



Our PSHE Adventure



Long Term Overview

TERM	Unit Summary
Term 1	<p>Being Me in My World</p> <p>The children will begin to explore their place in their new year groups through a team building focus at the start of the year. The children will consider what it means to belong, the uniqueness of each other alongside their own personal, special qualities and what they bring to a group. They will also explore their rights and responsibilities including the universal rights of children and the need for rules. This will be considered alongside their role in our community and our wider society. Older children will consider the effects of being a refugee and explore their empathy and understanding of those children who do not have access to the universal rights of children in the world. They will consider what a democracy is and the importance of having a voice. The children will be supported to explore their decision making and how their actions impact on others both positively and negatively.</p>
Term 2	<p>Dreams and Goals</p> <p>The children will be supported to think about what it means to achieve a goal and feel proud of themselves. They will be encouraged to consider how they could face a new challenge with perseverance and resilience and identify any obstacles that they may face with this. The children will work to develop the ability to work methodically through a problem both as an individual and a member of a group, they will consider how to problem solve and set goals. Personal goals will be set by the children for the year ahead as well as exploring how to manage hopes or dreams if they are not realised. Older children will reflect on jobs and careers and the importance of all jobs in our society. They will consider their own personal aspirations and how these might differ or be similar to a child in another culture with different experiences. They will also consider their own personal strengths and weaknesses in the context of goal settings and dreams. Finally,</p>

	<p>the children will consider stereotypes in their discussions and learning as well as thinking about how charity fundraising can be used for the greater good in society and the world.</p>
<p>Term 3</p>	<p>Celebrating Differences, Positive Relationships and Online Safety including Safer Internet Day</p> <p>The children will explore similarities and differences between themselves and their friends and explore ways to resolve conflicts positively. They will consider what is acceptable physical contact from themselves to others and vice versa, recognising what is right and wrong and how the children can look after themselves and be assertive. They will recognise that bullying can often be about differences and consider how to manage situations that could cause jealousy and hurt, recognises the consequences of this. The children will consider how to recognise love and how to express this alongside managing the loss of a loved one and the importance of memories. They will consider racism and their own personal attitude to people from different races and their understanding and attitudes to other cultures. The children will recognise that cultural differences can cause conflict and consider strategies to manage this. The children will also consider their mental health and how they can keep themselves safe and well mentally. All the children will be taught about how to keep themselves safe online, this will include resisting pressure to do anything online which may be hurtful to themselves or others; how to use technology safely including the impact of technology on our health; how to resist peer pressure online and the importance of online safety.</p>
<p>Term 4</p>	<p>Celebrating Differences, Positive Relationships, Bullying and Discrimination</p> <p>The children will be taught about common characteristics and differences in their life experiences e.g., types of families and communities. The children will continue to be encouraged to recognise their own uniqueness and how this should be celebrated. They will be taught about what bullying is, consider how this might feel and explore ways to overcome this including telling someone about it as the first step. They will consider the impact of direct and indirect bullying and explore how to encourage themselves and others to make positive choices and to support children who are being bullied. Stereotypical families and assumptions about boys and girls will be challenged as well as revisiting appropriate touch and how to manage this. They will be supported to explore assumptions that are often made about what people look like, how their experiences can influence this and how to reflect and question themselves about their assumptions. Older children will explore diversity in our society and how this can also be a cause of bullying due to race, religion, gender, disability,</p>

	<p>sexuality and age. They will consider difference as a source of celebration and also a cause of conflict and bullying and the role of bullying as a power tool.</p>
<p>Term 5</p>	<p>Healthy Me</p> <p>The children will be taught about how they can keep their bodies healthy through their choice of a healthy diet, exercise and good levels of sleep. They will be taught about how to keep their bodies healthy through being clean by washing their hands for example and also the importance of dental hygiene. The children will explore their understanding of germs and disease and how medicines are used to treat many diseases and infections. They will be taught that household products and medicines can be dangerous if not used properly and how they can keep themselves safe. They will be advised on who they can ask for help if they need this and how to do this. This will include how to access emergency services and first aid. Safety and attitudes towards drugs as medicine but also recreational drugs will be explored with the children including how to keep themselves safe should they come across possible drugs in their everyday lives and the dangers of these. With older children, the dangers of exploitation through county lines and gangs will also be discussed and considered. The effects of smoking and alcohol on the body will be shared and the consequences of this explored, particularly its effect on the heart, lungs and liver. Resistance to peer pressure will be revisited and the children will be supported with how to make informed decisions about these. The children will be advised to consider their own mental and physical health as equally important and explore how they can support these within themselves. This will include discussions around body image, relationships with food and how to manage stress and pressure.</p>
<p>Term 6</p>	<p>Changing Me</p> <p>The children will be encouraged to understand that all human beings are unique and special and that we all grow and change at different rates. The children will be taught the scientific names of genitalia and body parts as part of this topic so that they do not experience any confusion or misunderstanding as we help them to understand their bodies and how to keep them safe. The children will learn about the life cycles of animals and humans as part of this topic as well as within the science curriculum. This will include growing from young to old as well as how babies grow and how they are cared for. We will prepare the children for puberty by helping them to understand the difference between male and female bodies and as the children move into upper school, talk specifically about body hair, changes to genitalia and body</p>

	<p>parts and the impact of this e.g. voice breaking as well as menstruation. We support the children with knowing how to keep their bodies healthy during this period and why they may begin to smell and need to keep their bodies clean, use deodorant etc. We explore the children's feelings about this with them and emphasise the need for positive mental health by exploring body image and wellbeing including reference to individuals who may have questions about their biological gender. In year 5 and 6, we provide a more detailed RSE curriculum regarding puberty and sexual intercourse within a loving relationship.</p>
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