



# Wrockwardine Wood CE Junior School

## PSHEE and RSHE Content Overview - 2023

	<i>Being Me in My World</i>	<i>Celebrating Difference</i>	<i>Dreams and Goals</i>	<i>Healthy Me</i>	<i>Relationships</i>	<i>Changing Me</i>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>• Setting personal goals</li> <li>• Self-identity and worth</li> <li>• Positivity in challenges</li> <li>• Rules, rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• Responsible choices</li> <li>• Seeing things from other's perspectives</li> </ul>	<ul style="list-style-type: none"> <li>• Families and their differences</li> <li>• Family conflict and how to manage it (child-centered)</li> <li>• Witnessing bullying and how to solve it - active bystanders</li> <li>• Recognising how words can be hurtful</li> <li>• Giving and receiving compliments</li> </ul>	<ul style="list-style-type: none"> <li>• Difficult challenges and achieving success</li> <li>• Dreams and ambitions</li> <li>• New challenges</li> <li>• Motivation and enthusiasm</li> <li>• Recognising and trying to overcome obstacles</li> <li>• Evaluating learning processes</li> <li>• Managing feelings</li> <li>• Simple budgeting</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Fitness challenges</li> <li>• Food labelling and healthy swaps</li> <li>• Attitudes towards drugs</li> <li>• Keeping safe and why it is important s online and offline scenarios</li> <li>• Respect for myself and others</li> <li>• Healthy and safe choices</li> </ul>	<ul style="list-style-type: none"> <li>• What to do if an argument feels unsafe</li> <li>• Violence and why is it never okay to solve a dispute physically</li> <li>• Family roles and responsibilities</li> <li>• Friendship and negotiation</li> <li>• Keeping safe online and who to go to for help</li> <li>• Being a global citizen</li> <li>• Being aware of how my choices affect others</li> <li>• Awareness of how other</li> </ul>	<ul style="list-style-type: none"> <li>• How babies grow</li> <li>• Understanding a baby's needs</li> <li>• Outside body changes</li> <li>• Inside body changes</li> <li>• Family stereotypes</li> <li>• Challenging my ideas</li> <li>• Preparing for transition</li> </ul>



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					<p>children have different lives</p> <ul style="list-style-type: none"> <li>Expressing appreciation for family and friends</li> </ul>	
<b>Year 4</b>	<ul style="list-style-type: none"> <li>Being part of a class team</li> <li>Being a school citizen</li> <li>Rights, responsibilities and democracy (school council)</li> <li>Rewards and consequences</li> <li>Group decision-making</li> <li>Having a voice</li> <li>What motivates behaviour</li> </ul>	<ul style="list-style-type: none"> <li>Challenging assumptions</li> <li>Judging by appearance</li> <li>Accepting self and others</li> <li>Understanding influences</li> <li>Understanding bullying</li> <li>Problem-solving</li> <li>Identifying how special and unique everyone is</li> <li>First impressions</li> </ul>	<ul style="list-style-type: none"> <li>Hopes and dreams</li> <li>Overcoming disappointment</li> <li>Creating new, realistic dreams</li> <li>Achieving goals</li> <li>Working in a group</li> <li>Celebrating contributions</li> <li>Resilience</li> <li>Positive attitudes</li> </ul>	<ul style="list-style-type: none"> <li>Healthier friendships</li> <li>Group dynamics</li> <li>Smoking</li> <li>Alcohol</li> <li>Assertiveness</li> <li>Peer pressure</li> <li>Celebrating inner strength</li> </ul>	<ul style="list-style-type: none"> <li>Jealousy</li> <li>Love and loss</li> <li>Memories of loved ones</li> <li>Getting on and falling out</li> <li>Girlfriends and boyfriends</li> <li>Showing appreciation to people and animals</li> </ul>	<ul style="list-style-type: none"> <li>Being unique</li> <li>Having a baby</li> <li>Girls and puberty</li> <li>Confidence in change</li> <li>Accepting change</li> <li>Preparing for transition</li> <li>Environmental change</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>Planning the forthcoming year</li> </ul>	<ul style="list-style-type: none"> <li>Cultural differences and how they</li> </ul>	<ul style="list-style-type: none"> <li>Future dreams</li> <li>The importance of money</li> </ul>	<ul style="list-style-type: none"> <li>Smoking, including vaping</li> <li>Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>Legal age of marriage / civil</li> </ul>	<ul style="list-style-type: none"> <li>Self and body image</li> <li>Influence of online and</li> </ul>



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	<ul style="list-style-type: none"> <li>• Being a citizen</li> <li>• Rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• How behaviour affects groups</li> <li>• Democracy, having a voice, participating</li> </ul>	<ul style="list-style-type: none"> <li>• can cause conflict</li> <li>• Racism</li> <li>• Rumours and name-calling</li> <li>• Types of bullying</li> <li>• Material wealth and happiness</li> <li>• Enjoying and respecting other cultures</li> </ul>	<ul style="list-style-type: none"> <li>• Jobs and careers</li> <li>• Dream job and how to get there</li> <li>• Goals in different cultures</li> <li>• Supporting others (charity)</li> <li>• Motivation</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol and anti-social behaviour</li> <li>• Emergency aid</li> <li>• Body image</li> <li>• Relationships with food</li> <li>• Healthy choices</li> <li>• Motivation and behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• partnership (18)</li> <li>• Self-recognition and self-worth</li> <li>• Building self-esteem</li> <li>• Safer online communities</li> <li>• Rights and responsibilities online</li> <li>• Online gaming and gambling</li> <li>• Reducing screen time</li> <li>• Dangers of online grooming</li> <li>• SMARRT internet safety rules</li> </ul>	<ul style="list-style-type: none"> <li>• media on body image</li> <li>• Puberty for boys</li> <li>• Puberty for girls</li> <li>• Legal age of consent (16)</li> <li>• Conception (including IVF)</li> <li>• Growing responsibility</li> <li>• Coping with change</li> <li>• Preparing for transition</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>• Identifying goals for the year</li> <li>• Global citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Perceptions of normality</li> <li>• Understanding disability</li> <li>• Power struggles</li> </ul>	<ul style="list-style-type: none"> <li>• Personal learning goals, in and out of school</li> <li>• Success criteria</li> </ul>	<ul style="list-style-type: none"> <li>• Taking personal responsibility</li> <li>• How substances</li> </ul>	<ul style="list-style-type: none"> <li>• Legal age of marriage / civil partnership (18)</li> <li>• Mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Self-image</li> <li>• Body image</li> <li>• Puberty and feelings</li> <li>• Conception to birth</li> </ul>



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	<ul style="list-style-type: none"><li>• Children's universal rights</li><li>• Feeling welcome and valued</li><li>• Choices, consequences and rewards</li><li>• Group dynamics</li><li>• Democracy, having a voice</li><li>• Anti-social behaviour</li><li>• Role-modelling</li></ul>	<ul style="list-style-type: none"><li>• Understanding bullying</li><li>• Inclusion / exclusion</li><li>• Differences as conflict and as celebration</li><li>• Empathy</li></ul>	<ul style="list-style-type: none"><li>• Emotions in success</li><li>• Making a difference in the world</li><li>• Motivation</li><li>• Recognizing achievements</li><li>• Compliments</li></ul>	<p>affect the body</p> <ul style="list-style-type: none"><li>• Exploitation - including 'county lines' and gang culture</li><li>• Emotional and mental health</li><li>• Managing stress</li></ul>	<ul style="list-style-type: none"><li>• Identifying mental health worries and sources of support</li><li>• Love and loss</li><li>• Managing feelings</li><li>• Power and control</li><li>• Assertiveness</li><li>• Technology safety</li><li>• Taking responsibility with technology use</li></ul>	<ul style="list-style-type: none"><li>• Reflections about change</li><li>• Physical attraction</li><li>• Respect and legal age of consent (16)</li><li>• Boyfriends and girlfriends</li><li>• Sexting</li><li>• Transition</li></ul>
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