

Haddenham Community Junior School PSHE Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Puzzle pieces	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
PSHE Core Themes	<p>Living in the Wider World Rights, responsibilities and rules</p> <p>Relationships Self respect and respecting others</p>	<p>Relationships Managing conflict Valuing difference Healthy/unhealthy relationships Bullying</p> <p>Living in the Wider World Diversity, rights and responsibilities within a global community</p>	<p>Living in the wider world Personal strengths Money Targets Jobs and careers</p>	<p>Health and Wellbeing Physical health Mental health Staying safe Understanding risks</p>	<p>Health and Wellbeing Mental health Managing emotions Personal identity Change and loss</p> <p>Relationships Family Consent Healthy/unhealthy relationships Online relationships and safety</p> <p>Living in the Wider World Community Environment</p>	<p>Health and Wellbeing Personal identity Managing emotions Puberty Reproduction</p> <p>Relationships Healthy/unhealthy relationships Consent</p>
HCJS Value	Empathy, Positivity, Responsibility, Co-operation, Friendship, Kindness, Stewardship, Commitment, Courtesy, Compassion, Creativity, Respect, Resilience	Respect, Courtesy, Gratitude, Peace, Tolerance, Co-operation, Kindness, Friendship, Compassion, Courage, Responsibility, Integrity, Positivity, Empathy, Adaptability	Courage, Respect, Commitment, Adaptability, Co-operation, Empathy, Positivity, Patience, Creativity, Resilience, Diligence, Responsibility, Humility, Compassion, Gratitude	Commitment, Responsibility, Friendship, Tolerance, Courage, Resilience, Integrity, Respect, Kindness, Positivity, Empathy, Compassion,	Responsibility, Stewardship, Respect, Courtesy, Friendship, Co-operation, Integrity, Empathy, Gratitude, Compassion, Gratitude, Positivity, Peace, Kindness, , Courage,	Responsibility, Adaptability, Resilience, Empathy, Courage, Commitment, Positivity, Integrity, Kindness, Courtesy, Friendship
British Value	Democracy, Rule of Law, Individual liberty, Mutual respect, Tolerance of those with different faiths and beliefs	Democracy, Rule of Law, Individual liberty, Mutual respect, Tolerance of those with different faiths and beliefs	Democracy, Individual liberty, Mutual respect, Tolerance of those with different faiths and beliefs	Rule of Law, Individual liberty, Mutual respect, Tolerance of those with different faiths and beliefs	Democracy, Rule of Law, Individual liberty, Mutual respect, Tolerance of those with different faiths and beliefs	Mutual respect, Tolerance of those with different faiths and beliefs

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Year 3	<p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p>	<p>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</p>	<p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p>	<p>Family roles and responsibilities Asking for permission 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 children have different lives Expressing appreciation for family and friends</p>	<p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p>
Year 4	<p>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>	<p>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>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p>	<p>Jealousy Giving and seeking permission Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p>
Year 5	<p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p>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>	<p>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>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>Self-recognition and self-worth Building self-esteem Personal boundaries Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules</p>	<p>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</p>

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Year 6	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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Appropriate and inappropriate touch Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
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