



# PSHE

## Highlight by Puzzle Piece

Term 1– Being me in my World.

Term 2– Celebrating difference

Term 3 Dreams and Goals

Term 4 Healthy Me

Term 5 Relationships

Term 6 Changing Me

## Year 3

### Knowledge, Skills and Understanding breakdown for PSHE

Health and Wellbeing	Relationships	Living in the Wider World
<p>Recognise self-worth and identify positive aspect about self and achievements.</p> <p>Tell about a dream/ambition that is important to them and imagine how it will feel to achieve it.</p> <p>Explain the different ways they learn and they need to do to improve.</p> <p>Recognise obstacles which might stop them achieving a challenge and take steps to overcome them.</p> <p>Understand how exercise affects the body and know why the heart and lungs are important organs.</p> <p>Know that the food choices I make will affect my health.</p> <p>Identify things, people and places that they need to keep safe from and know strategies for keeping themselves safe and healthy including who to go for help.</p> <p>Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.</p> <p>Explain how boys' and girls' bodies change on the inside/outside during growing up and why these changes are necessary to make babies when they grow up.</p>	<p>Explain how their behaviour can affect how others feel and behave.</p> <p>Understand that everyone's family is different and important to them.</p> <p>Describe different conflicts in family/ friendship groups and how words can be used in a hurtful or a kind way.</p> <p>Know what it means to be a witness to bullying and how their actions can make a situation better or worse.</p> <p>Identify roles and responsibilities of each member of their family and reflect on the expectations of males and females.</p> <p>Know how to negotiate in a conflict to try to find a win-win situation.</p>	<p>Explain why it is important to have rules and how they relate to rights and responsibilities.</p> <p>Understand that my behaviour brings rewards/consequences.</p> <p>Explain how their choices might affect family, friendships and people around the world they don't know.</p> <p>Know and use some strategies for keeping themselves safe online.</p> <p>Understand how my needs and rights are shared by children around the world and identify how their lives may be different.</p>

## Challenge

Year 3	<p>Analyse learning strengths and use it to design steps to improve.</p> <p>Judge level of risk involved in different situations and select and describe suitable strategies for keeping themselves safe and healthy.</p>	<p>Explain how the role of a witness in a conflict can be helpful/unhelpful depending on actions. Suggest ways that they could act in these situations.</p>	<p>Evaluate different choices that can be made in school and explain the consequences linking to the need for rules, rights and responsibilities.</p> <p>Explain rights and responsibilities that they and others have in family, friendships and as global citizens.</p>
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## Year 4

### Knowledge, Skills and Understanding breakdown for PSHE

Health and Wellbeing	Relationships	Living in the Wider World
<p>Identify what is special about themselves and value the ways they are unique.</p> <p>Explain how they feel about having hopes and dreams.</p> <p>Know that being positive can help me feel better about something disappointing.</p> <p>Explain what it means to be resilient and have a positive attitude.</p> <p>Understand the facts about smoking and alcohols and their effects on health and reasons why some people start to use them.</p> <p>Recognise when being put under pressure and explain ways to resist this when I want to.</p> <p>Understand some of their personal characteristics have come from birth parents because of joining of egg and sperm.</p> <p>Label internal and external parts of male and female that are needed to create a baby.</p> <p>Describe how a girl's body changes in order to have a baby including menstruation.</p> <p>Summarise changes that happen to boys 'and girls' bodies that prepare them to make a baby when older.</p>	<p>Explain why being listened to and listening to others is important in the school community.</p> <p>Know how my attitudes and actions make a difference the class team.</p> <p>Take a role in a group and contribute to the overall outcome.</p> <p>Explain why bullying might be difficult to spot and know what to do if they are unsure.</p> <p>Explain how members of a team made contributions.</p> <p>Aware how different groups and people impact on them and recognise the people they most want to be friends with.</p> <p>Identify feelings associated with jealousy and suggest strategies to problem-solve when this happens.</p> <p>Give ways to that could help to manage feelings when missing a special person or animal.</p> <p>Recognise how friendships change , know how to make new friends and how to manage when fallings out happen.</p> <p>Know how to show love and appreciation to the people and animals who are special to me.</p>	<p>Explain why being democratic is important and how it helps people feel valued.</p> <p>Understand that assumptions can be made in what people look like.</p>

## Challenge

Year 4	<p>Identify feelings of anxiety and fear associated with peer pressure and manage them to make safe and healthy choices.</p>	<p>Explain how first impressions can be misleading.</p> <p>Appraise different courses of action that a witness of bullying could take and what the outcomes of each might be.</p> <p>Deal with disappointment by analysing what went wrong and using experiences to make new plans and avoid similar obstacles.</p> <p>Give reasons why people may experience a range of feelings associated with personal loss.</p>	<p>Justify why being in a democracy helps people feel valued and is fair.</p>
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Year 5			
Knowledge, Skills and Understanding breakdown for PSHE			
Health and Wellbeing	Relationships	Living in the Wider World	
<p>Face new challenges positively and know how to set personal goals.</p> <p>Describe the different roles food can play in people’s lives</p> <p>Explore body image pressures.</p> <p>Know the health risks of smoking and how tobacco affects parts of the body.</p> <p>Make an informed decision about whether or not to choose to drink alcohol and how to resist pressure.</p> <p>Know what makes a healthy life style including healthy eating and the choices to make to be healthy and happy.</p> <p>Explain the job/career I would like in the future and what motivates me and how I will achieve it.</p> <p>Learn how to respect and value my body</p> <p>Know how to keep building myself esteem.</p> <p>Describe how boys’ and girls’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally.</p> <p>Express how I feel about the changes that will happen during puberty.</p> <p>Summarise the process of conception.</p>	<p>Understand how an individual’s behaviour can impact on a group.</p> <p>Explain the differences between direct and indirect types of bullying</p> <p>Know how to support children who are being bullied.</p> <p>Understand what racism is.</p> <p>Explain how to stay safe when using technology to communicate with my friends.</p> <p>Learn how to stand up for myself negotiate and resist peer pressure.</p> <p>Recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.</p>	<p>Understand my rights and responsibilities as a citizen of my country and a member of my school.</p> <p>Understand how democracy and having a voice benefits the school community and know how to participate in this.</p> <p>Understand that cultural differences sometimes cause conflict.</p> <p>Compare my life with people in the developing world and appreciate the value of happiness regardless of material wealth.</p> <p>Respect my own and other people’s culture.</p> <p>Describe the dreams and goals of a young person living in a culture different from mine and reflect on how these relate to mine.</p> <p>Understand communicating with people from a different culture means we learn from and can support each other.</p> <p>Understand there are positives and negatives about being part of an online community.</p>	
Challenge			
Year 5	<p>Appraise different strategies that might help me or others stay safe online and which help to resist pressures to use technology in a risky or harmful way.</p>	<p>Explain ways to encourage children who use bullying behaviours to make other choices</p>	<p>Explain and give reasons why the dreams and goals of young people from different cultures might be different from my own.</p>



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Year 6		
Knowledge, Skills and Understanding breakdown for PSHE		
Health and Wellbeing	Relationships	Living in the Wider World
<p>Can identify personal goals and realistic steps for the year and able to understand and express fears and worries.</p> <p>Explain when substance including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</p> <p>Know how to take care of their mental health.</p> <p>Describe how a baby develops from conception through pregnancy and how it is born.</p> <p>Reflect and describe feelings about becoming a teenager.</p>	<p>Explain how my choices can have an impact on people in my immediate community and globally.</p> <p>Understand there are different perceptions of normal.</p> <p>Explain ways in which one person can have power over another.</p> <p>Know some of the reasons why people use bullying behaviours.</p> <p>Explain ways in which difference can be a source of conflict or a cause of celebration.</p> <p>Give praise and compliments to others when recognising contributions and achievements.</p> <p>Identify when people may be experiencing feelings associated with loss and also when people are trying to gain power or control.</p> <p>Offer strategies to help me manage feelings especially related to loss and also needing to be assertive online.</p> <p>Know why some people join gangs and the risks this involves.</p>	<p>Understand my wants and needs and compare with children in different communities.</p> <p>Understand how democracy and having a voice benefits the school community.</p> <p>Explain different ways to work with others to make the world a better place.</p> <p>Explain how my choices can have an impact on people in my immediate community and the wider world.</p> <p>Judge whether something online is safe and helpful</p>
Challenge		
Year 6	<p>Express their own attitudes towards people who are different and empathise with their circumstances.</p> <p>Analyse methods people use to try to gain power and control over others both obvious and hidden , including online.</p>	<p>Compare and contrast my wants and needs with others in my immediate community and some from global communities. Infer universal rights and responsibilities we all share.</p>