

Year Group	<u>Autumn Term</u> Being Me in My World Celebrating Differences	<u>Spring Term</u> Dreams and Goals Healthy Me	<u>Summer Term</u> Relationships Changing Me
Reception	<ul style="list-style-type: none"> To understand how it feels to belong and know that we are similar and different. To start to recognise and manage my feelings. To enjoy working with others to make school a good place to be. To understand why it is good to be kind and use gentle hands. To begin to understand children’s rights and know this means we should all be allowed to learn and play. To know what being responsible means. 	<ul style="list-style-type: none"> To understand that if I persevere I can tackle challenges. To talk about a time I didn’t give up until I achieved my goal. To set a goal and work towards it. To use kind words to encourage people. To understand the link between what I learn now and the job I might like to do when I’m older. To say how I feel when I achieve a goal and know what it means to feel proud. 	<ul style="list-style-type: none"> To identify some of the jobs I do in my family and how I feel like I belong. To know how to make friends to stop myself from feeling lonely. To think of ways to solve problems and stay friends. To begin to understand the impact of unkind words. To use ‘Calm Me’ time to manage my feelings. To know how to be a good friend.
	<ul style="list-style-type: none"> To know how it feels to be proud of something I am good at. To tell you one way I am special and unique. To know that all families are different. To know that there are lots of different houses and homes. To tell you how I could make new friends. To use my words to stand up for myself. 	<ul style="list-style-type: none"> To understand that I need to exercise to keep my body healthy. To understand how moving and resting are good for my body. To know which foods are healthy and not so healthy and make healthy eating choices, To know how to help myself to go to sleep and understand why sleep is good for me. To know how to wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. To know what a stranger is and how to stay safe if a stranger approaches me. 	<ul style="list-style-type: none"> To name parts of the body. To tell you some things I can do and foods I can eat to be healthy. To understand that we all grow from babies to adults. To express how I feel about moving to Year 1. To talk about my worries and/or the things I am looking forward to about being in Year 1. To share my memories of the best bits of this year in Reception.

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<p>Year 1</p>	<ul style="list-style-type: none"> • To understand the rights and responsibilities as a member of my class • To understand the rights and responsibilities for being a member of my class • To know my views are valued and can contribute to the Learning Charter • To recognise that I make choices and understand they have consequences • To understand my rights and responsibilities within our Learning Charter 	<ul style="list-style-type: none"> • To set simple goals • To set a goal and work out how to achieve it • To understand how to work well with a partner • To tackle a new challenge and understand this might stretch my learning • To identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them • To tell you how it felt when I succeeded in a new challenge and how I celebrated it 	<ul style="list-style-type: none"> • To identify the members of my family and understand that there are lots of different types of families • To identify what being a good friend means to me • To know appropriate ways of physical contact to greet my friends and know which ways I prefer • To know who can help me in my school community • To recognise my qualities as a person and a friend • To tell you why I appreciate someone who is special to me
	<ul style="list-style-type: none"> • To identify similarities between people in my class. • To identify differences between people in my class. • To tell you what bullying is. • To identify some people who I could talk to if I was feeling unhappy or being bullied. • To know how to make new friends. • To explain some ways I am different from my friends. 	<ul style="list-style-type: none"> • To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy • To know how to make healthy lifestyle choices • To know how to keep myself clean and healthy, and understand how germs cause disease/illness. To know that all household products, including medicines, can be harmful if not used properly • To understand that medicines can help me if I feel poorly and know how to use them safely • To know how to keep safe when crossing the road, and about people who can help me to stay safe 	<ul style="list-style-type: none"> • To start to understand the life cycles of animals and humans • To tell you some things about me that have changed and some things about me that have stayed the same • To tell you how my body has changed since I was a baby • To identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina, vulva, anus • To understand that every time I learn something new, I change a little bit • To tell you about changes that have happened in my life

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		<ul style="list-style-type: none"> To tell you why I think my body is amazing and identify some ways to keep it safe and healthy 	
Year 2	<ul style="list-style-type: none"> To identify some of my hopes and fears for this year To understand the rights and responsibilities for being a member of my class and school To listen to other people and contribute my own ideas about rewards and consequences To understand how following the Learning Charter will help me and others learn To recognise the choices I make and understand the consequences 	<ul style="list-style-type: none"> To choose a realistic goal and think about how to achieve it To carry on trying (persevering) even when I find things difficult To recognise who I work well with and who is more difficult for me to work with To work well in a group To tell you some ways I worked well with my group To know how to share success with other people 	<ul style="list-style-type: none"> To identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not To identify some of the things that cause conflict with my friends To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret To recognise and appreciate people who can help me in my family, my school and my community To express my appreciation for the people in my special relationships
	<ul style="list-style-type: none"> To begin to understand that sometimes people make assumptions about boys and girls (stereotypes) To understand that bullying is sometimes about difference To recognise what is right and wrong and know how to look after myself To understand that it is OK to be different from other people and to be friends with them 	<ul style="list-style-type: none"> To know what I need to keep my body healthy To show or tell you what relaxed means and know some things that make me feel relaxed and some that make me feel stressed To understand how medicines work and how important it is to use them safely To sort foods into the correct groups and know which foods my body needs every day to keep me healthy To make some healthy snacks and explain why they are good for my body 	<ul style="list-style-type: none"> To recognise cycles of life in nature To tell you about the natural process of growing from young to old and understand that this is not in my control To recognise how my body has changed since I was a baby and where I am on the continuum from young to old To recognise the physical differences between boys and girls, use the correct names for part of the body (penis, anus,

		<ul style="list-style-type: none"> To decide which foods to eat to give my body energy 	<p>testicles, vagina, vulva) and appreciate that some parts of my body are private</p> <ul style="list-style-type: none"> To understand that there are different types of touch and tell you which ones I like and don't like To identify what I am looking forward to when I move into my next class
Year 3	<ul style="list-style-type: none"> To recognise my worth and can identify positive things about myself and my achievements. I can set personal goals To face new challenges positively, make responsible choices and ask for help when I need it To understand why rules are needed and how they relate to rights and responsibilities To understand that my actions affect myself and others and I care about other people's feelings To make responsible choices and take action To understand my actions affect others and try to see things from their points of view 	<ul style="list-style-type: none"> To tell you about a person who has faced difficult challenges and achieved success. To identify a dream/ambition that is important to me. To enjoy facing new learning challenges and working out the best ways for me to achieve them. To feel motivated and enthusiastic about achieving our new challenge. To recognise obstacles which might hinder my achievement and take steps to overcome them. To evaluate my own learning process and identify how it can be better next time. 	<ul style="list-style-type: none"> To identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females. To identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener. To know and use some strategies for keeping myself safe online. To explain how some of the actions and work of people around the world help and influence my life. To understand how my needs and rights are shared by children around the world and identify how our lives may be different. To know how to express my appreciation to my friends and family.
	<ul style="list-style-type: none"> To understand that everybody's family is different and important to them. To understand that differences and conflicts sometimes happen among family members. To know what it means to be a witness to bullying. To know that witnesses can make the situation better or worse by what they do. 	<ul style="list-style-type: none"> To understand that exercise affects my body and know why my heart and lungs are such important organs. To know that the amount of calories, fat and sugar I put into my body will affect my health. To tell you my knowledge and attitude towards drugs. 	<ul style="list-style-type: none"> To understand that in animals and humans lots of changes can happen between conception and growing up, and that usually it is the female who has the baby To understand how babies grow and develop in the mother's uterus To understand what a baby needs to live and grow

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	<ul style="list-style-type: none"> • To recognise that some words are used in hurtful ways. • To talk about a time when my words affected someone's feelings and what the consequences were. 	<ul style="list-style-type: none"> • To identify things, people and places that I need to keep safe from, and tell you some strategies for keeping myself safe including who to go to for help. • To identify when something feels safe or unsafe. • To understand how complex my body is and how important it is to take care of it. 	<ul style="list-style-type: none"> • To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies • To identify how boys' and girls' bodies change on the outside during the growing up process • To identify how boys' and girls' bodies change on the inside during the growing up process and say why these changes are necessary so that their bodies can make babies when they grow up • To start to recognise stereotypical ideas I might have about parenting and family roles • To identify what I am looking forward to when I move to my next class
Year 4	<ul style="list-style-type: none"> • To know my attitudes and actions make a difference to the class team. • To understand who is in my school community, roles they play and how I fit in. • To understand how democracy works through the School Council. • To understand that my actions affect myself and others; to about other people's feelings and try to empathise with them. • To understand how groups come together to make decisions. • To understand how democracy and having a voice benefits the school community. 	<ul style="list-style-type: none"> • To share some of my hopes and dreams. • To understand that sometimes hopes and dreams do not come true and that this can hurt. • To know that reflecting on positive happy experiences can help me to counteract disappointment. • To know how to make a new plan and set new goals even if I have been disappointed. • To know how to work out the steps to achieve a goal, and do this successfully as part of a group. • To identify the contributions made by myself and others to the group's achievement. 	<ul style="list-style-type: none"> • To identify someone I love and express why they are special to me. • To tell you about someone I know that I no longer see. • To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. • To understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older. • To know how to show love and appreciation to the people and animals who are special to me.

	<ul style="list-style-type: none"> • To understand that, sometimes, we make assumptions based on what people look like. • To understand what influences me to make assumptions based on how people look. • To know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure. • To tell you why witnesses sometimes join in with bullying and sometimes don't tell. • To identify what is special about me and value the ways in which I am unique. • To tell you a time when my first impression of someone changed when I got to know them. 	<ul style="list-style-type: none"> • To recognise how different friendships groups are formed, how I fit into them and the friends I value the most. • To understand there are people who take on the roles of leaders or followers in a group, and know the role I take on in different situations • To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke • To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol • To recognise when people are putting me under pressure and explain ways to resist this when I want • To know myself well enough to have a clear picture of what I believe is right and wrong 	<ul style="list-style-type: none"> • To understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm • To correctly label the internal and external parts of male and female bodies that are necessary for making a baby • To describe how a girl's body changes for her to be able to have babies when she is an adult and that menstruation (having periods) is a natural part of this • To know how the circle of change works and apply it to changes I want to make in my life • To identify changes that have been and may continue to be outside of my control that I learnt to accept • To identify what I am looking forward to when I move to a new class
<p>Year 5</p>	<ul style="list-style-type: none"> • To face new challenges positively and know how to set personal goals • To understand my rights and responsibilities as a citizen of my country and as a member of my school • To make choices about my own behaviour because I understand how rewards and consequences feel • To understand how an individual's behaviour can impact on a group 	<ul style="list-style-type: none"> • To understand that I will need money to help me achieve some of my dreams • To know about a range of jobs carried out by people I know and have explored, and how much people earn in different jobs • To identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it • To describe the dreams and goals of young people in a culture different to mine 	<ul style="list-style-type: none"> • To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities • To understand that belonging to an online community can have positive and negative consequences • To understand there are rights and responsibilities in an online community or social network • To know there are rights and responsibilities when playing a game online

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	<ul style="list-style-type: none"> To understand how democracy and having a voice benefits the school community and know how to participate in this 	<ul style="list-style-type: none"> To understand that communicating with someone in a different culture means we can learn from each other and identify a range of ways that we could support each other To encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship 	<ul style="list-style-type: none"> To recognise when I am spending too much time using devices (screen time) To explain how to stay safe when using technology to communicate with my friends
	<ul style="list-style-type: none"> To understand that cultural differences sometimes cause conflict To understand what racism is To understand how rumour-spreading and name-calling can be bullying behaviours To explain the difference between direct and indirect types of bullying To compare my life with people in the developing world To understand a different culture from my own 	<ul style="list-style-type: none"> To know the health risks of smoking and talk about how tobacco affects the lungs, liver and heart. To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart To know and put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations To understand how the media, social media and celebrity culture promotes certain body types To describe the different roles food can play in people's lives and explain how people can develop eating problems (disorders) relating to body image pressures To know what makes a healthy lifestyle, including healthy eating, and the choices I need to make to be healthy and happy 	<ul style="list-style-type: none"> To be aware of my own self-image and how my body image fits into that To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally To describe how boys' and girls' bodies change during puberty To understand that sexual intercourse can lead to conception and that this is how babies are usually made To understand that sometimes people need IVF to help them have a baby To identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities (age of consent) To identify what I am looking forward to when I move to my next class
Year 6	<ul style="list-style-type: none"> To identify my goals for this year, understand my fears and worries about the future and know how to express them 	<ul style="list-style-type: none"> To know my learning strengths and set challenging but realistic goals for myself (e.g. one in-school goal and one out-of school goal) 	<ul style="list-style-type: none"> To know that it is important to take care of my mental health To know how to take care of my mental health

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	<ul style="list-style-type: none"> • To know that there are universal rights for all children but for many children these rights are not met • To understand that my actions affect other people locally and globally • To make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities • To understand how an individual's behaviour can impact on a group • To understand how democracy and having a voice benefits the school community 	<ul style="list-style-type: none"> • To work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these • To identify problems in the world that concern me and talk to other people about them • To work with other people to help make the world a better place • To describe some ways in which I can work with other people to help make the world a better place • To know what some people in my class like or admire about me and accept their praise 	<ul style="list-style-type: none"> • To understand that there are different stages of grief and that there are different types of loss that cause people to grieve • To recognise when people are trying to gain power or control • To judge whether something online is safe and helpful for me • To use technology positively and safely to communicate with my friends and family
	<ul style="list-style-type: none"> • To understand there are different perceptions about what normal means • To understand how being different could affect someone's life • To explain some of the ways in which one person or a group can have power over another • To know some of the reasons why people use bullying behaviours • To give examples of people with disabilities who lead amazing lives • To explain ways in which difference can be a source of conflict and a cause for celebration 	<ul style="list-style-type: none"> • To take responsibility for my health and make choices that benefit my health and well-being • To know about different types of drugs and their uses and their effects on the body, particularly the liver and heart • To understand that some people can be exploited and made to do things that are against the law • To know why some people join gangs and the risks this involves • To understand what it means to be emotionally well and explore people's attitudes towards mental health/illness • To recognise stress and the triggers that cause this, and understand how stress can cause drug and alcohol misuse 	<ul style="list-style-type: none"> • To be aware of my own self-image and how my body image fits into that • To explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally • To describe how a baby develops from conception through the nine months of pregnancy, and how it is born • To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend/girlfriend • To be aware of the importance of positive self-esteem and what I can do to develop it • To identify what I am looking forward to and what worries me about the transition to



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