



Wrockwardine Wood CE Junior School

PSHEE and RSHE Content Overview - 2025

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



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



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



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