

PSHE at Wenlock 2025-2026

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 and 4	<p><u>Being in my world</u></p> <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 	<p><u>Celebrating differences</u></p> <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 	<p><u>Dreams and Goals</u></p> <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 	<p><u>Healthy Me</u></p> <ul style="list-style-type: none"> - Healthier friendships - Group dynamics - Smoking - Alcohol - Assertiveness - Peer pressure - Celebrating inner strength 	<p><u>Relationships</u></p> <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 	<p><u>Changing Me</u></p> <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 group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p><u>Being in my world</u></p> <ul style="list-style-type: none"> - Planning the forthcoming year - Being a citizen - Rights and responsibilities - Rewards and consequences - How behaviour affects groups - Democracy, having a voice, participating 	<p><u>Celebrating differences</u></p> <ul style="list-style-type: none"> - Cultural differences and how they can cause conflict - Racism - Rumours and name-calling - Types of bullying - Material wealth and happiness - Enjoying and respecting other cultures 	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> - Future dreams - The importance of money - Jobs and careers - Dream job and how to get there - Goals in different cultures - Supporting others (charity) - Motivation 	<p><u>Healthy Me</u></p> <ul style="list-style-type: none"> - Smoking, including vaping - Alcohol - Alcohol and anti-social behaviour - Emergency aid - Body image - Relationships with food - Healthy choices - Motivation and behaviour 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> - 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 	<p><u>Changing Me</u></p> <ul style="list-style-type: none"> - Self- and body image - Influence of online and media on body image - Puberty for girls - - Puberty for boys - - Conception (including IVF) - Growing responsibility - Coping with change - Preparing for transition

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Year 6	<u>Being in my world</u> <ul style="list-style-type: none"> - Identifying goals for the year - Global citizenship - Children's universal rights - Feeling welcome and valued - Choices, consequences and rewards - Group dynamics - Democracy, having a voice - Anti-social behaviour - Role-modelling 	<u>Celebrating differences</u> <ul style="list-style-type: none"> - Perceptions of normality - Understanding disability - Power struggles - Understanding bullying - Inclusion/exclusion - Differences as conflict, differences as celebration - Empathy 	<u>Dreams and Goals</u> <ul style="list-style-type: none"> - Personal learning goals, in and out of school - Success criteria - Emotions in success - Making a difference in the world - Motivation - Recognising achievements - Compliments 	<u>Healthy Me</u> <ul style="list-style-type: none"> - Taking personal responsibility - How substances affect the body - Exploitation, including 'county lines' and gang culture - Emotional and mental health - Managing stress 	<u>Relationships</u> <ul style="list-style-type: none"> - Mental health - Identifying mental health worries and sources of support - Love and loss - Managing feelings - Power and control - Assertiveness - Technology safety - Take responsibility with technology use 	<u>Changing Me</u> <ul style="list-style-type: none"> - Self-image - Body image - Puberty and feelings - Conception to birth - Reflections about change - Physical attraction - Respect and consent - Boyfriends and girlfriends - Sexting Transition