



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 R

Knowledge, Skills and Understanding breakdown for PSHE

| Health and Wellbeing | Relationships | Living in the Wider World |
|---|---|---------------------------|
| <p>Understand how moving and resting are good for my body.</p> <p>Know which foods are healthy and not so healthy and can make healthy eating choices.</p> <p>Understand how to help myself go to sleep and understand why sleep is good for me.</p> <p>Wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</p> <p>Tell you some things I can do and foods I can eat to be healthy.</p> | <p>Identify some of the jobs I do in my family and how I feel like I belong.</p> <p>Understand how to make friends to stop myself from feeling lonely.</p> <p>Think of ways to solve problems and stay friends.</p> <p>Understand the impact of unkind words.</p> <p>Know how to be a good friend.</p> <p>Name parts of the body.</p> | |

Challenge

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| Year R | <p>Children know about, and can make healthy choices in relation to, healthy eating and exercise.</p> <p>They can dress and undress independently, successfully managing fastening buttons or laces.</p> <p>Children know some ways to manage their feelings and are beginning to use these to maintain control. They can listen to each other's suggestions and plan how to achieve an outcome without adult help. They know when and how to stand up for themselves appropriately. They can stop and think before acting and they can wait for things they want.</p> | <p>Children play group games with rules. They understand someone else's point of view can be different from theirs.</p> <p>They resolve minor disagreements through listening to each other to come up with a fair solution. They understand what bullying is and that this is unacceptable behaviour.</p> | <p>Children know the difference between past and present events in their own lives and some reasons why people's lives were different in the past. They know that other children have different likes and dislikes and that they may be good at different things.</p> <p>They understand that different people have different beliefs, attitudes, customs and traditions and why it is important to treat them with respect.</p> <p>Children know that the environment and living things are influenced by human activity. They can describe some actions which people in their own community do that help to maintain the area they live in. They know the properties of some materials and can suggest some of the purposes they are used for. They are familiar with basic scientific concepts such as floating, sinking, experimentation.</p> |
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PSHE

Year 1

Knowledge, Skills and Understanding breakdown for PSHE

| Health and Wellbeing | Relationships | Living in the Wider World |
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| <p>Know my views are valued and can contribute to the Learning Charter.</p> <p>Recognise the choices I make and understand the consequences.</p> <p>Understand how to set a goal and work out how to achieve it.</p> <p>Understand how to tackle a new challenge and understand this might stretch my learning.</p> <p>Identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.</p> <p>Tell you how I felt when I succeeded in a new challenge and how I celebrated it .</p> <p>Understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>Understand how to make healthy lifestyle choices.</p> <p>Understand how to keep myself clean and healthy, and understand how germs cause disease/illness.</p> <p>Understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>Tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p> <p>Understand that every time I learn something new I change a little bit.</p> | <p>Understand the rights and responsibilities as a member of my class.</p> <p>Identify similarities and differences between people in my class.</p> <p>Tell you what bullying is.</p> <p>Understand there are some people who I could talk to if I was feeling unhappy or being bullied.</p> <p>Know how to make new friends.</p> <p>Understand some ways I am different from my friends.</p> <p>Understand how to work well with a partner.</p> <p>Identify the members of my family and understand that there are lots of different types of families.</p> <p>Identify what being a good friend means to me.</p> <p>Understand appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>Understand who can help me in my school community.</p> <p>Recognise my qualities as person and a friend.</p> <p>Tell you why I appreciate someone who is special to me.</p> <p>Identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus.</p> | <p>Understand how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p>Understand the life cycles of animals and humans.</p> <p>Tell you some things about me that have changed and some things about me that have stayed the same.</p> <p>Tell you how my body has changed since I was a baby.</p> <p>Tell you about changes that have happened in my life.</p> |

Challenge

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| <p>Year 1</p> | <p>Explain why being unique and special is important.</p> <p>Explain many ways that my body is amazing and how the different things I do, keep it safe and healthy.</p> <p>Suggest how my body might come to harm if I make unhealthy choices.</p> <p>Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can also explain when it might be</p> | <p>Suggest different ways to show appreciation for other people and how to recognise their appreciation for me.</p> <p>Explain how this helps me feel safe and good about myself.</p> | <p>Explain why I have a right to learn in a happy and safe class.</p> <p>Explain what helped me to succeed in a learning challenge and explain how this made me feel.</p> |
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Term 3 Dreams and Goals

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Year 2

Knowledge, Skills and Understanding breakdown for PSHE

| Health and Wellbeing | Relationships | Living in the Wider World |
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| <p>Identify some of my hopes and fears for this year.</p> <p>Recognise the choices I make and understand the consequences.</p> <p>Recognize a realistic goal and think about how to achieve it.</p> <p>Understand how to carry on trying (persevering) even when I find things difficult.</p> <p>Understand what I need to keep my body healthy.</p> <p>Show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.</p> <p>Understand how medicines work in my body and how important it is to use them safely.</p> <p>Understand how to sort foods into the correct food groups and know which foods my body needs every day to keep me healthy and give me energy.</p> <p>Understand how to make some healthy snacks and explain why they are good for my body.</p> <p>Understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>Tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p> <p>Understand that every time I learn something new I change a little bit.</p> | <p>Understand the rights and responsibilities for being a member of my class and school.</p> <p>Understand how to listen to other people and contribute my own ideas about rewards and consequences.</p> <p>Understand that sometimes people make assumptions about boys and girls (stereotypes).</p> <p>Understand that bullying is sometimes about difference.</p> <p>Recognise what is right and wrong and know how to look after myself.</p> <p>Understand that it is OK to be different from other people and to be friends with them.</p> <p>Understand some ways I am different from my friends.</p> <p>Recognise who I work well with and who it is more difficult for me to work with.</p> <p>Understand how to work well in a group.</p> <p>Understand how to share success with other people.</p> <p>Identify the members of my family and understand that there are lots of different types of families.</p> <p>Identify what being a good friend means to me.</p> <p>Understand appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>Understand who can help me in my school community.</p> <p>Recognise my qualities as person and a friend.</p> <p>Tell you why I appreciate someone who is special to me.</p> <p>Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.</p> <p>Recognise there are different types of touch and can tell you which ones I like and don't like.</p> | <p>Recognize cycles of life in nature.</p> <p>Tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>Recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p> |

Challenge

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| <p>Justify my choices about food and medicines and explain healthy and safe ways in which they are good for my body.</p> <p>Explain about various ways that</p> | <p>Justify why gender stereotypes are not always fair. I can also explain why differences can make some people bully other people.</p> <p>Analyse the different roles people</p> | <p>Justify the choices I make to help keep my class and school a safe and fair place.</p> |
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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

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| 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

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| 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

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| 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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|---|---|--|--|
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| 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> |