

## PSHE

Year 1		
Autumn	Spring	Summer
<b>Relationships</b> <ul style="list-style-type: none"> <li>✓ Feelings</li> <li>✓ Getting help</li> <li>✓ Classroom rules</li> <li>✓ Special people</li> <li>✓ Being a good friend</li> </ul> <b>BIG IDEAS: R1 R2</b> <b>Being My Best</b> <ul style="list-style-type: none"> <li>✓ Growth Mindset</li> <li>✓ Healthy eating</li> <li>✓ Hygiene and health</li> <li>✓ Cooperation</li> </ul> <b>BIG IDEAS: BMB1 BMB2 BMB3</b> <b>Key vocabulary: well-being, healthy lifestyle, family, friendship</b>	<b>Rights and Responsibilities</b> <ul style="list-style-type: none"> <li>✓ Taking care of things:</li> <li>✓ Myself</li> <li>✓ My money</li> <li>✓ My environment</li> </ul> <b>BIG IDEAS: RR1 RR2 SPR 1</b> <b>Valuing Difference</b> <ul style="list-style-type: none"> <li>✓ Recognising, valuing and celebrating difference</li> <li>✓ Developing respect and accepting others</li> <li>✓ Bullying and getting help</li> </ul> <b>BIG IDEAS: VD1 VD2 VD3</b> <b>Key vocabulary: equality, diversity, respect</b>	<b>Keeping Myself Safe</b> <ul style="list-style-type: none"> <li>✓ How our feelings can keep us safe – including online safety</li> <li>✓ Safe and unsafe touches</li> <li>✓ Medicine Safety</li> <li>✓ Sleep</li> </ul> <b>BIG IDEAS: KMS1 KMS2</b> <b>Growing and Changing</b> <ul style="list-style-type: none"> <li>✓ Getting help</li> <li>✓ Becoming independent</li> <li>✓ My body parts</li> <li>✓ Taking care of self and others</li> </ul> <b>BIG IDEAS: GC1</b> <b>Key vocabulary: safety, well being</b>
Summary		
<p>I can recognise, develop and maintain what is meant by a healthy lifestyle.</p> <p>I can identify influences on health and well-being.</p> <p>I can make suggestions of ways to keep physically and emotionally safe.</p>	<p>I can recognise risky or negative relationships including all forms of bullying and abuse.</p> <p>I can respect equality and diversity in a relationship.</p> <p>I can respect and recognise the value of different groups and communities</p> <p>I can understand where money comes from, keeping it safe and the importance of managing it effectively.</p>	<p>I can recognise and maintain boundaries in a variety of relationships to keep myself safe.</p> <p>I can manage risks to physical and emotional health and wellbeing.</p> <p>I can develop and manage change.</p>
Year 2		
Autumn	Spring	Summer
<b>Rights and Responsibilities</b> <ul style="list-style-type: none"> <li>✓ Cooperation</li> <li>✓ Self-regulation</li> <li>✓ Online safety</li> <li>✓ Looking after money – saving and spending</li> </ul> <b>BIG IDEAS: RR2 RR3</b> <b>Relationships</b> <ul style="list-style-type: none"> <li>✓ Bullying and teasing</li> <li>✓ Our school rules about bullying</li> <li>✓ Being a good friend</li> <li>✓ Feelings/self-regulation</li> </ul> <b>BIG IDEAS: R1 R2</b> <b>Key vocabulary: respect, friendships, online safety</b>	<b>Valuing Difference</b> <ul style="list-style-type: none"> <li>✓ Being kind and helping others</li> <li>✓ Celebrating difference</li> <li>✓ People who help us</li> <li>✓ Listening Skills</li> </ul> <b>BIG IDEAS: VD1 VD2 VD3</b> <b>Keeping Myself Safe</b> <ul style="list-style-type: none"> <li>✓ Safe and unsafe secrets</li> <li>✓ Appropriate touch</li> <li>✓ Medicine safety</li> </ul> <b>BIG IDEAS: KMS1 KMS2 KMS 3 SPR 2</b> <b>Key vocabulary: Safe, unsafe, appropriate, inappropriate, kindness, diversity, equality</b>	<b>Being My Best</b> <ul style="list-style-type: none"> <li>✓ Growth Mindset</li> <li>✓ Looking after my body</li> <li>✓ Hygiene and health</li> <li>✓ Exercise and sleep</li> </ul> <b>BIG IDEAS: BMB2 BMB3</b> <b>Growing and Changing</b> <ul style="list-style-type: none"> <li>✓ Life cycles</li> <li>✓ Dealing with loss</li> <li>✓ Being supportive</li> <li>✓ Growing and changing</li> <li>✓ Privacy</li> </ul> <b>BIG IDEAS: GC1</b> <b>Key vocabulary: hygiene, exercise, change, loss, bereavement.</b>
Summary		
<p>I can identify the characteristics needed to form and maintain healthy relationships and how this links to my own well-being.</p>	<p>I can develop and maintain a variety of healthy relationships.</p> <p>I can recognise the importance of healthy relationships and how they</p>	<p>I can recognise, develop and maintain what is meant by a healthy lifestyle.</p>

<p>I can understand where money comes from, keeping it safe and the importance of managing it effectively.</p> <p>I can develop my respect for myself, others and the importance of responsible behaviours and actions.</p>	<p>provide love, happiness, stability and security.</p> <p>I can respect equality and diversity in a relationship.</p>	<p>I can identify influences on health and well-being.</p> <p>I can make informed choices about health and wellbeing and recognise sources of help with this.</p>
Year 3		
Autumn	Spring	Summer
<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>✓ Recognising and respecting diversity</li> <li>✓ Being respectful and tolerant</li> <li>✓ My community</li> </ul> <p><b>BIG IDEAS: VD1 VD2 VD3</b></p> <p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>✓ Keeping myself healthy and well</li> <li>✓ Celebrating and developing my skills</li> <li>✓ Developing empathy</li> </ul> <p><b>BIG IDEAS: BMB2 BMB3</b></p> <p><b>Key vocabulary: health, well-being, achievements, diversity, equality</b></p>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>✓ Rules and their purpose</li> <li>✓ Cooperation</li> <li>✓ Friendship (including respectful relationships)</li> <li>✓ Coping with loss</li> </ul> <p><b>BIG IDEAS: R1 R2</b></p> <p><b>Keeping myself Safe</b></p> <ul style="list-style-type: none"> <li>✓ Managing risk</li> <li>✓ Decision-making skills</li> <li>✓ Drugs and their risks</li> <li>✓ Staying safe online</li> </ul> <p><b>BIG IDEAS: KMS1 KMS2 KMS 3</b></p> <p><b>Key Vocabulary: Cooperation, relationships, friendships, loss, bereavment</b></p>	<p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>✓ Skills we need to develop as we grow up</li> <li>✓ Helping and being helped</li> <li>✓ Looking after the environment</li> <li>✓ Managing money</li> </ul> <p><b>BIG IDEAS: RR1 RR3</b></p> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>✓ Relationships</li> <li>✓ Changing bodies</li> <li>✓ Keeping safe</li> <li>✓ Safe and unsafe secrets</li> </ul> <p><b>BIG IDEAS: GC1 GC2</b></p> <p><b>Key vocabulary: helpfulness, managing skills, recycling, safe, unsafe</b></p>
Summary		
<p>I can recognise, develop, and maintain what is meant by a healthy lifestyle.</p> <p>I can maintain physical, mental, and emotional health and wellbeing.</p> <p>I can identify influences on health and well-being.</p>	<p>I can develop and maintain a variety of healthy relationships.</p> <p>I can recognise the importance of healthy relationships and how they provide love, happiness, stability and security.</p> <p>I can identify the characteristics needed to form and maintain healthy relationships and how this links to my own well-being.</p>	<p>I can develop and manage change, including, transition and loss.</p> <p>I can make suggestions of ways to keep physically and emotionally safe.</p> <p>I can recognise emotions that affect physical and mental health and well-being.</p>
Year 4		
Autumn	Spring	Summer
<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>✓ Having choices and making decisions about my health</li> <li>✓ Taking care of my environment</li> <li>✓ My skills and interests</li> </ul> <p><b>BIG IDEAS: BMB1 BMB2 BMB3</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>✓ Healthy relationships</li> <li>✓ Listening to feelings</li> <li>✓ Bullying</li> <li>✓ Assertive skills</li> </ul> <p><b>BIG IDEAS: R1 R2</b></p> <p><b>Key vocabulary: healthy, lifestyle, hobbies, interests, assertive, passive</b></p>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>✓ Recognising and celebrating difference (including religions and cultural difference)</li> <li>✓ Understanding and challenging stereotypes</li> </ul> <p><b>BIG IDEAS: VD1 VD2 VD3</b></p> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>✓ Making a difference (different ways of helping others or the environment)</li> <li>✓ Media influence</li> <li>✓ Decisions about spending money</li> </ul> <p><b>BIG IDEAS: RR1 RR£</b></p> <p><b>Key vocabulary: diversity, culture, difference, influence</b></p>	<p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>✓ Body changes during puberty*</li> <li>✓ Managing difficult feelings</li> <li>✓ Relationships including marriage</li> </ul> <p><b>BIG IDEAS: GC1 GC2</b></p> <p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>✓ Managing risk</li> <li>✓ Understanding the norms of drug use (cigarette and alcohol use)</li> <li>✓ Influences</li> <li>✓ Online safety</li> </ul> <p><b>BIG IDEAS: KMS1 KMS2 KMS 3</b></p> <p><b>Key vocabulary: risk, feelings, drugs, medicines.</b></p>

Summary		
<p>I can respect and recognise the value of different groups and communities.</p> <p>I can respect equality and develop my ability to become a productive member of a diverse community.</p> <p>I can recognise my rights and responsibilities in different communities and how these may conflict with each other.</p>	<p>I can respect equality and diversity in relationships.</p> <p>I can recognise risky or negative relationships including all forms of bullying and abuse.</p> <p>I can develop and maintain a variety of healthy relationships, within a range of social/cultural contexts.</p>	<p>I can recognise emotions that affect physical and mental health and well-being.</p> <p>I can develop and manage change, including puberty, transition and loss</p> <p>I can make informed choices about health and wellbeing and recognise sources of help with this.</p>
Year 5		
Autumn	Spring	Summer
<p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>✓ Rights, respect and duties relating to my health</li> <li>✓ Making a difference</li> <li>✓ Decisions about lending, borrowing and spending</li> </ul> <p><b>BIG IDEAS: RR1 RR2 RR3</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>✓ Feelings</li> <li>✓ Friendship skills, including compromise</li> <li>✓ Assertive skills</li> <li>✓ Cooperation</li> <li>✓ Recognising emotional needs</li> </ul> <p><b>BIG IDEAS: R1 R2</b></p> <p><b>Key vocabulary: rights, respect, challenge, assertive</b></p>	<p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>✓ Managing difficult feelings</li> <li>✓ Managing change</li> <li>✓ Puberty</li> <li>✓ How my feelings help keeping safe</li> <li>✓ Getting help</li> </ul> <p><b>BIG IDEAS: GC1 GC2</b></p> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>✓ Recognising and celebrating difference, including religions and cultural</li> <li>✓ Influence and pressure of social media</li> </ul> <p><b>BIG IDEAS: VD1 VD2 VD3</b></p> <p><b>Key vocabulary: change, feelings, safety, diversity</b></p>	<p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>✓ Managing risk, including online safety</li> <li>✓ Norms around use of legal drugs (tobacco, alcohol)</li> <li>✓ Decision-making skills</li> </ul> <p><b>BIG IDEAS: KMS1 KMS2 KMS3</b></p> <p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>✓ Growing independence and taking ownership</li> <li>✓ Keeping myself healthy</li> <li>✓ Media awareness and safety</li> <li>✓ My community</li> </ul> <p><b>BIG IDEAS: BMB1 BMB2 BMB3</b></p> <p><b>Key vocabulary: risk, online safety, medicine, independence, media</b></p>
Summary		
<p>I can recognise rights and responsibilities as members of families, other groups and ultimately as citizens.</p> <p>I can research, discuss and debate topical issues and events.</p> <p>I can understand where money comes from, keeping it safe and the importance of managing it effectively.</p>	<p>I can recognise emotions that affect physical and mental health and well-being.</p> <p>I can develop and manage change, including puberty, transition and loss</p> <p>I can make informed choices about health and wellbeing and recognise sources of help with this.</p>	<p>I can identify influences on health and well-being.</p> <p>I can respond to an accident/emergency appropriately.</p> <p>I can develop my respect for myself, others and the importance of responsible behaviours and actions.</p>
Year 6		
Autumn	Spring	Summer
<p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>✓ Understanding media bias, including social media</li> <li>✓ Caring: communities and the environment</li> <li>✓ Earning and saving money</li> <li>✓ Understanding democracy</li> </ul> <p><b>BIG IDEAS: RR1 RR3</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>✓ Feelings</li> <li>✓ Friendship skills, including compromise</li> </ul>	<p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>✓ Coping with changes</li> <li>✓ Keeping safe</li> <li>✓ Body Image</li> <li>✓ Sex education</li> <li>✓ Self-esteem</li> </ul> <p><b>BIG IDEAS: GC1 GC2</b></p> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>✓ Recognising and celebrating difference</li> <li>✓ Recognising and reflecting on prejudice-based bullying</li> </ul>	<p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>✓ Understanding emotional needs</li> <li>✓ Staying safe online</li> <li>✓ Drugs: norms and risks (including the law)</li> </ul> <p><b>BIG IDEAS: KMS1 KMS2</b></p> <p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>✓ Aspirations and goal setting</li> <li>✓ Managing risk</li> <li>✓ Looking after my mental health</li> </ul>

<ul style="list-style-type: none"> <li>✓ Assertive skills</li> <li>✓ Cooperation</li> <li>✓ Recognising emotional needs</li> </ul> <p><b>BIG IDEAS: R1 R2</b>  <b>Key vocabulary: bias, influence, environment, democracy</b></p>	<ul style="list-style-type: none"> <li>✓ Understanding Bystander behaviour</li> <li>✓ Gender stereotyping</li> </ul> <p><b>BIG IDEAS: VD1 VD2 VD3</b>  <b>Key vocabulary: gender, stereotypes, body image, self-esteem</b></p>	<p><b>BIG IDEAS: BMB1 BMB2 BMB3</b></p> <p><b>Key vocabulary:.</b> Drugs, emotional needs, lawfulness, risk, well-being</p>
<b>Summary</b>		
<p>I can respect equality and develop my ability to become a productive member of a diverse community.</p> <p>I can recognise the importance of respecting and protecting the environment.</p> <p>I can recognise the importance of respecting and protecting the environment.</p>	<p>I can recognise emotions that affect physical and mental health and well-being.</p> <p>I can develop and manage change, including puberty, transition and loss</p> <p>I can make informed choices about health and wellbeing and recognise sources of help with this.</p>	<p>I can maintain physical, mental and emotional health and wellbeing.</p> <p>I can manage risks to physical and emotional health and wellbeing.</p> <p>I can make informed choices about health and wellbeing and recognise sources of help with this.</p>