

PSHE overview- '**Changing Me**'

<u>Year Group</u>	<u>Overview</u>
<b>Year 1</b>	<b>Week 1-</b> Life cycles of animals and humans <b>Week 2-</b> Change in my personality <b>Week 3-</b> Change in my appearance <b>Week 4-</b> Anatomy of our skeletons <b>Week 5-</b> Learning and growing <b>Week 6-</b> Coping with Changes
<b>Year 2</b>	<b>Week 1-</b> Life cycles of animals and humans <b>Week 2-</b> Growing from young to old <b>Week 3-</b> Change in me- (social, emotional, physical) <b>Week 4-</b> Anatomy of our skeletons <b>Week 5-</b> Assertiveness <b>Week 6-</b> Looking ahead
<b>Year 3</b>	<b>Week 1-</b> How babies grow <b>Week 2-</b> Babies requirements <b>Week 3-</b> Changes in our body <b>Week 4-</b> Changes in our body <b>Week 5-</b> Family stereotypes <b>Week 6-</b> Coping with Changes
<b>Year 4</b>	<b>Week 1-</b> Unique me <b>Week 2-</b> Babies <b>Week 3-</b> Puberty <b>Week 4-</b> Circles of change in my life <b>Week 5-</b> Accepting change <b>Week 6-</b> Looking ahead
<b>Year 5</b>	<b>Week 1-</b> Self and body image <b>Week 2-</b> Puberty for girls <b>Week 3-</b> Puberty for boys <b>Week 4-</b> Conception <b>Week 5-</b> Looking ahead <b>Week 6-</b> Looking ahead
<b>Year 6</b>	<b>Week 1-</b> Self-esteem and body image <b>Week 2-</b> Puberty- looking after yourself emotionally <b>Week 3-</b> Girls and boys talk- time for reflection <b>Week 4-</b> Babies- from conception to birth <b>Week 5-</b> Attraction <b>Week 6-</b> Transition to secondary school