

Harrodian Lower Prep PSHRE
2023-24 Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>Being Me in My World</i>	<i>Celebrating Difference</i>	<i>Dreams and Goals</i>	<i>Healthy Me</i>	<i>Relationships</i>	<i>Changing Me</i>
Year 4 (8s)	<p>Being part of a team. Who am I? Democracy. Rewards and consequences. Group decisions. School Council. Understanding rules and routines.</p>	<p>Antibullying/tolerance/acceptance. Making judgements and assumptions. Accepting others. Including others. Celebrating how we look. First impressions.</p>	<p>Hopes and dreams Coping with disappointment Resilience - picking ourselves up and carrying on. Keeping positive.</p>	<p>Feelings about friends and groups. Recognising leaders and roles in groups. Smoking and alcohol. Healthy Friendships. Personal hygiene - including teeth.</p>	<p>What is a relationship? Different types of relationships. Healthy and unhealthy relationships. How to manage conflict. Different types of families - including LGBTQ+.</p>	<p>Body changes and puberty (boys and girls) Periods (Menstruation) Having a baby - family choice. Change - identifying changes in my life Change - accepting change and asking for help where needed. Looking ahead. Consent.</p>
Year 5 (9s)	<p>Facing new challenges. Setting personal goals. Understanding my rights and responsibilities as a citizen. Making choices about behaviour. Reward and consequence. Democracy and having a voice. School council.</p>	<p>Cultural differences and causes of conflict. Understanding racism. Dealing with bullying behaviours. Direct and indirect bullying. Comparing life with people in the developing world. Different cultures to our own.</p>	<p>Money. Ranges of jobs. Salaries and differences in earnings. What motivates me to achieve? What jobs am I interested in? Describing others' dreams and goals in different cultures. Communicating and learning about different cultures. Supporting people here and abroad through sponsorship.</p>	<p>Smoking - making informed decisions. Peer Pressure. Health risks of smoking and alcohol. Anti-social behaviour. Basic emergency aid - recovery position. Emergency situations. Body types and media influence. Development of eating disorders. Body image pressure. Make healthy lifestyle choices.</p>	<p>Building self-esteem. Online communities. Helpful and unhelpful information on the internet. Online gaming - keeping safe. Screen time and links to health and wellbeing. Staying safe with technology and avoiding pressure.</p>	<p>Self-image and body image. Self-esteem. Girl's body changes during puberty. Menstruation. Boys and girls changes through puberty. Conception and babies. IVF. Looking ahead to teenage life. Consent.</p>

<p>Year 6 (10s)</p>	<p>Goals for the year. Fears and worries. Rights for children. Behaviour choices. Reward and consequence. Rights and responsibilities. Behaviour impacts on groups. Democracy and having a voice. School council.</p>	<p>Perceptions of the word 'normal'. Being who we are. Individuality and diversity. Dealing with power, harassment and bullying. Understanding bullying. Disabilities and living life to the full. Appreciating difference. Difference - conflict and celebration.</p>	<p>Setting goals in and out of school. Reaching my goals. Self-motivation techniques. Identifying problems in the world. Dealing with problems. Working with others to help the world. Giving praise and compliments to others. Recognising contribution and achievement.</p>	<p>Taking responsibility for my own health. Effects of drugs on liver and heart. Exploitation - working against the law. Gang culture. Mental health/illness - keeping healthy and managing our emotions. Managing stress and pressure.</p>	<p>Taking care of mental health. Grief and dealing with loss. People attempting to gain power or control. Online safety and peer pressure. Using technology positively and communicating effectively.</p>	<p>Self-image and body image. Puberty. Girls' and boys' bodily changes. Babies, conception and birth. Development of a baby in pregnancy. Physical attraction - building romantic relationships. How to develop self-esteem. Identifying changes that we look forward to. Transition to Upper Prep.</p>
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