

PSHE

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
	CONTRIBUTE	RESPECT	ENJOY	ASPIRE	TEAM WORK	ENQUIRE	
WHOLE SCHOOL VALUES	 Making a good first impression Ready to Learn Mind Your Manners 	 It's good to be me Celebrating Peace Thomas Buxton 	 New Year's Resolutions Be happy on purpose Enjoy your 	 I have a dream. You have brains in your head and feet in your shoes. 	 TEAM –Together Everyone Achieves More Do as you would be done by. How 	 But why? Questions it's ok to ask. Forgiveness Curiouser and 	
and WEEKLY REFLECTION THEME	4. Be included5. Play your part; do your bit.6. Talents- everybody's got	is a Bully Free Zone 4. Honesty is the best policy 5. Peer Pressure,	learning 4. Accentuate the positive, eliminate the negative.	3. Spring has sprung! Turning over a new leaf.4. I am special – 10 fascinating facts	should we treat others? 3. No Man is an island 4. Resolving conflict	Curiouser 4. Take a closer look 5. Worry 6. Sorry 7. Goodbye and	
	one. 7. All different, all equal	do it your way 6. Do as you would be done by. How should we treat others? 7. Goodbye - Another year older and wiser!	5. Thomas Buxton is a Bully Free Zone 6. Calm Down! Ways to keep your cool.	about me. 5. You're never too young to change the world. 6. Making friends and keeping friends	– falling out and making up 5. Think Before You Speak	thank you. Moving on.	



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AUT	JMN 1 AUTUMN 2	AUTUMN 2 SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
EYFS Being Me in	My World Celebrating Difference	nting Difference Dreams and Goals	Healthy Me	Relationships	Changing Me	
Making related Children are try new active Self-confider awareness. They adjust to different stake changes their stride. Managing ferent wareness they are trained behaviour. They work as group or class.	Making relationships Children play co- operatively, taking turns with others. They show sensitivity to others' need and feelings, and form positive relationships with adults and other children They take account of one another's ideas about how to organise their activity Self-confidence and self- awareness Children say why they like some activities more than others. They are confiden to speak in a familiar grou will talk about their ideas, and will choose the resources they need for their chosen activities.	relationships in play co- vely, taking turns hers. They show sity to others' needs dings, and form the relationships with and other children ke account of one r's ideas about how inise their activity infidence and selfness in say why they like ctivities more than They are confident k in a familiar group, a about their ideas, a cosen activities. It choose the less they need for losen activities. By when they do or eed help ling feelings and tand and follow the hey adjust their our to different ins Children talk low they and others' borr, and its uences, and know me behaviour is	Physical development - Health and self-care Children know the importance for good health of physical exercise and a healthy diet, and a healthy diet, and to talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently	Managing relationships Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children Self-confidence and self-awareness Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help Managing feelings and behavior Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and takechanges of routine in their stride	Making relationships They show sensitivity to others' needs and feelings and form positive relationships with adults and other children Self-confidence and self-awareness Say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas Managing feelings and behaviour They work as part of a group or class, and understand and follow the rules Children talk about how they and others show feelings	



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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
YEAR 1	I understand the rights and responsibilities as a member of my class I know my views are valued and can contribute to the Class Charter I can recognise the choices I make and understand the consequences I understand my rights and responsibilities within our Class Charter	Celebrating Difference (including anti-bullying) I can identify similarities between people in my class I can identify differences between people in my class I can tell you what bullying is I know some people who I could talk to if I was feeling unhappy or being bullied I know how to make new friends I can tell you some ways I am different from my friends	I can set simple goals I can set a goal and work out how to achieve it I understand how to work well with a partner I can tackle a new challenge and understand this might stretch my learning I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them I can tell you how I felt when I succeeded in a new challenge and how I celebrated it	Healthy Me I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I know how to make healthy lifestyle choices I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly I understand that medicines can help me if I feel poorly and I know how to use them safely I know how to keep safe when crossing the road, and about people who can help me to stay safe I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	Relationships I can identify the members of my family and understand that there are lots of different types of families I can identify what being a good friend means to me I know appropriate ways of physical contact to greet my friends and know which ways I prefer I know who can help me in my school community I can recognise my qualities as person and a friend I can tell you why I appreciate someone who is special to me	I am starting to understand the life cycles of animals and humans I can tell you some things about me that have changed and some things about me that have stayed the same I can tell you how my body has changed since I was a baby I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina I understand that every time I learn something new I change a little bit I can tell you about changes that have happened in my life	Lesson 1: Keeping Clean To understand some basic hygiene principles. Lesson 2: Growing & Changing To introduce the concept of growing and changing. To know how people grow and change. To understand that babies become children and then adults. To know the differences between boy and girl babies. Lesson 3: Families & Care To explore different types of families and who to ask for help. To know there are different types of families. To know which people we can ask for help.



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AUTUMN :	1 AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
YEAR 2 Being Me in My We I can identify some hopes and fears for year I understand the rig and responsibilities being a member of class and school I can listen to other people and contribing yown ideas abour ewards and consequences I understand how following the Class Charter will help mothers learn I can recognise the choices I make and understand the consequences	(including anti-bullying) of my this I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand that bullying is sometimes about difference ute t I can recognise what is right and wrong and know how to look after myself I know some ways to make new friends I can tell you some ways I am different from my	Dreams and Goals I can choose a realistic goal and think about how to achieve it I can persevere even when I find tasks difficult I can recognise who it is easy for me to work with and who it is more difficult for me to work with I can work cooperatively in a group to create an end product I can explain some of the ways I worked cooperatively in my group to create the end product I know how to share success with other people	I know what I need to keep my body healthy I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I understand how medicines work in my body and how important it is to use them safely I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy I can decide which foods to eat to give my body energy I can make some healthy snacks and explain why they are good for my body	Relationships I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not I can identify some of the things that cause conflict with my friends I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I recognise and appreciate people who can help me in my family, my school and my community I can express my appreciation for the people in my special relationships	I can recognise cycles of life in nature I can tell you about the natural process of growing from young to old and understand that this is not in my control I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private I understand there are different types of touch and can tell you which ones I like and don't like I can identify what I am looking forward to when I am in Year 3	Lesson 1: Differences: Boys & Girls. To introduce the concept of male and female and gender stereotypes. To identify differences between males and females. Lesson 2: Differences: Male & Female. To explore some of the differences between males and to understand how this is part of the lifecycle Lesson 3: Naming the body parts. To know the scientific names of the body parts that differ in males and females. To be able to describe the physical differences between males and females.



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AUTUM	N 1 AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
I recognise my we can identify posithings about my: my achievement I can set personal I can face new che positively, make responsible chois ask for help where it I understand where are needed and relate to rights a responsibilities I understand that actions affect my others and I care other people's feel and I can make responsibilities I understand my affect others and see things from the points of view	(including anti-bullying) orth and tive	I can tell you about a person who has faced difficult challenges and achieved success I can identify a dream /ambition that is important to me I enjoy facing new learning challenges and working out the best ways for me to achieve them I am motivated and enthusiastic about achieving our new challenge I can recognise obstacles which might hinder my achievement and can take steps to overcome them I can evaluate my own learning process and identify how it can be better next time	I understand how exercise affects my body and know why my heart and lungs are such important organs I can tell you my knowledge and attitude towards drugs I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help I understand that, like medicines, some household substances can be harmful if not used correctly I understand how complex my body is and how important it is to take care of it	Relationships I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females I can identify and put into practice some of the skills of friendship eg. Taking turns, being a good listener I know and can use some strategies for keeping myself safe I can explain how some of the actions and work of people around the world help and influence my life I understand how my needs and rights are shared by children around the world and can identify how our lives may be Different I know how to express my appreciation to my friends and family	Changing Me I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside and inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up I can start to recognise stereotypical ideas I might have about parenting and family roles I can identify what I am looking forward to when I	Lesson 1: Differences: Male & Female To explore the differences between males and females and to name the body parts (scientific vocab.) Lesson 2: Personal Space Identify different types of touch that people like and do not like Understand personal space Talk about ways of dealing with unwanted touch. Lesson 3: Family Differences Understand that all families are different and have different family members Identify who to go to for help and support



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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
YEAR 4	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Lesson 1: Growing &
		(including anti-bullying)					Changing
	I know my attitudes and		I can tell you about some of	I can recognise how	I can identify the web of	I understand that some of	To explore the human
	actions make a difference	I understand that,	my hopes and dreams	different friendship	relationships that I am part	my personal characteristics	lifecycle:
	to the class team	sometimes, we make		groups are formed, how I	of, starting from those	have come from my birth	To describe the main stage
		assumptions based on what	I understand that	fit into them and the	closest to me and including	parents and that this	of the human lifecycle.
	I understand who is in my	people look like	sometimes hopes and	friends I value the most	those more distant	happens because I am	To describe the body
	school community, the		dreams do not come true			made from the joining of	changes that happen wher
	roles they play and how	I understand what	and that this can hurt	I can recognise the	I can identify someone I	their egg and sperm	a child grows up.
	I fit in	influences me to make		changing dynamics	love and can express why		
		assumptions based on how	I know that reflecting on	between people in	they are special to me	I can correctly label the	Lesson 2: Body Changes
	I understand how	people look	positive and happy	different groups, see who		internal and external parts	To identify some basic facts
	democracy works		experiences can help me to	takes on which role, e.g.	I can tell you about	of male and female	about puberty,
	through the school council	I know that sometimes	counteract disappointment	leader, follower, and	someone I know that I	bodies that are necessary	reproduction and
		bullying is hard to spot and		understand the roles I take	no longer see	for making a baby	pregnancy.
	I understand that my	I know what to do if I think	I know how to make a new	on in different situations			To know that during
	actions affect myself	it is going on but I'm not	plan and set new goals		I can explain different	I can describe how a girl's	puberty the body changes
	and others; I care about other people's feelings and	sure	even if I have been	I understand the facts	points of view on an	body changes in order for	from a child into a young
		Lange And Constitution of the Constitution of	Disappointed	about smoking and its	animal rights issue	her to be able to have	adult.
	try to empathise with them	I can tell you why witnesses	I los acorda acordo acorda la se	effects on health, and also	London-ton disconnection	babies when she is an	To understand why the
	Lundarstand have arrains	sometimes	I know how to work out the	some of the reasons some	I understand how people	adult, and that	body changes at puberty.
	I understand how groups come together to make	join in with bullying and sometimes don't tell	steps to take to achieve a	people start to smoke	feel when they love a	menstruation (having	To identify some basic fact
	decisions	sometimes don't tell	goal, and can do this	Lunderstand the facts	special pet	periods) is a natural part of	about pregnancy.
	decisions	Lean identify what is an asial	successfully as part of a		I know how to show love	this	Lacas 2. What is multiplied
	I understand how	I can identify what is special	group	about alcohol and		Livery have the single of	Lesson 3: What is puberty
	democracy and having	about me and value the	Lagaridantifictha	its effects on health,	and appreciation to the	I know how the circle of	To learn about the physica
	a voice benefits the school	ways in which I am unique	I can identify the contributions made by	particularly the liver, and also some of the	people and animals who	change works and can	changes associated with puberty.
	community	I can tell you a time when	myself and others to the	reasons some people drink	are special to me	apply it to changes I want to make in my life	Know about the physical
	Community	my first impression of	group's achievement	alcohol		to make in my life	and emotional changes that
		· '	group's achievement	alconor		I can identify changes that	happen in puberty
		someone changed when I got to know them		I can recognise when		have been and may	Know that each person
		got to know them		people are putting me		continue to be outside of	experiences puberty
				under pressure and can		my control that I learnt to	differently.
				explain ways to resist this		· ·	uniciently.
				when I want		accept	
				when I want		I can identify what I am	
				I know myself well enough		looking forward	
				to have a clear		to when I am in Year 5	
				picture of what I believe is		to when i am iii fear 3	
				right and wrong			



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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
YEAR 5	Being Me in My World I can face new challenges positively and know how to set personal goals I understand my rights and responsibilities as a British citizen and as a member of my school I can make choices about my own behaviour because I understand how rewards and consequences feel I understand how an individual's behaviour can impact on a group I understand how democracy and having a voice benefits the school community and know how to participate in this	Celebrating Difference (including anti-bullying) I understand that cultural differences sometimes cause conflict I understand what racism is I understand how rumour-spreading and name-calling can be bullying behaviours I can explain the difference between direct and indirect types of bullying I can compare my life with people in the developing world I can enjoy the experience of a culture other than my own	Dreams and Goals I understand that I will need money to help me achieve some of my dreams I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs I can 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 I can describe the dreams and goals of young people in a culture different to mine I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through	Healthy Me I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations I understand how the media and celebrity culture promotes certain body types I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	Relationships I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean I understand how to stay safe when using technology to communicate with my friends I can explain how to stay safe when using technology to communicate with my friends	Changing Me I am aware of my own self- image and how my body image fits into that I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I can describe how boys' and girls' bodies change during puberty I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) I can identify what I am looking forward to when I am in Year 6	Lesson 1: Talking about puberty To explore the emotional and physical changes during puberty: To explain the main physical and emotional changes that happen during puberty. To be able to ask questions about puberty with confidence. Lesson 2: Male & Female Changes To understand male and female puberty changes in more detail. To understand how puberty affects the body and the emotions To describe how to manage physical and emotional changes. Lesson 3 Puberty & Hygiene To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty: To be able to explain how to stay clean during puberty. To be able to describe how emotions change during puberty. To know how to get help and support during



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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	SRE
YEAR 6	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Lesson 1: Puberty &
		(including anti-bullying)				_	Reproduction
	I can identify my goals for		I know my learning	I know the impact of food	I can identify the most	I am aware of my own	To consider puberty and
	this year, understand my	I understand there are	strengths and can set	on the body, e.g. creating	significant people to be in	self-image and how my	reproduction:
	fears and worries about	different perceptions	challenging but realistic	energy, giving comfort	my life so far	body image fits into that	To describe how and why
	the future and know how	about what normal	goals for myself (e.g. one	and altering mood	I know some of the	Lana avalaia bavvaida/	the body changes during
	to express them	means	in-school goal and one out-of school goal)	I know about different		I can explain how girls' and boys' bodies change	puberty in preparation fo reproduction.
	I know that there are	I understand how having	out-or school goal)	types of drugs and their	feelings we can have when someone dies or	during puberty and	To talk about puberty and
	universal rights for all	a disability could affect	I can work out the	uses and their effects on	leaves	understand the	reproduction with
	children but for many	someone's life	learning steps I need to	the body particularly the	leaves	importance of looking	confidence.
	children these rights are	Someone 3 me	take to reach my goal and	liver and heart	Lunderstand that there	after yourself physically	Lesson 2: Relationships
	not met	I can explain some of the	understand how to		are different stages of	and emotionally	To consider reproduction
		ways in which one person	motivate myself to work	I can evaluate when	grief and that there are		in the context of
	I understand that my	or a group can have	on these	alcohol is being used	different types of loss	I can ask the questions I	relationships:
	actions affect other	power over another		responsibly, anti-socially	that cause people to	need answered about	To discuss different types
	people locally and		I can identify problems in	or being misused	grieve	changes during puberty	of adult relationships witl
	globally	I know some of the	the world that concern	I know and can put into			confidence.
		reasons why people	me and talk to other	practice basic emergency	I can recognise when	I can describe how a baby	To explain how babies are
	I can make choices about	use bullying behaviours	people about them	aid procedures (e.g. the	people are trying to gain	develops from conception	made.
	my own behaviour			recovery position) and	power or control	through the nine months	Lesson 3: Conception and
	because I understand	I can give examples of	I can work with other	know how to get help in		of pregnancy, and how it	Puberty
	how rewards and	people with disabilities	people to help make the	emergency situations	I understand how	is born	To explore the process o
	consequences feel and I	who lead amazing lives	world a better place		technology can be used to		conception and
	understand how these			I understand what it	try to gain power or	I understand how being	pregnancy:
	relate to my rights	I can explain ways in	I can describe some ways	means to be emotionally	control and I can use	physically attracted to	To describe the decisions
	and responsibilities	which difference can be a	in which I can work with	well and can explore	strategies to prevent this	someone changes the	that have to be made
	Lorentz and branches	source of conflict and a	other people to help	people's attitudes	from happening	nature of the relationship	before having a baby.
	I understand how an	cause for celebration	make the world a better	towards mental	I and the land of the second	Land Mark Control	To know some basic facts
	individual's behaviour can		place	health/illness	I can use technology	I can identify what I am	about pregnancy and
	impact on a group		I know what some people	I can recognise when I	positively and safely to communicate with my	looking forward to and what worries me about	conception.
	Lunderstand how		in my class like or admire	feel stressed and the	friends and family	the transition to	
	democracy and having		about me and can accept	triggers that cause this	menus and family	secondary school	
	a voice benefits the		their praise	and I understand how		Secondary School	
	school community		their profise	stress can cause alcohol			
	35.1301 community			misuse			