







# Sir William Burrough Curriculum Overview: PSHE

## PSHE at Sir William Burrough




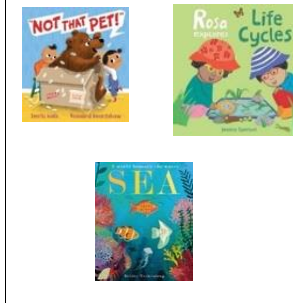

*A mindful approach to Personal, Social and Health Education, which systematically develops children's inner worlds and empowers them as unique individuals; allowing full enjoyment of positive relationships with self and others and thereby becoming self-regulating effective learners with agency.*

### Year A and B – Explorers - Nursery

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Personal, Social and Emotional Development  <b>All About Me</b>	Personal, Social and Emotional Development  <b>Communities and Celebrations</b>	Personal, Social and Emotional Development  <b>Journeys and Adventures</b>	Personal, Social and Emotional Development  <b>Amazing Animals</b>	Personal, Social and Emotional Development  <b>Growing and Food</b>	Personal, Social and Emotional Development  <b>Let's Imagine</b>
Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<ul style="list-style-type: none"> <li>• who... me?</li> <li>• how am i feeling today?</li> <li>• being at nursery</li> <li>• gentle hands</li> <li>• our rights (nursery charter)</li> <li>• our responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• what am i good at?</li> <li>• i'm special, i'm me!</li> <li>• families</li> <li>• homes</li> <li>• making friends</li> <li>• standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>• challenge</li> <li>• never giving up</li> <li>• setting a goal</li> <li>• obstacles and support</li> <li>• flight to the future</li> <li>• footprint awards</li> </ul>	<ul style="list-style-type: none"> <li>• everybody's body</li> <li>• we like to move it, move it</li> <li>• food glorious food</li> <li>• sweet dreams</li> <li>• keeping clean</li> <li>• safe adults</li> </ul>	<ul style="list-style-type: none"> <li>• my family and me</li> <li>• make friends make friends never ever break friends part 1</li> <li>• make friends make friends never ever break friends part 2</li> <li>• falling out and bullying part 1</li> <li>• falling out and bullying part 2</li> <li>• being the best friends we can be</li> </ul>	<ul style="list-style-type: none"> <li>• my body</li> <li>• respecting my body</li> <li>• growing up</li> <li>• growth and change</li> <li>• fun and fears celebration</li> </ul>

### Year A and B – Explorers - Reception






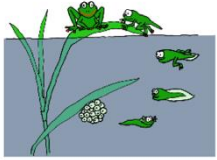
# Sir William Burrough Curriculum Overview: PSHE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Personal, Social and Emotional Development  <b>All About Me</b>	Personal, Social and Emotional Development  <b>Communities and Celebrations</b>	Personal, Social and Emotional Development  <b>Journeys and Adventures</b>	Personal, Social and Emotional Development  <b>Amazing Animals</b>	Personal, Social and Emotional Development  <b>Growing and Food</b>	Personal, Social and Emotional Development  <b>Let's Imagine</b>
<b>Being in My World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<ul style="list-style-type: none"> <li>• who... me?</li> <li>• how am i feeling today?</li> <li>• being at nursery</li> <li>• gentle hands</li> <li>• our rights (reception charter)</li> <li>• our responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• what am i good at?</li> <li>• i'm special, i'm me!</li> <li>• families</li> <li>• homes</li> <li>• making friends</li> <li>• standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>• challenge</li> <li>• never giving up</li> <li>• setting a goal</li> <li>• obstacles and support</li> <li>• flight to the future</li> </ul> footprint awards	<ul style="list-style-type: none"> <li>• everybody's body</li> <li>• we like to move it, move it</li> <li>• food glorious food</li> <li>• sweet dreams</li> <li>• keeping clean</li> <li>• safe adults</li> </ul>	<ul style="list-style-type: none"> <li>• my family and me</li> <li>• make friends make friends never ever break friends part 1</li> <li>• make friends make friends never ever break friends part 2</li> <li>• falling out and bullying part 1</li> <li>• falling out and bullying part 2</li> <li>• being the best friends we can be</li> </ul>	<ul style="list-style-type: none"> <li>• my body</li> <li>• respecting my body</li> <li>• growing up</li> <li>• growth and change</li> <li>• fun and fears</li> <li>• celebration</li> </ul>

## Year A – Adventurers - Y1/2






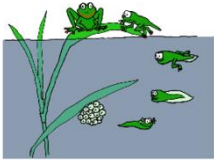
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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# Sir William Burrough Curriculum Overview: PSHE

					
Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<ul style="list-style-type: none"> <li>• special and safe</li> <li>• my class</li> <li>• rights and responsibilities</li> <li>• rewards and responsibilities</li> <li>• rewards and feeling proud</li> <li>• consequences</li> <li>• owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• the same as</li> <li>• different from</li> <li>• what is 'bullying'?</li> <li>• what do i do about bullying?</li> <li>• making new friends</li> <li>• celebrating difference</li> <li>• celebrating me</li> </ul>	<ul style="list-style-type: none"> <li>• my treasure chest of success</li> <li>• steps to goals</li> <li>• achieving together</li> <li>• stretchy learning</li> <li>• overcoming obstacles</li> <li>• celebrating my success</li> </ul>	<ul style="list-style-type: none"> <li>• being healthy</li> <li>• healthy choices</li> <li>• clean and healthy</li> <li>• medicine safety</li> <li>• road safety</li> <li>• happy, healthy me</li> </ul>	<ul style="list-style-type: none"> <li>• families</li> <li>• making friends</li> <li>• greetings</li> <li>• people who help us</li> <li>• being my own best friend</li> <li>• celebrating my own best friend</li> </ul>	<p><b>Y1:</b></p> <ul style="list-style-type: none"> <li>• life cycles</li> <li>• changing me</li> <li>• boys' and girls' bodies</li> <li>• learning and growing</li> <li>• coping with changes</li> </ul> <p><b>Y2:</b></p> <ul style="list-style-type: none"> <li>• life cycles</li> <li>• changing me</li> <li>• family stereotypes</li> <li>• boys' and girls' bodies</li> <li>• looking ahead</li> <li>• coping with changes</li> </ul>







Year B – Adventurers - Y1/2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

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Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<ul style="list-style-type: none"> <li>• hopes and fears for the year</li> <li>• rights and responsibilities</li> <li>• rewards and consequences</li> <li>• rewards and consequences</li> <li>• our learning charter</li> <li>• owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• boys and girls</li> <li>• boys and girls</li> <li>• why does bullying happen?</li> <li>• standing up for myself and others</li> <li>• diversity</li> <li>• celebrating difference and still being friends</li> </ul>	<ul style="list-style-type: none"> <li>• goals to success</li> <li>• my learning strengths</li> <li>• learning with others</li> <li>• a group challenge</li> <li>• a group challenge</li> <li>• celebrating achievement</li> </ul>	<ul style="list-style-type: none"> <li>• being healthy</li> <li>• being relaxed</li> <li>• medicine safety</li> <li>• healthy eating</li> <li>• healthy eating</li> <li>• healthy, happy me</li> </ul>	<ul style="list-style-type: none"> <li>• families</li> <li>• keeping safe – exploring physical contact</li> <li>• friends and conflict</li> <li>• secrets</li> <li>• trust and appreciation</li> <li>• celebrating my special relationships</li> </ul>	<p><b>Y1:</b></p> <ul style="list-style-type: none"> <li>• life cycles</li> <li>• changing me</li> <li>• boys' and girls' bodies</li> <li>• learning and growing</li> <li>• coping with changes</li> </ul> <p><b>Y2:</b></p> <ul style="list-style-type: none"> <li>• life cycles</li> <li>• changing me</li> <li>• family stereotypes</li> <li>• boys' and girls' bodies</li> <li>• looking ahead</li> <li>• coping with changes</li> </ul>







Year A – Pioneers – Y3/4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

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Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<ul style="list-style-type: none"> <li>getting to know each other</li> <li>our nightmare school</li> <li>our dream school</li> <li>reward and consequences</li> <li>our learning charter</li> <li>owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>families</li> <li>family conflict</li> <li>witness and feelings</li> <li>witness and solutions</li> <li>words that harm</li> <li>celebrating difference: compliments</li> </ul>	<ul style="list-style-type: none"> <li>Dreams and goals</li> <li>My dreams and ambitions</li> <li>A New Challenge</li> <li>Our New Challenge</li> <li>Our New Challenge – overcoming obstacles</li> <li>Celebrating my learning</li> </ul>	<ul style="list-style-type: none"> <li>Being fit and healthy</li> <li>Being fit and healthy</li> <li>Being safe</li> <li>Safe or unsafe?</li> <li>My amazing body</li> <li>my friends and me</li> <li>group dynamics</li> <li>smoking</li> <li>healthy friendships</li> </ul>	<ul style="list-style-type: none"> <li>Family roles and responsibilities</li> <li>Friendship</li> <li>Keeping myself safe online</li> <li>Being a global citizen</li> <li>Being a global citizen</li> <li>Celebrating my web of relationships</li> </ul>	<p><b>Y3:</b></p> <ul style="list-style-type: none"> <li>unique me</li> <li>circles of change</li> <li>accepting change</li> <li>looking ahead</li> </ul> <p><b>Y4:</b></p> <ul style="list-style-type: none"> <li>unique me</li> <li>girls and puberty</li> <li>boys and puberty</li> <li>circles of change</li> <li>accepting change</li> <li>looking ahead</li> </ul>

Year B – Pioneers – Y3/4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2







## Sir William Burrough Curriculum Overview: PSHE

					
Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Becoming a Class Team            Being a School Citizen            Rights, responsibilities and democracy            Rewards and Consequences            Our Learning Charter            Owning out learning charter</p>	<ul style="list-style-type: none"> <li>Judging by appearances</li> <li>Understanding influences</li> <li>Understanding bullying</li> <li>Problem solving</li> <li>Special me</li> <li>Celebrating difference: how we look</li> </ul>	<p>Hopes and Dreams            Broken Dreams            Overcoming disappointment            Creating New Dreams            Achieving Goals            We Did It!</p>	<ul style="list-style-type: none"> <li>My Friends and Me</li> <li>Groups Dynamics</li> <li>Smoking</li> <li>Healthy Friendships</li> <li>Celebrating my inner strengths and assertiveness</li> </ul>	<ul style="list-style-type: none"> <li>Jealousy</li> <li>Love and Loss</li> <li>Memories</li> <li>Getting on a and falling out</li> <li>Celebrating my relationships with people and animals</li> </ul>	<p><b>Y3:</b></p> <ul style="list-style-type: none"> <li>unique me</li> <li>circles of change</li> <li>accepting change</li> <li>looking ahead</li> </ul> <p><b>Y4:</b></p> <ul style="list-style-type: none"> <li>unique me</li> <li>girls and puberty</li> <li>boys and puberty</li> <li>circles of change</li> <li>accepting change</li> <li>looking ahead</li> </ul>

# Sir William Burrough Curriculum Overview: PSHE

Year A – Trailblazers – Y5/6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
<b>Being in My World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<ul style="list-style-type: none"> <li>• my year ahead</li> <li>• being a citizen of my country</li> <li>• responsibilities</li> <li>• rewards and consequences</li> <li>• our learning charter</li> <li>• owning our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Different Cultures</li> <li>• Racism</li> <li>• Rumours and Name-Calling</li> <li>• Types of Bullying</li> <li>• Does Money Matter?</li> <li>• Celebrating Difference across the world</li> </ul>	<ul style="list-style-type: none"> <li>• When I grow up</li> <li>• Investigate Jobs and Careers</li> <li>• My Dream Job</li> <li>• Dreams and goals of other people</li> <li>• How can we support each other?</li> <li>• Rallying support</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking</li> <li>• Alcohol</li> <li>• Emergency aid</li> <li>• Body image</li> <li>• My relationship with food</li> <li>• Healthy me</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising me</li> <li>• Safety with online communities</li> <li>• Being in an online community</li> <li>• Online gaming</li> <li>• My relationships with technology</li> <li>• My relationship with staying safe and happy online</li> </ul>	<p>Year 5:</p> <ul style="list-style-type: none"> <li>My Self-Image</li> <li>Outside body changes (boys) (two lessons)</li> <li>Outside body changes (girls) (two lessons)</li> <li>Puberty</li> <li>Adolescent friendships</li> <li>Looking Ahead</li> <li>The Year Ahead</li> </ul> <p>Year 6:</p> <ul style="list-style-type: none"> <li>My Self-Image</li> <li>Puberty</li> <li>Outside body changes (girls) (two lessons)</li> <li>Puberty</li> <li>Conception (split genders)</li> <li>Conception to Birth (split genders)</li> <li>Know how laws keep us safe</li> <li>Adolescent friendships</li> <li>Looking Ahead 1</li> </ul>

# Sir William Burrough Curriculum Overview: PSHE

Year B – Trailblazers – Y5/6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
<b>Being in My World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<ul style="list-style-type: none"> <li>• My year ahead</li> <li>• Being a global citizen</li> <li>• Being a global citizen 2</li> <li>• The learning charter</li> <li>• Our learning charter</li> <li>• Owning out learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Am I normal?</li> <li>• Understanding difference</li> <li>• Power Struggles</li> <li>• Why bully?</li> <li>• Celebrating Difference</li> <li>• Celebrating Difference</li> </ul>	<ul style="list-style-type: none"> <li>• Personal learning goals</li> <li>• Steps to success</li> <li>• My dreams for the world</li> <li>• Helping to make a difference</li> <li>• Helping to make a difference</li> <li>• Recognising our achievements</li> </ul>	<ul style="list-style-type: none"> <li>• Taking responsibility</li> <li>• Drugs</li> <li>• Exploitation</li> <li>• Gangs</li> <li>• Emotional and mental health</li> <li>• Managing stress and pressure</li> </ul>	<ul style="list-style-type: none"> <li>• What is mental health?</li> <li>• My mental health</li> <li>• Love and Loss</li> <li>• Power and Control</li> <li>• Being Online</li> <li>• Using Technology responsibly</li> </ul>	<ul style="list-style-type: none"> <li>• Year 5: My Self-Image</li> <li>• Outside body changes (boys) (two lessons)</li> <li>• Outside body changes (girls) (two lessons)</li> <li>• Puberty</li> <li>• Adolescent friendships</li> <li>• Looking Ahead</li> <li>• The Year Ahead</li> <li>• Year 6: My Self-Image</li> <li>• Puberty</li> <li>• Outside body changes (girls) (two lessons)</li> <li>• Puberty</li> <li>• Conception (split genders)</li> </ul>



# Sir William Burrough Curriculum Overview: PSHE

					Conception to Birth (split genders) Know how laws keep us safe Adolescent friendships Looking Ahead 1
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