



King's Hill Primary School

PSHE Curriculum Overview 2024 - 2026

Our PSHE curriculum develops learning and results in pupils' acquisition of knowledge and skills, which enables them to access the wider curriculum and prepare them to be global citizens now and in their future roles. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives. We have adapted the 'Jigsaw' programme to support teaching and learning and all pupils follow a theme for each half term, which goes across both key stages.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 1	Being Me in My World - Exploring my rights and responsibilities within my new class.	Celebrating Differences - Celebrating our individual differences and how we can respond to bullying.	Dreams and Goals - To work together to identify our dreams and achieve our goals.	Healthy Me - Exploring ways that we can keep ourselves safe and healthy.	Relationships - Understanding the importance of our families and friendships and the role they play in our lives.	Changing Me - Reflecting on how we have changed throughout our lives and the next steps we are going to take.
Year 2	Being Me in My World 'Who am I and how do I fit?'	Celebrating Differences Respect for similarity and difference. Anti-bullying and being unique	Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this	Healthy Me Being and keeping safe and healthy	Relationships Building positive, healthy relationships	Changing Me Coping positively with change
Year 3	Being me in my world 'Who am I and how do I fit?'	Celebrating differences Respect for similarity and difference. Anti-	Dreams and Goals Aspirations, how to achieve goals and understanding the	Healthy Me Being and keeping safe and healthy	Relationships Building positive, healthy relationships	Changing me Coping positively with change

		bullying and being unique	emotions that go with this			
Year 4	<u>Being Me in My World</u> 'Who am I and how do I fit?'	<u>Celebrating Differences</u> Respect for similarity and difference. Anti-bullying and being unique	<u>Dreams and Goals</u> Aspirations, how to achieve goals and understanding the emotions that go with this	<u>Healthy Me</u> Being and keeping safe and healthy	<u>Relationships</u> Building positive, healthy relationships	<u>Changing Me</u> Coping positively with change
Year 5	Being me in my world 'Who am I and how do I fit?'	Celebrating differences Respect for similarity and difference. Anti-bullying and being unique	Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this	Healthy Me Being and keeping safe and healthy	Relationships Building positive, healthy relationships	Changing me Coping positively with change
Year 6	<u>Being Me in my World</u> Exploring my rights and responsibilities within my new class.	<u>Celebrating Differences</u> Celebrating what makes us unique and how we can end bullying.	<u>Dreams and Goals</u> Considering what is important to make us happy in the future and to help with transition to secondary school.	<u>Healthy Me</u> Exploring ways that we can keep ourselves fit and healthy.	<u>Relationships</u> Understanding the importance of our families, friendships and the role they play in our lives.	<u>Changing Me</u> Reflecting on the ways in which we have evolved and continue to do so in preparation of moving schools.