Margaret Wix Primary School PSHE Learning Journey

Beginning of the primary learning journey. Develop understanding of the ourselves and others through exploration, stories and play.

EYFS

Feeling special and safe
Being part of a class
Rights and responsibilities
Rewards and feeling proud
Consequences

Similarities and differences
Understanding bullying and knowing how to deal with it
Making new friends
Celebrating differences

Setting goals
Identifying successes and achievements
Learning styles
Partner work
New challenges
Overcoming obstacles.

Keeping myself healthy
Keeping clean
Being safe
Medicine safety
Road safety
Health and happiness

Belonging to a family
Making friends
Physical contact
People who help us
Being a good friend
Celebrating special relationships

Life cycles
Changes in me
Differences between male and female bodies
Growing and learning
Coping with change
Transition

Achieving realistic goals
Perseverance
Learning strength
Learning with others
Group co-operation
Contributing to and sharing success

Y1

Jealousy
Love and loss
Memories
Getting on/falling out
Girlfriends and boyfriends
Appreciating people and animals

Healthier friendships
Groups dynamics
Smoking
Alcohol
Assertiveness
Peer pressure
Inner strength

Challenging assumptions
Judging appearances
Accepting self and others
Influences
Bullying
Problem-solving
Everyone is unique
First impressions

How babies grow
Outside & inside body changes
Personal hygiene
Family stereotypes
Challenging my ideas
Transition

Exercise and fitness
Food labelling
Attitudes to drugs
On- and offline safety
Respect
Healthy choices outdoors
Water Safety

Families and their differences
Family conflict
Witnessing and solving bullying
Words can be hurtful
Compliments

Hopes and fears
Rights, responsibilities
Rewards and consequences
Safe and fair learning environment
Choices
Recognising feelings

Y2

Assumptions and stereotypes about gender
Understanding bullying
Standing up for self and others
Celebrating difference and remaining friends.

Different types of family
Physical contact boundaries
Friendship ad conflict
Secrets
Trust and appreciation

Life cycles in nature
Growing
Increasing independence
Differences in male and female bodies
Assertiveness
Transition

Motivation
Healthier choices
Healthy eating and nutrition
Safety in the home
Safety out and about
Medicines

Go to secondary school to continue your learning journey.

Y3

Being unique
Girls and puberty
Being part of a family
Confidence
Accepting change
Transition
Environmental change

Hopes and dreams
Overcoming disappointment
New, realistic dreams
Achieving goals
Working in a group
Resilience
Positive attitudes

Being part of a team
School citizens
Rights, responsibilities and democracy
Rewards and consequences
Group decisions
Having a voice

Family roles and responsibilities
Friendships and negotiation
Online safety
Global citizenship
Choices
Differences

Difficult challenges
Dreams & ambitions
Overcoming obstacles
Managing feelings
Simple budgeting

Setting goals
Self-identity and worth
Positivity
Rules, rights and responsibilities
Rewards and consequences

Y4

Planning the year
Being a citizen
Rights and responsibilities
Rewards and consequences
Democracy and having a voice

Cultural differences & conflict
Racism
Rumours, name-calling and bullying
Material wealth
Respecting other cultures

Dreams
Spending and saving money
Jobs and careers
Goals in different cultures
Supporting others
Motivation

Smoking/vaping
Alcohol
Anti-social behaviour
Emergency aid
Body image
Food
Healthy choices

Self-recognition and self-worth
Building self-esteem
Online safety
Online gaming & risks
Reducing screen time
Dangers of online grooming

Self and body image – influence of media
Puberty
Conception
Growing responsibility
Transition

Y5

Goals for the year
Global citizenship
Universal rights
Feeling welcomed and valued
Choices, consequences & rewards
Group dynamics
Democracy
Anti-social behaviour
Role-modelling

Perceptions of normal
Disability
Power struggles
Bullying
Inclusion/exclusion
Differences as conflict & celebration
Empathy

Personal goals
Success criteria
Emotions in success
Making a difference in the world
Motivation
Recognising achievements
Compliments

Y6

Mental health and sources of support
Love and loss
Managing feelings
Power and control
Assertiveness
Technology safety and responsibility

Taking personal responsibility
Substances that affect the body
Exploitation and gangs
Emotional and metal health
Stress

Self and body-image
Puberty & feelings
Conception to birth
Change
Physical attraction
Boyfriends/ girlfriends
Sexting
Transition

Continue your lifelong love of learning and personal development.

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me