



Orchard Academy

PSHE Curriculum Overview – Year 1 to 6



		Identity	Relationships	Lifestyle	Diversity & Equality	Rights & Responsibilities	Changes	Careers
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
Autumn 1	Being Me in My World	<ol style="list-style-type: none"> 1. Special and Safe 2. My Class 3. Rights and Responsibilities 4. Rewards and Feeling Proud 5. Consequences 6. Owing Our Learning Charter 	<ol style="list-style-type: none"> 1. Hopes and Fears for the Year 2. Rights and Responsibilities 3. Rewards and Consequences 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. Getting to Know Each other 2. Our Nightmare School 3. Our Dream School 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. Becoming a Class 'Team' 2. Being a School Citizen 3. Rights, Responsibilities and Democracy 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. My Year Ahead 2. Being a Citizen of My Country 3. Year 5 responsibilities 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. My Year Ahead 2. Being a Global Citizen 1 3. Being a Global Citizen 2 4. The Learning Charter 5. Our Learning Charter 6. Owing our Learning Charter 	
Autumn 2	Celebrating Difference	<ol style="list-style-type: none"> 1. The same as... 2. Different from... 3. What is 'bullying'? 4. What do I do about bullying? 5. Making new friends 6. Celebrating difference; celebrating me 	<ol style="list-style-type: none"> 1. Boys and girls 2. Boys and girls 3. Why does bullying happen? 4. Standing up for myself and others 5. Making a new friend 6. Celebrating difference and still being friends 	<ol style="list-style-type: none"> 1. Families 2. Family Conflict 3. Witness and feelings 4. Witness and solutions 5. Words that harm 6. Celebrating difference: compliments 	<ol style="list-style-type: none"> 1. Judging by Appearances 2. Understanding influences 3. Understanding Bullying 4. Problem-solving 5. Special me 6. Celebrating Difference: how we look 	<ol style="list-style-type: none"> 1. Different cultures 2. Racism 3. Rumours and Name-calling 4. Types of Bullying 5. Does Money Matter? 6. Celebrating Difference across the world. 	<ol style="list-style-type: none"> 1. Am I Normal? 2. Understanding Difference. 3. Power Struggles 4. Why Bully 5. Celebrating Difference 6. Celebrating Difference 	
Spring 1	Dreams and Goals	<ol style="list-style-type: none"> 1. My Treasure Chest of Success 2. Steps to Goals 3. Achieving Together 4. Stretchy Learning 5. Overcoming Obstacles 6. Celebrating My Success 	<ol style="list-style-type: none"> 1. Goals to Success 2. My Learning Strengths 3. Learning with Others 4. A Group Challenge 5. Continuing Our Group Challenge 6. Celebrating Our Achievement 	<ol style="list-style-type: none"> 1. Dreams and Goals 2. My Dreams and Ambitions 3. A new Challenge 4. Our New Challenge 5. Our New Challenge – Overcoming Obstacles 6. Celebrating My Learning 	<ol style="list-style-type: none"> 1. Hopes and Dreams 2. Broken Dreams 3. Overcoming Disappointment 4. Creating New Dreams 5. Achieving Goals 6. We Did It! 	<ol style="list-style-type: none"> 1. When I Grow Up 2. Investigate Jobs and Careers 3. My Dream Job 4. Dreams and Goals in Other Cultures. 5. How can we support each other? 6. Rallying Support 	<ol style="list-style-type: none"> 1. Personal Learning Goals 2. Steps to Success 3. My Dreams for the World 4. Helping to Make a Difference 5. Helping to Make a Difference 6. Recognising our Achievements 	
Spring 2	Healthy Me	<ol style="list-style-type: none"> 1. Being Healthy 2. Healthy Choices 3. Clean and Healthy 4. Medicine Safety 5. Road Safety 6. Happy, Healthy Me 	<ol style="list-style-type: none"> 1. Being Healthy 2. Being Relaxed 3. Medicine Safety 4. Healthy Eating 5. Healthy Eating 6. The Healthy Me Cafe 	<ol style="list-style-type: none"> 1. Being Fit and Healthy 2. Being Fit and Healthy 3. What do I know about drugs? 4. Being Safe 5. Safe or Unsafe 6. My Amazing Body 	<ol style="list-style-type: none"> 1. My Friends and Me 2. Group Dynamics 3. Smoking 4. Alcohol 5. Healthy Friendships 6. Celebrating my Assertiveness 	<ol style="list-style-type: none"> 1. Smoking 2. Alcohol 3. Emergency Aid 4. Body Image 5. My Relationship with Food 6. Healthy Me 	<ol style="list-style-type: none"> 1. Taking responsibility for my health 2. Drugs 3. Exploitation 4. Gangs 5. Emotional and Mental health 6. Managing Stress and Pressure 	
Summer 1	Relationships	<ol style="list-style-type: none"> 1. Families 2. Making Friends 3. Greetings 4. People Who Help Us 5. Being My Own Best Friend 6. Celebrating My Special Relationships 	<ol style="list-style-type: none"> 1. Families 2. Keeping Safe – exploring physical contact 3. Friends and Conflict 4. Secrets 5. Trust and Appreciation 6. Celebrating My Special Relationships 	<ol style="list-style-type: none"> 1. Family roles and responsibilities 2. Friendship 3. Keeping myself safe online 4. Being a Global Citizen 1 5. Being a Global Citizen 2 6. Celebrating my web of relationships 	<ol style="list-style-type: none"> 1. Jealousy 2. Love and Loss 3. Memories 4. Getting on and Falling Out 5. Girl Friends and Boy Friends 6. Celebrating my relationships 	<ol style="list-style-type: none"> 1. Recognising Me 2. Safety with online communities 3. Being in an online community 4. Online Gaming 5. My relationship with technology: Screen time 6. Relationships and Technology 	<ol style="list-style-type: none"> 1. What is Mental Health 2. My Mental Health 3. Love and Loss 4. Power and Control 5. Being Online: Real or fake? Safe or unsafe? Using Technology responsibly 	
Summer 2	Changing Me	<ol style="list-style-type: none"> 1. Life Cycles 2. Changing Me 3. My Changing Body 4. Boys' and Girls' Bodies 5. Learning and Growing 6. Coping with Changes 	<ol style="list-style-type: none"> 1. Life Cycles in Nature 2. Growing from Young to Old 3. The Changing Me 4. Boys' and Girls' Bodies 5. Assertiveness 6. Looking Ahead 	<ol style="list-style-type: none"> 1. How Babies Grow 2. Babies 3. Outside Body Changes 4. Inside Body Changes 5. Family Stereotypes 6. Looking Ahead 	<ol style="list-style-type: none"> 1. Unique Me 2. Having a baby 3. Girls and Puberty 4. Circles of Change 5. Accepting Change 6. Looking Ahead 	<ol style="list-style-type: none"> 1. Self and Body Image 2. Puberty for Girls 3. Puberty for Boys 4. Conception 5. Looking Ahead 1 6. Looking Ahead 2 	<ol style="list-style-type: none"> 1. My Self Image 2. Puberty 3. Babies: Conception to Birth 4. Boyfriends and Girlfriends 5. Real self and Ideal self 6. The Year Ahead 	