



Be the best you can be!

Bush Hill Park PSHE Overview 2018 - 2019

	Autumn 1 Being Me and My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me and Sex and Relationships
Year 1	Special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Our learning charter	The same as... Different from... What is bullying? What can we do about bullying? Making new friends Celebrating difference Celebrating me	My treasure chest of success Steps to goals Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy me Healthy me	Families Making friends Greetings People who help us Being my own best friend Celebrating special relationships	Keeping clean Growing and changing Families and care
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Our learning charter	Boys and Girls Why does bullying happen? Standing up for myself and others Making new friends Celebrating difference and still being friends	Goals to success My learning strengths Learning with others A group challenge Celebrating our success	Being healthy Being relaxed Medicine safety Healthy eating Healthy me cafe	Families Keeping safe - exploring physical contact Friends and conflict Secrets Trust and appreciation Celebrating my special relationships	Differences – boys and girls Differences – male and female Naming the body parts
Year 3	Being Me in my World Recognising my worth Face new challenges Understand the need for rules	Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments	My dreams and goals My dreams and ambitions New challenges Celebrating my learning	Being fit and healthy What do I know about drugs? Being safe My amazing body	Family roles and responsibilities Friendship Keeping myself safe Being a global citizen Celebrating my web of relationships	Differences – male and female Personal space Family differences Lesson 5 from Changing Me



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Year 4	<p>Becoming a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Our learning charter</p>	<p>Judging by appearances Understanding influences Understanding bullying Problem solving Special me Celebrating difference: how we look</p>	<p>Hopes and dreams Broken dreams Overcoming disappointment Creating new dreams Achieving goals We did it!</p>	<p>My friends and me Group dynamics Smoking Alcohol Healthy friendships Celebrating my inner strength and assertiveness</p>	<p>Relationship web Love and loss Memories Are animals special Special pets Celebrating my relationships with humans and animals</p>	<p>Growing and changing What is puberty Puberty changes and reproduction</p>
Year 5	<p>My year ahead Being me in Britain Year 5 responsibilities Rewards and consequences Our learning charter</p>	<p>Different cultures Racism Name-calling and rumors Types of bullying Does money matter? Celebrating differences around the world</p>	<p>When I grow up Investigate jobs and careers My dream job and how I will get there Dreams and goals in other cultures Supporting each other Rallying support</p>	<p>Smoking Alcohol Emergency aid Body image Relationships with food Healthy me</p>	<p>Recognising me Getting on and falling out Girlfriends and boyfriends Relationships and technology</p>	<p>Talking about puberty Male and female changes Puberty and hygiene Changing Me</p>
Year 6	<p>My year ahead Being a global citizen Our learning charter</p>	<p>Am I normal Understanding disability Power struggles Why bully Celebrating difference</p>	<p>Personal learning goals Steps to success My dream for the world Helping make a difference Recognising our achievements</p>	<p>Food Drugs Alcohol Emergency aid Emotional and mental health Managing stress</p>	<p>My relationship web Love and loss Power and control Being safe with technology</p>	<p>Puberty and reproduction Understanding relationships Conception and pregnancy Communicating in relationships Changing Me</p>