

The Vineyard PSHE Curriculum Overview: Years Reception to 6

*The **Changing Me** units support children with their transitions in September.*

	Autumn 1: Being Me in my World	Autumn 2: Celebrating Differences	Spring 1: Dreams and Goals	Spring 2: Healthy Me	Summer 1: Relationships	Summer 2: Changing Me
R	Children settle into school and learn about being caring in their play.	While discussing similarities and differences, children identify what makes them special and name something that they are good at.	Having thought of a goal for themselves, children will explore the importance of persevering and knowing what it means to feel proud.	Children will learn that they can look after their mental and physical health through: exercise, rest, healthy eating, sleep, handwashing and safe adults.	Thinking about their most important relationships, children will discuss how to make friends, stay friends and manage some of their feelings.	Children will be able to name some of the body parts and know that babies grow to become adults.
Y1	Children will name 'expected' and 'unexpected' behaviours at school and consider how they can all contribute to making the classroom a safe place for everyone to learn.	Pupils will identify similarities and differences between themselves and understand what the terms 'bullying' and 'racism' mean.	They will set new goals to stretch their learning, identify obstacles and know what an effective partner talk looks like.	Children will understand what it means to be 'healthy' or 'unhealthy' and learn about how to keep themselves safe with regards to household products, medicines and roads.	Children will learn about different types of families, discuss what it means to be a good friend and know what their personal qualities are as a person and a friend.	Naming the body parts for girls and boys, children will understand which body parts are private. They learn that change happens at different times for different people.
Y2	Children will discuss how all members of the class have rights and responsibilities to make it a safe and fair place for all and explore how best to work cooperatively.	Children learn that some people make assumptions about girls and boys (gender stereotypes). They know that it is OK to be different to their friends and sometimes bullying is about difference.	Pupils learn to set realistic goals for themselves, know what it means to work well in a group and how this helps their learning.	Sorting food into groups, children learn which foods give them energy and what some healthy snacks might be. They discuss different things that might make them feel stressed or relaxed.	Children discuss sources of conflict with friends and family, appropriate forms of physical contact and think about when it may or may not be good to keep secrets.	Children know that there are different types of touch, and can say which ones they like and don't like. They are aware of where they are on the continuum from young to old.
Y3	Children will identify positive things about themselves and set personal goals. They understand the impact of their actions and try to see things from others' points of view.	Children look at conflict with friends and family, discuss the impact of using hurtful words and the importance of the role of a witness or bystander in a bullying scenario.	They can identify an ambition or dream that is important to them. They will learn about how to manage feelings related to facing obstacles and reflect on their successes.	Children learn about how the body is affected by exercise and eating fats and sugars. They discuss a range of mental health strategies and can identify things, people and places that are safe or unsafe.	Children think about stereotypical gender roles in families and challenge these. They discuss the skills needed in friendships and express their appreciation for special people in their lives.	Children discuss dependence of young animals and humans on adults and explore increasing independence with age.
Y4	Children learn about the 'UN Convention on Rights of the Child', consider how democracy is evident at school and discuss different ways that groups can come together to make decisions.	Children know what makes them unique, they continue to think about different assumptions that we might make about others and why it's good to accept people for who they are.	Children will consider that in life hopes and dreams do not always come true and discuss how to cope with disappointment and stay positive when this happens.	Children discuss different dynamics in friendships and standing up for what they believe is right or wrong. They will think about how friendships can impact positively or negatively on their mental health.	Children learn about the complex feelings of jealousy in friendships and loss in the context of pets and friends or family who you may no longer see or spend time with but can remember.	Children learn the names of internal and external parts of the female and male body and learn about menstruation.
Y5	Children revisit how their behaviour impacts the group, their responsibilities in school and as a citizen of their country. They know how democracy and having a voice benefits the school community.	Children discuss cultural differences, how these can cause conflict and the importance of respecting other cultures. They revisit racism and discuss the impact of name calling and rumour-spreading.	Children consider how they might want their life to be when they grow up and the qualifications, jobs and money they will need to achieve their dreams.	Children will learn some facts about why smoking and alcohol are harmful. They will continue to think about the things that might impact their physical and mental health including social media and healthy eating habits.	Children will learn about how to stay safe and interact with others appropriately online. They will think about the positive and negative consequences of belonging to an online community.	Children discuss how the bodies of boys and girls change during puberty, and understand how to look after themselves physically and emotionally during this time.
Y6	Children identify their goals, fears and worries for the year ahead. They discuss how best to contribute positively in the classroom, to the school as a whole and how their actions and the actions of others affect people locally and globally.	Children identify ways in which difference can be a source of conflict and a cause for celebration. They discuss power imbalances and different perceptions of what 'normal' means.	Children know their strengths, can set realistic challenges and identify the steps they should take to achieve them. They discuss some global challenges and charities that help.	Children will learn about different types of drugs and their uses and how some people are exploited and made to do things which are against the law. They discuss what it means to be 'emotionally well' and can identify stress triggers in their lives.	Children continue to develop their understanding around safe, positive use of communication technology and how they can look after their mental health as they grow up.	Children learn about the importance of self-esteem, body image and what it means to have mutual respect in any relationship. They learn that sexual intercourse can lead to conception and that is how babies are usually made.