















Curriculum Overview: PSHE

Key Stage 2 Nurture	Term 1 	Term 2 	Term 3 	Term 4 	Term 5 	Term 6 
	<p>Being Me in My World 2.1. <i>I can explain how my behaviour can affect how others feel.</i></p>	<p>Celebrating Differences 2.1. <i>I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</i></p>	<p>Dreams and Goals 2.1. <i>I can explain the different ways that help me learn.</i></p>	<p>Healthy Me 2.1. <i>I can identify things, people and places that I need to keep safe from, and can tell you strategies for keeping myself safe and healthy, including who to go to for help.</i></p>	<p>Relationships 1.2. <i>I can explain why some things might make me feel uncomfortable in a relationship and compare this to relationships that make me feel safe and special.</i></p>	<p>Changing Me 1.2. <i>I can use the correct terms to describe penis, testicles, anus and vagina and explain why they are private.</i></p>









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Key Stage 2	Term 1 	Term 2 	Term 3 	Term 4 	Term 5 	Term 6 
Year A	<p>Being Me in My World 2.2. I can explain why being listened to and listening to others is important in my school community.</p>	<p>Celebrating Differences 2.2 I can tell you a time when my first impression of someone has changed, as I got to know them. S2.3. I can explain why bullying might be difficult to spot and what to do about it if I am not sure.</p>	<p>Dreams and Goals 2.2. I can plan and set new goals, even after disappointment.</p>	<p>Healthy Me 2.2/2.3. I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p>	<p>Relationships 2.2/2.3. I can recognise how people are feeling when they miss a special person or animal.</p>	<p>Changing Me 2.2/2.3. I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.</p>
Year B	<p>Being Me in My World 2.3. I can compare my life with other people in my country and why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p>	<p>Celebrating Differences S2.4 I can explain differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others, if we become involved in a situation.</p>	<p>Dreams and Goals S2.3. I can compare my hopes and dreams with those of young people from different cultures.</p>	<p>Healthy Me S2.4. I can explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p>	<p>Relationships S2.4 I can explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p>	<p>Changing Me S2.4. I can summarise the process of conception.</p>
Year C	<p>Being Me in My World 3.1. I can explain how my choices can have an impact on people in my community and globally.</p>	<p>Celebrating Differences S3.1. I can explain ways in which difference can be a source of conflict or a cause for celebration.</p>	<p>Dreams and Goals S3.1. I can explain different ways to work with others, to make the world a better place.</p>	<p>Healthy Me S3.1. I can explain when substances including alcohol are being used anti-socially or being misused, and the impact this can have on an individual and others.</p>	<p>Relationships S3.1. I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p>	<p>Changing Me S3.1. I can describe how a baby develops from conception through 9 months of pregnancy, and how it is born.</p>









Curriculum Overview: PSHE

Key Stage 3	Term 1 	Term 2 	Term 3 	Term 4 	Term 5 	Term 6 
Year A	<p>Being Me in My World S3.2. I can explain why different forms of positive and negative prejudice and discrimination happen.</p>	<p>Celebrating Differences S3.3. I can challenge my own and others attitudes and values and accept differences in others.</p>	<p>Dreams and Goals S3.2. I can explain how internal and external factors might effect my dreams and goals.</p>	<p>Healthy Me S3.2. I can explain why it is important to express my feelings and manage them positively to help me make responsible choices, I can offer strategies that I could use to help me do this.</p>	<p>Relationships S3.2. I can explain a range of feelings that people may experience within different social groups and social contexts and how this may relate to their behaviour.</p>	<p>Changing Me S3.2. I can explain why some personal and family changes happen.</p>
Year B	<p>Being Me in My World 4.2. I can give you some examples of things that can influence a person's identity.</p>	<p>Celebrating Differences 4.1. I can say what stereotyping, prejudice and discrimination are and give examples of each. I can identify what is and isn't bullying and I can say why it is important to respect others.</p>	<p>Dreams and Goals 4.2. I can give an example of one of my short-term goals, medium-term goals and long-term goal, and suggest what I need to do and avoid doing if I am to achieve these.</p>	<p>Healthy Me 4.2. I can give examples of responsible choices that I can make to support my physical and emotional/mental health.</p>	<p>Relationships 4.1 I can recognise different factors that contribute to a positive or negative relationship.</p>	<p>Changing Me 4.2. I can explain the difference between a crush and a deeper romantic relationship.</p>
Year C	<p>Being Me in My World 4.3 I can state ways in which my identity and self-esteem can be influenced positively and negatively by my relationship choices. I can give examples of risky behaviour.</p>	<p>Celebrating Differences 4.3. I can give an example of prejudice and discrimination and how this could lead to bullying.</p>	<p>Dreams and Goals 4.3. I can list some attitudes and beliefs that may help me achieve my goals and those that might prevent me from doing so.</p>	<p>Healthy Me 4.3. I can say how substance and alcohol affect decision-making and give examples of potential consequences if this were to happen.</p>	<p>Relationships 4.2. I can tell you why it is important to make informed choices when considering having sex.</p>	<p>Changing Me 4.3. I can list ways in which change can affect my mental health and can state some things I can do to cope with change.</p>



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Key Stage 4	Term 1 	Term 2 	Term 3 	Term 4 	Term 5 	Term 6 
Year A 2024-2025	Being Me in My World <i>5.1 I can say what the Human Rights Act means. I can state the stages of grief.</i>	Celebrating Differences <i>5.1. I can explain the Equality Act and how it protects a range of groups in society from abuses of power and discrimination.</i>	Dreams and Goals <i>5.1. I can state aspects of my relationship and life that hinder me in achieving my goals. I can identify the difference between realistic and unrealistic dreams and goals.</i>	Healthy Me <i>5.1. I can state some of the potential threats to my health, both now and in the future and am aware of the link between mental and physical well-being.</i>	Relationships (Year 10) <i>5.1 I can also state what makes a relationship inappropriate and apply this to different types of relationships.</i>	Changing Me (Year 10) <i>5.1 I can describe issues concerning gender identity. I can list sources of advice and support for young people.</i>
					Year 11 <i>Exams Work experience Leavers Activities</i>	Year 11 <i>Exams Work experience Leavers Activities</i>
Year B	Being Me in My World <i>5.2 I can outline the legal and moral restriction on my behaviour, relationships and lifestyle and give examples of what I am legally allowed to do or prevented from doing. I know basic first aid.</i>	Celebrating Differences <i>5.2 I can discuss the variety of people in the world, who I may meet in my future and how I can manage, if we have different views and opinions; especially in the workplace.</i>	Dreams and Goals <i>5.2. I recognise that my future is more than just a career; it also involves family, social life, money and health. I can state some of my goals in these aspects of my life.</i>	Healthy Me <i>5.2. I can recognise some key STIs and know about appropriate treatment for them. I can give some examples of behaviours that do not conform to a healthy sexual relationship.</i>	Relationships (Year 10) <i>5.1 I can also state what makes a relationship inappropriate and apply this to different types of relationships.</i>	Changing Me (Year 10) <i>5.1 I can describe issues concerning gender identity. I can list sources of advice and support for young people.</i>
					Year 11 <i>Exams Work experience Leavers Activities</i>	Year 11 <i>Exams Work experience Leavers Activities</i>