? How might people put pressure on me and how do I resist it?How do I know what is right and wrong and how can I be assertive? | **Special Relationships**What relationships am I part of and how does it feel to be part of different relationships?How to identify someone I love and show how they are special to me?How to remember someone we no longer see? How can I explain my point of view on animal rights?How do we feel when someone is in our body space?  | **Growing up**Where do my birth characteristics come from? What are the parts of the body needed to make a baby?What happens to a girls body to allow her to have a baby? What is the circle of change and how can it effect my life? What changes have already happened and how do I feel about these?  |
| **Year 5** | **Rights and responsibilities** How can education help you achieve your goals in life?How do I set new goals and challenges for the coming year?What are my rights and responsibilities as a British citizen/ member of school?What are my rights as a child and are they being met?How can an individual’s behaviour impact a group and what are the consequences?How does democracy and having a voice benefit the school community and how do I participate in this? | **Equality and diversity – Race and ethnicity** Why do different cultures sometimes cause conflict?What is racism?What is the difference between direct and indirect bullying?How can you support children being bullied and discourage people who use bullying behaviours to make a different choice? How can I be aware of my attitude towards people of different cultures?How is my life similar and different to people in the developing world? | **Money and finance** How does money relate to lifestyle and is it best to buy brand names or cheaper options? Is earning a high salary an important thing when someone is choosing a job or career? What risks are involved in borrowing money? Do grown-ups get to keep all the money they earn? What does tax mean and how is it spent? Where does the money we spend go? \*\*Mental Health Week\*\* | **Healthy lifestyles**  What effects does smoking have on the body’s vital organs? What are the risks of misusing alcohol and how does it affect the body’s vital organs? What can I do to resist peer pressure?What is my body image and how does the media and celebrity culture promote certain body types?What relationship does food have with peoples lives and what problems does this entail? What are healthy lifestyle choices? | **Relationships**Who am I and what are my characteristics and personal qualities? How do I make new friends and manage relationships if I fall out?How to recognise pressure from peers online?What does having a boyfriend/girlfriend mean? (reference consent)How have relationships changed over time? What is the equality? (Equality act) | **Puberty** What happens to a girls body during puberty?What happens to a boys body during puberty?What is menstruation... What is sperm and an egg? How is a baby conceived? What is consent and how does it affect me when growing up? (Scientific side to reproduction)  |
| **Year 6** | **Rights and responsibilities for me and the world**What worries or fears come with setting new goals?How do our actions affect people locally and globally?What are the Universal rights for child and are they being met worldwide?Can I understand my own wants and needs and compare these with children in different communities?How do rules and responsibilities fit together?What is democracy within school and the wider community? | **Equality and diversity - disability**What does normal mean?How could a disability affect someone's life?Can you give examples of people with disabilities who lead amazing lives?Why do some people use bullying behaviours?Explain ways in which difference can be a cause of celebration or of conflict relevant to “society norms”.How can we recognise one person or a group having power over another/others?How can we show empathy for children in either situation? | **Money and the environment** What do we mean by personal finance? How can we be critical consumers and ensure we are getting value for money? Before making decisions about saving and borrowing what information to people need? Who decides how and which resources are allocated and is this always fair and what do people do if they disagree? What is an entrepreneur and what skills and personal attributes do they need? \*\*Mental Health Week\*\* | **Healthy lifestyles**  What is the impact of food on the body and how to motivate yourself to make better choices?How do different types of drugs effect the body?How do I know if alcohol is being used responsibly, anti-socially or being misused?What do I do in a medical emergency? What is emotional health and how do people regulate their mental health?What is stress and how do people manage stress? | **Feelings and emotions** Who are the important and significant people in my life?How will I feel if someone leaves or I lose someone?What are the different stages of grief?How do I recognise if someone is trying to gain power or control?How do people try to take control online and how can I stop this happening?How to use technology safely and communicate with my family? | **Sex education** What is my own body image and how can I promote self-esteem?What are the differences between boys and girls during puberty?What questions do I have about puberty and the way my body is going to change?How does a baby develop from conception, through pregnancy and how it is born?What are sexual relationships? (physical, emotional, social factors) What does being physically attracted to someone mean and how does it change the nature of a relationship? |