

PSHRE (Cycle B) | Years 1 & 2 | 2023-24

Being Me

Hopes and fears for the year

Rights and responsibilities

Rewards and consequences

Safe and fair learning environment

Valuing contributions

Choices and Recognising feelings

Dreams and Goals

Achieving realistic goals

Perseverance

Learning strengths

Learning with others

Group cooperation

Contributing to and sharing success

Relationships

Different types of family

Physical contact boundaries

Friendship and conflict

Secrets

Trust and appreciation

Expressing appreciation for special relationships

Celebrating Difference

Assumptions and stereotypes about gender

Understanding bullying

Standing up for self and others

Making new friends

Gender diversity

Celebrating difference and remaining friends

Healthy Me

Motivation

Healthier choices

Relaxation

Healthy eating and nutrition

Healthier snacks and sharing food

Changing Me

Life cycles in nature

Growing from young to old

Increasing independence

Differences in female and male bodies (correct terminology)

Assertiveness

Preparing for transition