



**Shine as Lights in the World**  
**Philippians 2.15**

At Wychwood we want PSHE to prepare children for the opportunities, responsibilities and experiences of adult life, through teaching them the fundamental building blocks and characteristics of positive relationships. From the beginning of their school journey children are taught, how to take turns, how to treat others with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. We strive to enable children to develop resilience, confidence and independence, know how and when to ask for help and to know where to access support.

During the year the themes we will be focusing on are:

Autumn Term

	Being Me in My World	Celebrating Difference
FSU	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself
KS1	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 the differences in everyone
LKS2	Setting personal goals Self-identity and worth Positivity in challenges Rights, responsibilities and democracy Rewards and consequences Group decision making Having a voice What motivates behaviour	Understanding bullying Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Problem solving Identifying how special and unique everyone is First impressions
UKS2	Being a citizen Rights and responsibilities Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	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

Spring Term

	Dreams & Goals	Healthy Me
FSU	<ul style="list-style-type: none"> <li>Challenges</li> <li>Perseverance</li> <li>Goal-setting</li> <li>Overcoming obstacles</li> <li>Seeking help</li> <li>Jobs</li> <li>Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>Exercising bodies</li> <li>Physical activity</li> <li>Healthy food</li> <li>Sleep</li> <li>Keeping clean</li> <li>Safety</li> </ul>
KS1	<ul style="list-style-type: none"> <li>Setting goals</li> <li>Identifying successes and achievements</li> <li>Working well and celebrating achievement with a partner</li> <li>Feeling of success</li> <li>Perseverance</li> <li>Learning strengths</li> <li>Learning with others</li> </ul>	<ul style="list-style-type: none"> <li>Keeping myself healthy</li> <li>Healthier lifestyle choices</li> <li>Keeping clean</li> <li>Being safe</li> <li>Healthy eating and nutrition</li> <li>Healthier snacks and sharing food</li> </ul>
LKS2	<ul style="list-style-type: none"> <li>New challenges</li> <li>Motivation and enthusiasm</li> <li>Recognising and trying to overcome obstacles</li> <li>Overcoming disappointment</li> <li>Evaluating learning processes</li> <li>Managing feelings</li> </ul>	<ul style="list-style-type: none"> <li>Exercise</li> <li>Fitness challenges</li> <li>Food labelling and healthy swaps</li> <li>Attitudes towards drugs</li> <li>Respect for myself and others</li> <li>Healthy and safe choices</li> <li>Smoking</li> <li>Alcohol</li> </ul>
UKS2	<ul style="list-style-type: none"> <li>Future dreams</li> <li>The importance of money</li> <li>Jobs and careers</li> <li>Dream job and how to get there</li> <li>Making a difference in the world</li> <li>Motivation</li> <li>Recognising achievements</li> <li>Compliments</li> </ul>	<ul style="list-style-type: none"> <li>Smoking, including vaping</li> <li>Alcohol</li> <li>Alcohol and anti-social behaviour</li> <li>Emergency aid</li> <li>Body image</li> <li>Relationships with food</li> <li>Healthy choices</li> <li>Motivation and behaviour</li> </ul>

	Relationships	Changing Me
FSU	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
KS1	Belonging to a family Making friends/being a good friend Physical contact preferences Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences in family and male bodies Assertiveness Preparing for transition
LKS2	Family roles and responsibilities Friendship and negotiation Keeping safe online – who to go to for help Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	How babies grow Understanding a baby’s needs Outside body changes Confidence in change Accepting change Environmental change Preparing for transition
UKS2	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Power and control Assertiveness Technology safety Taking responsibility with technology use	Conception (including IVF) Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Preparing for transition

**Book recommendations**

On the following pages there are some different recommendations of books that link to some of the topics that are being covered in PSHE over the year. Please ensure you read the reviews and general themes of the book to make sure they will be appropriate for your child. If you click on the book it will take you to a link on Amazon.

**Visits**

If you or a family friend has a job or any experience linked to any of the PSHE units being covered then we would love to invite them into school. Please contact the office if you know someone who would be interested in speaking to the children about their experiences.

Thank you for your support.

Mrs Maunoury  
PSHE Lead



