

# PSHE Curriculum at Launde

## Intent

At Launde Primary School we recognise that PSHE is a crucial part of a child's education and that it supports many of the principles of safeguarding, SMRC and British Values. We intend to deliver a PSHE curriculum that not only tackles a range of themes and issues, many that are relevant to the context of our school, but also equips our children with essential knowledge, skills and understanding to lead confident, healthy, and responsible lives as individuals and members of an ever growing, diverse society.

We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In a world that is ever-changing it is also important that children here at Launde Primary are aware of different factors which will affect their world and that they learn how to deal with these, in an age appropriate manner, to help them sustain a good mental health and well-being.

Our PSHE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles. Our PSHE curriculum also promotes the spiritual, moral, cultural and physical development of pupils and their knowledge of British Values.

## Implementation

Pupil are taught PSHE on a weekly basis, through a clear and comprehensive scheme of work. This is based on the Cambridgeshire PSHE scheme, which works in line with the National Curriculum expectations.

Early Years – In the Foundation Stage, PSHE and SMSC is taught as an integral part of topic work and is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters' combined with the themes from The Cambridgeshire PSHE scheme of work.

KS1 and KS2 – There are parts of our PSHE curriculum that is taught weekly across Key Stage 1 & Key Stage 2 as part of PPA sessions, whilst some more sensitive or personal issues are taught by the class teachers. There is a strong emphasis on emotional literacy, building resilience and nurturing our mental and physical health.



The weekly themes are consistent across each year group each week and there is a clear progression of skills and knowledge within each of these.

The key areas covered across the year are:

- Being Physically and Mentally Healthy
- Bullying
- Diversity & Communities
- Family and Friends
- Caring Relationships
- Contributing to Society
- Managing Change
- Economic Wellbeing
- Staying Safe
- Sex and Relationships



The curriculum is delivered through a range of carefully planned and structured lessons, assemblies, discussions and debates, which encourage active participation, questioning, and reflection. However, there are always occasions where teachers may feel it necessary to teach PSHE as a result of an issue arisen within their own class.

## Impact

By the time our children leave our school they will:



- be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life.
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society.
- appreciate difference and diversity.
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.
- be able to understand and manage their emotions.
- be able to look after their mental health and well-being.
- be able to develop positive, healthy relationship with their peers both now and in the future.
- understand the physical aspects involved in RSE at an age appropriate level.
- have respect for themselves and others.
- have a positive self-esteem and believe in themselves.

## PSHE yearly overview:

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Foundation	<p><b>Me and my World</b></p> <ul style="list-style-type: none"> <li>- To identify people around the school and their role</li> <li>- To understand what they can do to look after the school environment</li> <li>- Home – what can they do to look after and help at home</li> <li>- To recognise the jobs that people do within the local community</li> </ul> <p><b>Caring Friendships</b></p> <ul style="list-style-type: none"> <li>- To Understand what makes a good friend</li> <li>- To understand ways of making friends</li> </ul> <p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>- To identify the feelings and emotions they and other may be experiencing</li> <li>- To recognise what causes these feelings in ourselves and others</li> </ul> <p>- Resilience – giving things a try</p>	<p><b>Caring Relationships (Anti Bullying)</b></p> <ul style="list-style-type: none"> <li>- To understand simple reasons why friends, fall out and simple ways to make up</li> <li>- To recognise what unkind behaviour looks like</li> <li>- To understand why someone is being unkind</li> </ul> <p><b>My Body and Growing Up</b></p> <ul style="list-style-type: none"> <li>- What can my body do?</li> <li>- How can I keep my body clean – handwashing</li> <li>- What can I do by myself and what do I still need help with?</li> <li>- Who can help me</li> <li>- How do I feel about growing up?</li> <li>- The importance of sleep and good dental hygiene</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>- CIN – what is charity</li> </ul> <p><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>- Road safety</li> </ul>	<p><b>Communities and Diversity</b></p> <ul style="list-style-type: none"> <li>- To recognise that they belong to their class and recognise the differences and similarities between themselves and others.</li> <li>- To understand the different communities, they belong to.</li> <li>- To recognise the similarities and differences between the ways that families live.</li> </ul> <p><b>Family and people who care for me</b></p> <ul style="list-style-type: none"> <li>- How am I special and what is special about the other children in my class</li> <li>- To recognise people that are special to me</li> <li>- To understand what makes a family</li> <li>- How people in families care for each other</li> </ul> <p><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>- E safety</li> </ul>	<p><b>Communities and Diversity</b></p> <ul style="list-style-type: none"> <li>- To understand that people have different beliefs that are special to them.</li> <li>- Important to respect differences and they ways they live their lives.</li> <li>- To recognise different ways families, celebrate together and for different reasons.</li> </ul> <p><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>- Water safety</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>- What does it mean to feel unsafe</li> <li>- What clues does my body give me if I feel unsafe</li> <li>- Who are the people to help me keep safe</li> <li>- How and who I can ask for help if I feel unsafe</li> </ul> <p><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>- Stranger danger</li> </ul> <p><b>Health &amp; prevention</b></p> <ul style="list-style-type: none"> <li>- What can I do to keep my body healthy</li> <li>- What is exercise and why is it good for us?</li> <li>- Healthy foods and a healthy diet</li> </ul>	<p><b>Emotions</b></p> <ul style="list-style-type: none"> <li>- To recognise what we have achieved this year – what skills have we learnt</li> <li>- What are you good at and what are other children good at.</li> <li>- To recognise how change and losing something can make them feel</li> <li>- To recognise simple ways to make themselves feel better</li> <li>- The importance of relaxation and sleep</li> </ul> <p>- Dental hygiene</p> <p><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>- Sun safety</li> </ul>
Year 1	<p><b>Family and people who care for me</b></p> <ul style="list-style-type: none"> <li>- PSHE charter for each class and recap on classroom rules</li> <li>- Who is a part of my family and who are my special people</li> </ul> <p><b>Caring Friendships</b></p> <ul style="list-style-type: none"> <li>- How to be a good friend</li> <li>- Healthy Friendships</li> <li>- How to develop and sustain good friendships</li> <li>- Allergies – what does it mean to be allergic to something – i.e. nuts.</li> <li>- How can we look after each other in terms of allergies</li> </ul> <p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>- Through the teaching explore different feelings and that it is ok to have a range of feelings.</li> </ul>	<p><b>Respectful Relationships (Anti Bullying)</b></p> <ul style="list-style-type: none"> <li>- Friendships and falling out</li> <li>- What is Bullying – STOP</li> <li>- What my school does to prevent bullying</li> <li>- How to support others</li> </ul> <p><b>Working Together</b></p> <ul style="list-style-type: none"> <li>- How can I work well in a group</li> <li>- How can I negotiate to sort out disagreements</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>- CIN – What is charity</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Fire safety – link with visit from the fire service</li> </ul>	<p><b>My Emotions (linked to Mental Health Week)</b></p> <ul style="list-style-type: none"> <li>- Understanding and managing our feelings</li> <li>- How our feelings can affect others</li> <li>- Importance of resilience and being able to get it wrong</li> <li>- Who can I share my feelings with</li> <li>- What is special about me</li> <li>- The importance of sleep and relaxation</li> </ul> <p><b>Communities</b></p> <ul style="list-style-type: none"> <li>- Identify the different groups they belong to</li> <li>- To recognise the ways they are the same as, and different to other people.</li> </ul>	<p><b>Communities and Diversity</b></p> <ul style="list-style-type: none"> <li>- What makes ‘me’ me and ‘you’ you.</li> <li>- Do all boys and girls like the same things.</li> <li>- What is a stereo type</li> <li>- School community – how we can help the school</li> </ul> <p><b>Working Together</b></p> <ul style="list-style-type: none"> <li>- What am I and other people good at</li> <li>- What new skills would I like to learn</li> <li>- How can I work well within a group</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Water safety</li> </ul>	<p><b>Economic wellbeing: Money</b></p> <ul style="list-style-type: none"> <li>- Financial Understanding – how we get money and what we might do with it, where does money come from, what does it mean to have more of less money than you need.</li> </ul> <p><b>Internet safety</b></p> <ul style="list-style-type: none"> <li>- Being Safe online</li> <li>- What to do if you feel unsafe online</li> <li>- Use of Smarty the Penguin or Digi Duck</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell</li> </ul>	<p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>- Recognising our achievements this year.</li> <li>- How my responsibilities and skills might change next year</li> <li>- Our expectations and feeling about next year</li> <li>- How can we manage our emotions</li> </ul> <p><b>Health &amp; Prevention</b></p> <ul style="list-style-type: none"> <li>- What does it mean to be healthy?</li> <li>- The importance of being active on our physical bodies and our mental health.</li> <li>- The importance of building regular exercise into your daily routine – walking or cycling to school.</li> <li>- Facts and science relating to allergies</li> </ul>

	<ul style="list-style-type: none"> <li>- How I can make myself calmer if I am experiencing strong emotions.</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>		<b>Internet Safety (linked to internet safety day)</b> <ul style="list-style-type: none"> <li>- To talk about identity – what is safe to say online</li> <li>- To be able to recognise when something is unsafe online and who to talk to</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>			<ul style="list-style-type: none"> <li>- The importance of sleep and dental hygiene</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Sun safety</li> </ul>
Year 2	<b>Family and people who care for me</b> <ul style="list-style-type: none"> <li>- PSHE charter for each class and recap on classroom rules</li> <li>- Who is part of my family (family trees)</li> <li>- Comparing different families that are represented within our class.</li> </ul> <b>Caring Friendships</b> <ul style="list-style-type: none"> <li>- Listening to each other</li> <li>- Kindness Tree</li> <li>- What makes a good friend.</li> <li>- Allergies – what does it mean to be allergic to something – ie nuts.</li> <li>- How can we look after each other in terms of allergies</li> </ul> <b>Mental Health</b> <ul style="list-style-type: none"> <li>- Mindfulness Moments</li> <li>- My emotions</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<b>Respectful Relationships (Anti Bullying)</b> <ul style="list-style-type: none"> <li>- Friendships and falling out</li> <li>- What is Bullying – STOP</li> <li>- What my school does to prevent bullying</li> <li>- How to support others</li> </ul> <b>Economic Wellbeing</b> <ul style="list-style-type: none"> <li>- CIN – What is Charity</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Fire safety – Group of Year 1 to help teach it.</li> </ul> <b>Working Together</b> <ul style="list-style-type: none"> <li>- To understand how to be a good communicator – listening and taking turns</li> <li>- To apply communication and group working skills in a real life situation</li> </ul>	<b>My Emotions (linked to Mental Health week)</b> <ul style="list-style-type: none"> <li>- How do I manage some of my emotions and the associated behaviours</li> <li>- The ways in which people relax to help deal with emotions</li> <li>- The importance of sleep</li> <li>- Resilience – it's ok to get things wrong, don't give up</li> </ul> <b>Communities</b> <ul style="list-style-type: none"> <li>- The different roles and responsibilities people have in their community</li> </ul> <b>Internet Safety (linked to internet safety day)</b> <ul style="list-style-type: none"> <li>- To talk about identity – what is safe to say online</li> <li>- To be able to recognise when something is unsafe online</li> <li>- Online scenarios</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<b>Communities and Diversity</b> <ul style="list-style-type: none"> <li>- What makes up our community</li> <li>- How can we help the community we live it</li> </ul> <b>Working Together</b> <ul style="list-style-type: none"> <li>- How to work well in a group</li> <li>- Why it is important to listen and to take turns</li> <li>- How I can deal with group disagreements?</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Water safety</li> </ul>	<b>Economic Wellbeing: Money</b> <ul style="list-style-type: none"> <li>- Financial Understanding – where does money come from and how can we get it?, how do we pay for things, how could we help our family with the choices we make about money.</li> <li>- Financial responsibility and how you feel about money</li> </ul> <b>Internet Safety</b> <ul style="list-style-type: none"> <li>- Being Safe online</li> <li>- What to do if you feel unsafe online</li> <li>- Use digi duck resource</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell</li> </ul>	<b>Managing Change</b> <ul style="list-style-type: none"> <li>- Recognising our achievements this year.</li> <li>- How my responsibilities and skills might change next year</li> <li>- Our expectations and feeling about next year</li> <li>- How can we manage our emotions</li> </ul> <b>Health and Prevention</b> <ul style="list-style-type: none"> <li>- The Characteristics and mental and physical benefits of an active lifestyle</li> <li>- The importance of building physical exercise into our daily routine</li> <li>- How to seek support including which adults to speak to in school if they are worried about their health.</li> <li>- What is a healthy diet</li> <li>- The characteristics of a poor diet and risks associated with unhealthy eating – tooth decay, obesity)</li> <li>- Facts and science relating to allergies,</li> <li>- the importance of good sleep and dental hygiene</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Sun safety</li> </ul>



Year 3	<p><b>Family and people who care for me</b></p> <ul style="list-style-type: none"> <li>- PSHE charter for each class and recap on classroom rules</li> <li>- Healthy relationships and trust</li> <li>- How do good friends behave on and offline</li> <li>- Developing friendships</li> <li>- Families and other special people</li> </ul> <p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>- there is a normal range of feelings related to different experiences</li> <li>- judging whether the way they are reacting is appropriate for the situation.</li> </ul> <p><b>Resilience – it is ok to get things wrong</b></p> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<p><b>Respectful Relationships (inc Anti bullying)</b></p> <ul style="list-style-type: none"> <li>- Courtesy and manners</li> <li>- the importance of self-respect</li> <li>- How can I share my views and opinions respectfully</li> <li>- Treating people with respect</li> <li>- What have we got in common and how are we different</li> <li>- defining bullying – the difference between falling out and bullying</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>- CIN – What is Charity</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Fire safety</li> </ul> <p><b>Working Together</b></p> <ul style="list-style-type: none"> <li>- To be able to identify skills they need to and would like to develop</li> <li>- To experience learning a new skill as a class and to reflect on that process.</li> </ul>	<p><b>Shared Responsibilities</b></p> <ul style="list-style-type: none"> <li>- To recognise reasons for rules and laws</li> <li>- To recognise there are human rights</li> <li>- The importance of having compassion towards each other</li> <li>- show care and concern for others</li> <li>- shared responsibility to protect environment - school and home – looking after animals</li> </ul> <p><b>Internet Safety</b></p> <ul style="list-style-type: none"> <li>- That sometimes people behave differently online</li> <li>- the rules and principles of keeping safe online</li> <li>- How to check that the information they use from the internet is from a trusted website</li> <li>- Recognise things that are appropriate to share and things that should not be shared on social media</li> </ul> <p><b>Personal safety</b></p> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<p><b>Communities and Diversity</b></p> <ul style="list-style-type: none"> <li>- the different groups that make up their community</li> <li>- what living in a community means</li> <li>- prejudice and recognise behaviours/actions which discriminate against others</li> <li>- ways to respond to discrimination if witnessed or experienced.</li> <li>- To explore the different types of media and the information they may give out – how do we trust it</li> </ul> <p><b>Working together</b></p> <ul style="list-style-type: none"> <li>- Recognising our own skills and worth – positive things about themselves and others</li> <li>- To understand and develop effective group work skills, including problem solving</li> <li>- To know how different people can contribute in different ways to group work.</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Water Safety</li> </ul>	<p><b>Economic Wellbeing: Money</b></p> <ul style="list-style-type: none"> <li>- The different ways to pay for things and the choices people have about this</li> <li>- the different ways to keep track of money</li> <li>- to identify the ways that money can impact on peoples emotions</li> </ul> <p><b>Economic wellbeing: Aspirations, Work and Career</b></p> <ul style="list-style-type: none"> <li>- to recognise positive things about themselves and their achievements</li> <li>- set goals to help them achieve their personal outcomes</li> <li>- some skills that they will need to help them in their future careers – teamwork, communication and negotiation.</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell</li> </ul>	<p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>- identifying changes that they may have experienced in their life</li> <li>- friendship changes</li> <li>- managing feelings and being able to get support and know where to get support from</li> <li>- planning for change</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>- The characteristics and mental and physical benefits of an active lifestyle</li> <li>- the importance of regular exercise</li> <li>- To understand the importance of consuming a variety and balance of food and drinks.</li> <li>- Dental hygiene and sleep</li> <li>- Facts and science relating to allergies,</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Sun safety</li> </ul>
Year 4	<p><b>Family and People who care for me</b></p> <ul style="list-style-type: none"> <li>- PSHE charter for each class and recap on classroom rules</li> <li>- That families are important for children growing up.</li> <li>- Does trust play a part in having a healthy relationship</li> <li>- Developing friendships</li> <li>- Families and other special people</li> <li>- Other families, either in school or in the wider world, sometimes look different from their family – respect those differences</li> </ul> <p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>- How to recognise and talk about their emotions</li> <li>- how to judge whether what they are feeling is appropriate</li> </ul>	<p><b>Respectful Relationships (inc anti bulling)</b></p> <ul style="list-style-type: none"> <li>- Courtesy and manners</li> <li>- The importance of self respect</li> <li>- How can I share my views and opinions respectfully</li> <li>- about different types of bullying</li> <li>- How a lack of respect and empathy can lead to bullying</li> <li>- How bullying can have a long term effect on someone.</li> <li>- how we can prevent bullying if we see it</li> <li>- how does valuing diversity benefit everyone</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>- CIN – What is Charity</li> </ul> <p><b>Personal Safety</b></p>	<p><b>Shared Responsibility</b></p> <ul style="list-style-type: none"> <li>- To recognise reasons for rules and law – what are the consequences of not adhering to rules and laws</li> <li>- To recognise there are human rights to protect everyone</li> <li>- How everyday choices can affect the environment (recycling)</li> </ul> <p><b>Internet Safety</b></p> <ul style="list-style-type: none"> <li>- The same principles apply to online relationships as to face to face relationships - importance of respect.</li> <li>- The rules and principles of keeping safe online</li> <li>- how to consider the effect of their online actions on others</li> </ul>	<p><b>Communities and Diversity</b></p> <ul style="list-style-type: none"> <li>- To value the different contributions that people and groups make to the community</li> <li>- About prejudice and how to recognise behaviours and actions which discriminate against others</li> <li>- how to respond to prejudice if witnessed or experienced</li> <li>- Exploring my own community</li> <li>- to know some of the role people do to support my community.</li> </ul> <p><b>Working Together</b></p> <ul style="list-style-type: none"> <li>- To review group skills and effective communication strategy</li> </ul>	<p><b>Economic Wellbeing: Money</b></p> <ul style="list-style-type: none"> <li>- To recognise that people have different attitudes towards saving and spending money</li> <li>- what influences peoples decisions</li> <li>- what makes something good value for money</li> <li>- to recognise that people make spending decisions based on priority, needs and wants.</li> </ul> <p><b>Economic wellbeing: Aspirations, Work and Career</b></p> <ul style="list-style-type: none"> <li>- To recognise the positive things about themselves and their achievements.</li> </ul>	<p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>- Identifying changes in their life</li> <li>- friendship changes and how they might feel</li> <li>- Managing feelings and getting support</li> <li>- to understand that some changes are wanted and that they can plan for them.</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>- what is an active lifestyle and how does it help me get healthier?</li> <li>- the principles of planning and preparing a range of healthy meals</li> <li>- Dental hygiene and sleep</li> <li>- Making healthy choices</li> <li>- Facts and science relating to allergies, immunisations and vaccinations</li> </ul>

	<ul style="list-style-type: none"> <li>- Where and how to seek help</li> <li>- Resilience – it is ok to get things wrong</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<ul style="list-style-type: none"> <li>- Fire safety</li> </ul> <b>Working Together</b> <ul style="list-style-type: none"> <li>- To be able to understand and practise some skills of a good communicator, including effective confident expression of opinions and questioning skills.</li> <li>- To be able to know how different people can contribute in different ways to a group task.</li> </ul>	<ul style="list-style-type: none"> <li>- The importance of using own email address when emailing out</li> <li>- Why they should not give out their personal details</li> </ul> <b>Personal safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<ul style="list-style-type: none"> <li>- to apply communication and group work skills in a real situation</li> <li>- To be able to persevere at a task even when faced with difficulties</li> <li>- To be able to give feedback sensitively and receive it from others.</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>Water Safety</li> </ul>	<ul style="list-style-type: none"> <li>- To set goals to help them achieve a personal outcome</li> <li>- To identify the kind of job that they might like to do when they are older.</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell</li> </ul>	<b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Sun Safety</li> </ul>
Year 5	<b>Family and People who care for me</b> <ul style="list-style-type: none"> <li>- PSHE charter for each class and recap on classroom rules</li> <li>- The characteristics of healthy family life.</li> <li>- commitment to each other, including in times of difficulty</li> <li>- How to recognise if family relationships are making them feel unhappy or unsafe</li> <li>- How they can seek help and advice from others.</li> </ul> <b>Mental Health</b> <ul style="list-style-type: none"> <li>- To understand that mental health and wellbeing is a normal part of daily life</li> <li>- Resilience – it is ok to get things wrong</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<b>Respectful Relationships (inc Anti Bullying)</b> <ul style="list-style-type: none"> <li>- Courtesy and manners</li> <li>- self-respect and how this links to own happiness</li> </ul> The importance of respecting others – even when they are different to us <ul style="list-style-type: none"> <li>- What is a stereotype – how they can be unfair</li> <li>- how prejudices and stereotypes can sometimes lead to bullying</li> <li>- Different types of bullying</li> <li>- Can I explain the differences between friendship difficulties and bullying</li> </ul> <b>Economic Wellbeing</b> <ul style="list-style-type: none"> <li>- CIN – What is Charity</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Fire safety</li> </ul> <b>Working Together</b> <ul style="list-style-type: none"> <li>- To understand and develop effective group work skills, including decision making, chairing and debating.</li> <li>- To be aware of the range of different strengths and skills people bring to a group and to know how my own strengths and skills complement those of others.</li> </ul>	<b>Shared Responsibility</b> <ul style="list-style-type: none"> <li>- To recognise reasons for rules and laws and the consequences of not adhering to rules and laws</li> <li>- Recognise that there are human rights</li> </ul> Showing care and concerns for others <ul style="list-style-type: none"> <li>- Shared responsibilities for protecting the environment</li> </ul> <b>Internet Safety</b> <ul style="list-style-type: none"> <li>- the rules and principles for keeping safe online</li> <li>- How to critically consider their online friendships and sources of information</li> <li>- How information and data is shared</li> <li>- Benefits of rationing time spent online- the negative impact this can have</li> <li>- Age restrictions on games, social media</li> <li>- where and how to report issues online</li> </ul> <b>Personal safety</b> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<b>Community and Diversity</b> <ul style="list-style-type: none"> <li>- To explore elements that make up a person identify and how other people's perceptions can influence our identify</li> <li>- What does diversity mean?</li> <li>- What are the benefits of living in a diverse community and the importance of valuing a community and everyone within it.</li> <li>- About prejudice and how to recognise behaviours and actions which discriminate against others</li> <li>- How to you respond to prejudice if it is witnessed or experienced.</li> </ul> <b>Working Together</b> <ul style="list-style-type: none"> <li>- Recognising developing strengths and skills</li> <li>- Developing communication and group working skills</li> <li>- To recognise influences on their decision making, including the media</li> <li>- Developing perseverance and resilience</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Water Safety</li> </ul>	<b>Economic Wellbeing: Money</b> <ul style="list-style-type: none"> <li>- To recognise that peoples spending decisions can affect others and their environment – fair trade, buying single use plastics or giving to charity</li> <li>- To recognise why people, make spending decisions</li> <li>- To identify ways in which money can impact on people's feelings and emotions</li> </ul> <b>Economic wellbeing: Aspirations, Work and Career</b> <ul style="list-style-type: none"> <li>- To recognise positive things about themselves and their achievements</li> <li>- To recap on previous year goals and review or set more</li> <li>- That there is a broad range of jobs/careers that people can have</li> <li>- People often have more than one job throughout their career</li> <li>-Some jobs are paid more than others</li> <li>- Some jobs are voluntary/unpaid – why people might choose these jobs</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell</li> </ul>	<b>Managing Change</b> <ul style="list-style-type: none"> <li>- Identifying changes</li> <li>- changes that might happen in families and the impact that can have on a family</li> <li>- Managing emotions, getting and giving support</li> <li>- Ways for us to manage change</li> </ul> <b>Healthy Lifestyles (incl basic first aid)</b> <ul style="list-style-type: none"> <li>- the characteristics and mental and physical benefits of an active lifestyle</li> <li>- The importance of building regular exercise into our daily routines</li> <li>- How to seek help if they are concerned about their health.</li> <li>- The characteristics of a poor diet</li> <li>- the importance of good sleep</li> <li>- dental hygiene</li> <li>- personal hygiene</li> <li>- facts and science relating to allergies, immunisations and vaccinations</li> <li>- how to make a clear and efficient call to emergency services if necessary.</li> </ul> <b>Personal Safety</b> <ul style="list-style-type: none"> <li>- Sun Safety</li> </ul>

<p>Year 6</p>	<p><b>Family and people who care for me</b></p> <ul style="list-style-type: none"> <li>- PSHE charter for each class and recap on classroom rules</li> <li>- That stable, caring relationships, which may be different types, are at the heart of happy families</li> <li>- Marriage</li> <li>- How do people in my family continue to support each other when times change.</li> </ul> <p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>- That mental health is a normal part of daily life</li> <li>-</li> <li>- Where and how to seek support</li> </ul> <p>- Resilience – it is ok to get things wrong</p> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<p><b>Respectful Relationships (inc Anti Bullying)</b></p> <ul style="list-style-type: none"> <li>- Courtesy and Manners</li> <li>- Importance of self-respect</li> <li>- practical steps they can take in a range of different contexts to improve respectful relationships</li> <li>- strong sense of identity and self-respect</li> <li>- Different types of bullying</li> <li>- what is the difference between a friendship fall out and bullying</li> <li>- how might bullying affect someone's mental health and/or behaviour</li> </ul> <p><b>Shared Responsibility (looking after the environment)</b></p> <ul style="list-style-type: none"> <li>- Shared responsibility for protecting the environment in the school and at home.</li> <li>- How their everyday choices can affect the environment.</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>- CIN – What is Charity</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Fire safety</li> </ul> <p><b>Health &amp; Prevention</b></p>	<p><b>Shared Responsibility (law, rule and human rights)</b></p> <ul style="list-style-type: none"> <li>- To recognise reasons for rules and law</li> <li>- To recognise there are human rights and that they are there to protect everyone</li> <li>- The relationship between rights and responsibilities.</li> <li>- The importance of having compassion towards others</li> </ul> <p><b>Internet Safety</b></p> <ul style="list-style-type: none"> <li>- The rules and principles for keeping safe online</li> <li>- How to recognise harmful risks, content and who to contact if they unsafe online</li> <li>- How to critically consider their online relationships</li> <li>- How information and data is stored, shared and used online</li> <li>- What online services offer and how do I make the right decisions to use it or not</li> <li>- How the internet can have a negative impact on mental health</li> <li>- How to understand the information they seek online – search engines are ranked, sponsored etc</li> <li>- Why you should use your own details online.</li> </ul> <p><b>Personal safety</b></p> <ul style="list-style-type: none"> <li>- Handwashing</li> </ul>	<p><b>Community and Diversity</b></p> <ul style="list-style-type: none"> <li>- To explore our own identities</li> <li>- To explore how perceptions of gender (stereotypes) amongst peers and media can affect identity, emotions, friendships, behaviour and choices.</li> <li>- Recognise the different local and wider communities that they belong to, and explore the contribution that belonging makes to wellbeing and happiness.</li> <li>- About prejudice and how to recognise behaviours and actions which discriminate against others</li> <li>- How to you respond to prejudice if it is witnessed or experienced.</li> </ul> <p><b>Working Together</b></p> <ul style="list-style-type: none"> <li>- Recognising and developing strengths and skills</li> <li>- Developing communication skills and group working skills</li> <li>- Developing an awareness of strengths and skills in group work</li> <li>- Developing and showing perseverance</li> <li>- Evaluating and feedback skills.</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Water Safety</li> </ul>	<p><b>Economic Wellbeing: Money</b></p> <ul style="list-style-type: none"> <li>- To recognise that people, make spending decisions based on priorities, needs and wants</li> <li>- risks associated with money and ways of keeping money safe</li> <li>- risks involved in gambling – losing money, and effects on mental health</li> </ul> <p><b>Economic wellbeing: Aspirations, Work and Career</b></p> <ul style="list-style-type: none"> <li>- To recognise positive things about themselves and their achievements.</li> <li>- To recap on goals from previous years – is that still their goal</li> <li>- about stereotypes in the workplace and that a person's career aspirations should not be limited.</li> <li>- what might influence people's decisions about a job or a career</li> <li>- To recognise a variety of routes into careers (college, apprenticeships etc)</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell</li> </ul>	<p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>- Identifying changes</li> <li>- changes that might happen in families and the impact that can have on a family</li> <li>- Managing emotions, getting and giving support</li> <li>- Ways for us to manage change</li> </ul> <p><b>Healthy Lifestyles (incl basic first aid and drug and alcohol education)</b></p> <ul style="list-style-type: none"> <li>- Characteristics and mental and physical benefits of an active lifestyle</li> <li>- Importance of regular exercise</li> <li>- Risks associated with inactive lifestyle (Obesity)</li> <li>- How and when to seek help if concerned about their own health.</li> <li>- What constitutes a healthy diet</li> <li>- personal hygiene, importance of good sleep and dental hygiene</li> <li>- facts and science relating to allergies, immunisations and vaccinations</li> <li>- concepts of basic first aid, and how to make a clear call to emergency services if required</li> </ul> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>- Sun safety</li> </ul>
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