



**ESSA PRIMARY SCHOOL**

PSHE Curriculum Overview 2023-2024

AUTUMN 1						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World						
Being confident to talk to others about themselves	Being a responsible member of our class	Making my class a safe place	Rules and responsibilities	Becoming a valuable class member	Empathising with others	Being a global citizen
AUTUMN 2						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Celebrating Difference						
Being kind	Similarities and differences between our friends	What makes us unique?	Problem solving and discussing feelings	Acceptance and challenging bullying	Experiencing different cultures	Understanding differences
SPRING 1						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dreams and Goals						
Celebrating achievements	Setting myself a goal or challenge	Working co-operatively as a group	Sharing success and overcoming frustration	Showing resilience	Aspirations for the future	Making a difference
SPRING 2						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy Me						
Healthy bodies and minds	Making healthy choices	Positive relationships with food	Fitness and safety	Overcoming peer pressure	Positive image	Looking to the future
SUMMER 1						

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Relationships</b>						
How to be a good friend	Friends and family	Trust and resolving conflict	Empathy and responsibility	Dealing with loss	Recognising feelings and overcoming difficulties	Managing feelings and staying safe
<b>SUMMER 2</b>						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Changing Me</b>						
Transition	Changes in my life	Developing opinions and confidence	Discussing feelings about changes	Physical and emotional changes	Growing up	Growing Up