



PHSE Yearly Subject Overview 2021-2022

Year Group	Autumn 1 BEING ME IN MY WORLD	Autumn 2 CELEBRATING DIFFERENCES	Spring 1 RELATIONSHIPS	Spring 2 CHANGING ME	Summer 1 HEALTHY ME	Summer 2 DREAMS AND GOALS
<i>In EYFS, PSE is taught through playing and exploring with the EYFS enabling environment. Resources are provided within the classroom to develop the children's PSE skills.</i>						
1	Strategies for self-identity and being in class	Being able to identify what makes them special	Being able to make new friends and develop strategies for bullying.	Understand how and why we grow up.	Understand the physical activity is important for our health.	Identify how to overcome obstacles and challenges to reach our goals.
2	Understanding rights and responsibilities and that actions have consequences.	Being able to make new friends and understand what bullying is.	Understanding the relationship, you have with yourself.	Understand the differences between males and females and our life-cycles.	Understand how to keep safe in different areas of our life.	Identify goals, overcome challenges Understand feelings of success.
3	Strategies to build self-belief and self-esteem.	Being able to identify bullying and use strategies to address it.	Being able to identify roles and responsibilities.	Understand how babies grow and how our bodies change as we get older.	Understand the importance of a healthy lifestyle.	Identify goals, overcome challenges and be able to achieve them.
4	Understand that behaviour will result in rewards and consequences.	Being able to accept people and be happy with the person they are.	Being able to identify feelings and what makes a good relationship.	Understand how a baby is made and be able to deal with emotions as they grow up.	Being able to handle emotions and resist peer pressure.	Being able to overcome disappointment and share success of self and others.
5	Work cooperatively in groups and make the right choices.	Be able to live in a multicultural and multiracial community.	Know how to stay safe online and be able to behave assertively.	Understand how bodies change during puberty	Understand the effects of food, alcohol and smoking on the body.	Use strategies to achieve goals and be considerate to the goals of others.



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6	Understand how to be a global citizen and their role in democracy.	Understand the effect of disability and emphasise with people.	Identify strategies when dealing with loss and peer pressure.	Understand what happens from conception to the birth of a baby.	Know when to ask for help when emotions and feelings change.	Be able to set achievable goals and help others achieve their goals.
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