

PSHE Learning Journey

Year R



Celebrating difference

Children will identify their unique talents, appreciate what makes them special, explore family dynamics, learn about their local community, build friendships and develop the confidence to stand up for themselves.



Relationships

Children will explore family life, learn how to deal with bullying, understand the qualities of being a good friend and explore what happens when friendships face challenges or fall apart.

Year 1

Being me in my world

Children will learn about feeling valued and secure, building a sense of belonging within their class, understanding their rights and responsibilities, and recognising the impact of rewards and consequences.

Dreams and goals

Setting goals, identifying successes and achievements, tackling new challenges and overcoming obstacles..

Relationships

Making friends, belonging to a family, self acknowledgement and physical contact preferences.

Being me in my world

In this topic, children will explore self-identity, learn to understand and manage their emotions, adapt to the classroom environment, practice gentleness, and embrace their rights and responsibilities.



Calm me

Pupils will take part in mindfulness practice with breathing techniques, awareness exercises and visualisations.

Dreams and goals

Children will learn about challenges and goal-setting, the importance of perseverance in overcoming obstacles, the value of seeking help when needed and strategies for successfully achieving their goals.

Changing Me

Children will learn to respect their bodies, understand the process of growing up, explore growth and change and navigate fun, fears, and celebrations along the way.



Celebrating difference

Understanding bullying and how to deal with it, making new friends and celebrating the difference in everyone.



Healthy Me

Children will learn about staying healthy, making healthy choices, maintaining overall well-being, understanding the proper use of medicines and practicing road safety.

Caroline
Chisholm
School



PSHE Learning Journey

Changing Me

Children will study the life cycles of animals and humans, exploring the growth and changes that occur. They will also learn about the differences between male and female bodies, understanding and using the correct terminology.

Year 2

Being me in my world

Children will explore their hopes and fears, understand rewards and consequences and learn to recognise and manage their emotions.

Celebrating difference

Children will explore assumptions and stereotypes about gender, learn how to stand up for themselves and others and understand the importance of gender diversity.

Dreams and goals

Children will focus on setting achievable goals, building perseverance, and working together in groups, learning to contribute to and celebrate shared success.

Healthy Me

Children will learn how to maintain a healthy lifestyle by staying relaxed and practicing healthy eating habits.

Relationships

This topic will focus on relationships in families and how to build safe friendships based on trust, respect and appreciation.



calm



Calm me

Pupils will take part in mindfulness practice with breathing techniques, awareness exercises and visulatisation

Changing Me

Children will learn about life cycles, growing from young to old, while developing assertiveness and increasing independence.



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Year 3

Being me in my world

In year 3, children will learn about self-identity and worth, setting personal goals. Looking at things from others' perspective and making responsible choices.



Celebrating difference

Children will explore the diversity of families, understanding differences and family conflict. They will also learn how words can be hurtful and develop strategies to address and resolve bullying.

Dreams and goals

As part of this topic, children will discuss their goals and dreams, exploring their ambitions and how motivation and enthusiasm can help them tackle new challenges. They will also learn strategies for overcoming obstacles and managing their emotions, building resilience and a positive mindset.



Healthy Me

During this topic, children will learn the importance of staying safe online, researching exercises, understanding food labelling, and making informed healthy choices.



Relationships

Children will develop an awareness of how their choices impact others and recognise that other children may have different life experiences. This topic will also focus on the importance of expressing gratitude and appreciation, encouraging kindness and empathy toward others.



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Changing Me

Children will learn about how babies grow and develop an understanding of their needs. They will also study the physical changes that occur both inside and outside of our bodies as we grow, helping them understand the process of human development.



Dreams and goals

The children will discuss their hopes and dreams, as well as strategies for overcoming disappointment. They will focus on celebrating individual and class achievements, learning the value of teamwork and collaboration when working in a group.



Relationships

Children will learn about understanding love and loss, as well as cherishing memories of loved ones. They will explore their emotions, including feelings of jealousy and how to navigate friendships, including getting along and resolving conflicts. The topic will also cover the importance of appreciation for both people and animals, fostering gratitude and kindness.

Year 4

Being me in my world

In Year 4, children will enhance their group decision-making skills by actively participating in a class team. They will learn about their rights and responsibilities, as well as the principles of democracy through involvement in the school council.

Celebrating difference

This topic will help children gain a deeper understanding of bullying and external influences. They will learn how to challenge stereotypes, embrace their own uniqueness and accept both themselves and others.

Healthy Me

This topic will teach children about peer pressure, the importance of being a good friend, and how to nurture healthy friendships. They will explore ways to celebrate their inner strength and assertiveness to build stronger, more positive relationships. Additionally, pupils will learn about the negative effects of smoking and alcohol, empowering them to make informed and responsible choices.



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Year 5

Changing Me

Children will learn about puberty and having a baby. They will also study environmental change.

Being me in my world

In Year 5, children will learn about democracy, the importance of having a voice, and the value of participating in debates. They will also explore how individual behaviour can impact groups, helping them understand the significance of cooperation, responsibility, and respect in a community.

Celebrating difference

The children will explore cultural differences, the impact of racism, and the harmful effects of rumours and name-calling. They will also learn the importance of appreciating, respecting and celebrating other cultures, fostering an inclusive and kind community.

Dreams and goals

The children will explore their future aspirations, learn about the importance of money, and discuss how goals and values are viewed in different cultures. They will also consider ways to support charities and make a positive impact on the world around them.



Healthy Me

Children will learn about making healthy choices and the health risks of smoking and alcohol. They will also discuss how the media portrays certain body images and body types. They will also explore how to act in an emergency.

Relationships

This topic will allow children to build their self-esteem and understand self-worth. There is also a focus on internet safety and how to reduce screen time.



Changing Me

In this topic, children will learn about puberty for both girls and boys, along with an introduction to contraception, including discussions about IVF and its role in family planning.



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Year 6

Being me in my world

In Year 6, children will set goals for the year ahead, focusing on personal growth and achievement. They will explore the influence of role models and develop an understanding of how their choices can lead to both consequences and rewards, helping them make thoughtful and responsible decisions.



Celebrating difference

This topic will help children develop a deeper understanding of disability and the importance of inclusion. It will inspire empathy, compassion, and respect for individuals with different abilities, encouraging children to embrace diversity and promote kindness in their interactions.

Dreams and goals

Children will reflect on their learning goals both inside and outside of school. They will explore ways to make a positive impact on the world around them while also recognising and celebrating their achievements.



Healthy Me

In this topic, the children will learn to take responsibility for their own health and wellbeing. They will learn about how substances can affect the body. They will discuss gang culture, 'county lines' and emotional and mental health.

Relationships

As part of this topic, children will learn strategies to manage their feelings and support their mental health. They will develop the skills to identify their worries, understand their emotions and recognise reliable sources of help and support when needed.



Changing Me

Children will deepen their understanding of puberty, body image, respect and consent. This will help them build confidence, develop healthy relationships, and foster respect for themselves and others during this important stage of growth.

