

## Cradley CE Primary School PSHE whole school overview

	Theme	Content
Autumn 1	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community.
Autumn 2	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss  Sun safety is also taught this term
Summer 2	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change