



Whole School PSHE Overview 2024-

Thames View Junior School

2025

Safeguarding links

BAME links

Rights Respecting links

	Year 3	Year 4	Year 5	Year 6
Autumn 1 Being Me In My World	Article 2 – Non discrimination Article 6 – Life, survival and Development Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Responsible choices Seeing things from others' perspective	Article 8 – Identity Article 26 – Social Security Being part of a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Group decision making Having a voice What motivates behaviour	Article 12 – respect for the views of the child Article 13 – freedom of expression Planning for the forthcoming year Being a citizen Rights and Responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Article 28 – Right to education Article 13 – Freedom of Expression Identifying goals for the year Children's universal rights /citizenship Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling
Autumn 2 Celebrating Difference	Families and their differences (Article 9 – Separation from parents) Family conflict and how to manage it Bullying - Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Challenging assumptions – BAME STEREOTYPES Judging by appearance – BAME SKIN COLOUR, RELIGION, APPEARANCE Accepting self and others (Article 2 – Non-discrimination) Understanding bullying Problem solving Identifying how special and unique everyone is – BAME CELEBRATING DIFFERENCE First impressions	Cultural differences and how they can cause conflict Racism – BAME STEREOTYPES, SKINCOLOUR, RELIGION, APPEARANCE Types of bullying Material wealth and happiness (Article 31 – leisure, play and culture) Enjoying and respecting other cultures – BAME CELEBRATING DIFFERENCE	Perceptions of normality Understanding disability (Article 23: Children with disability) Power struggles Understanding bullying Inclusion / exclusion Differences as conflict Difference as celebration – BAME CELEBRATING DIFFERENCE Empathy
Spring 1 Dreams and Goals	Difficult challenges and achieving success Dreams and ambitions (Article 6 – life, survival and development) New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings – Zones of Regulation link Simple budgeting	Hopes and dreams(Article 13 – Freedom of expression) Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Future dreams (Article 29 – Right to education) The importance of money Jobs and careers Dream jobs and how to get there Goals in different culture Supporting others Motivation	Personal learning goals, in and out of school Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
Spring 2 Healthy Me	Exercise/ fitness Food labelling Attitude towards drugs Keeping safe Respect for myself	Healthy friendships Smoking/alcohol Asservitnes/peer pressure	Smoking/alcohol/anti social behaviour Emergency aid Body Image Relationships with food / Healthy choices Motivation and behaviour	Taking responsibility How substance affects the body Exploitation including gang culture Emotional and mental health Managing stress
Summer 1 Relationships	Family roles and responsibilities(Article 18 – parental responsibilities) Freindship and negotiation Keeping safe online – Online Safety	Jealousy Love and loss Memories of loved ones Friendships Girlfriends and boyfriends Appreciation to living things	Self- recognition/worth/esteem Safe online communities Rights and responsibilities (All articles – awareness of the UN convention on the Rights of the Child) Gaming and gambling Online safety rules Dangers of online grooming – Online Safety	Mental health worries and support Love and loss Managing feelings Technology safety – Online Safety
Summer 2 Changing Me	How babies grow Understanding a babies needs Body changes Stereotypes Transition	Being unique Having a baby Girls and puberty Confidence in change Envirnmental change	Self and body image Influence of online media Puberty for girls/boys Conception Coping with change and transition	Self image/body image Puberty and feelings Conception to birth Physical attraction Respect and consent Boyfriends and girlfriends Sexting Transition