



PSHE Long Term Curriculum Overview 2020 – 2021

Years 1,3,5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core Theme	<p>Relationships</p> 	<p>Health & Wellbeing</p> 	<p>Living in the Wider World</p> 	<p>Relationships</p> 	<p>Health & Wellbeing</p> 	<p>Living in the Wider World</p> 
Year 1	<p>TEAM</p> <p>I can talk about the teams I belong to I can be a good listener I can explain how to be kind and why it is important. I can talk about unkind behaviour, teasing and bullying. I can explain how to be a positive learner. I can identify good and not-so-good choices.</p>	<p>ITS MY BODY</p> <p>I know I can choose what happens to my body I can make healthy choices about sleep and exercise I can make healthy choices about food and drink. I know how to keep my body clean I know what is safe to eat or drink. I can choose to keep myself safe.</p>	<p>BRITAIN</p> <p>I can describe ways that I can help my school community. I can describe ways that I can be a good neighbour. I can identify things that help and harm my neighbourhood. I can describe what it is like to live in Britain. I can explore how people living in Britain can be different and how they are the same. I can share my ideas about being British and living in Britain.</p>	<p>BE YOURSELF</p> <p>I can talk about what makes me special. I can name some of the different feelings I have and can describe how they feel. I can talk about things I like that make me feel happy. I can talk about the things that make me feel unhappy or cross and have ideas about what to do when I have these feelings. I can discuss how change and loss make me feel. I can share what I think and feel with confidence.</p>	<p>AIMING HIGH</p> <p>I can think of star qualities I already have and those I would like to develop. I can explain how a positive learning attitude can help me. I can talk about jobs that people can do and tell my friends what I want to be when I grow up I can understand that it is a person's interests and skills that make them suited to doing a job. I can think about things I would like to achieve in the future. I can think about changes which might happen to me and consider how I feel about them.</p>	<p>MONEY MATTERS</p> <p>I can explain where money comes from and why we need it. I can explain how we can keep money safe and why this is important. I can explain choices I have about spending money and why it is important to keep track of what I spend. I can explain the difference between things we want and things we need. I can explain how I keep my belongings safe and why this is important. I can explain what happens when we go shopping..</p>



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<p>Year 3</p>	<p>TEAM</p> <p>I can talk about changes and how they might make me feel. I can explain how and why we should work well as a team. I can describe how my actions and behaviour affect my team. I can pay attention to and respond considerately to others I can describe why disputes might happen and strategies to resolve them. I can talk about my responsibilities towards my team.</p>	<p>ITS MY BODY</p> <p>I know I can choose what happens to my body and how to say no. I know how to keep my body healthy. I know why it is important to get enough sleep. I know how good hygiene helps to stop the spread of disease I know how to take medicine safely and keep safe around drugs I know how to make better choices and choose healthy habits..</p>	<p>BRITAIN</p> <p>I can describe what it is like to live in Britain. I can talk about what democracy is and understand why it is important. I can talk about what rules and laws are and identify how they help us. I can talk about what liberty means and I can identify the rights of British people. I can describe a diverse society and talk about why it is important. I can explain what being British means to me and to others.</p>	<p>BE YOURSELF</p> <p>I can say the things about myself that I am proud of. I can identify the feelings I have and describe how different emotions feel. I can describe different ways to cope with any uncomfortable feelings I may have and understand why this is important. I know how to be assertive. I can explore messages given by the media and decide if they are helpful or harmful. I can identify different strategies I can use if I make a mistake.</p>	<p>AIMING HIGH</p> <p>I can identify achievements and suggest how my actions can help me achieve I can identify personal goals and suggest actions I can take to achieve them I can explain how a positive learning attitude can help me learn new things I can identify the skills and attributes needed to do certain jobs I understand that gender does not limit us in becoming what we want to in the future I can discuss what job I might like to do when I grow up and what skills I will need to achieve this.</p>	<p>MONEY MATTERS</p> <p>I can explain what skills are needed for a range of jobs and why people go to work. I can explain the different ways people pay for things. I can explain ways people can borrow money and discuss some consequences of borrowing I can explain the difference between things we want and things we need. I can explain how adverts try to influence our spending and why they do this. I can explain ways I can keep track of what I spend and why it is important to do this.</p>
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<p>Year 5</p>	<p>TEAM</p> <p>I can talk about the attributes of a good team.</p> <p>I can accept that people have different opinions and know that I can politely disagree with others and offer my own opinion.</p> <p>I can work collaboratively to complete a task.</p> <p>I can compromise to ensure a task is completed.</p> <p>I can reflect on the need to care for individuals within a team.</p> <p>I can understand the importance of shared responsibilities in helping a team to function successfully.</p>	<p>ITS MY BODY</p> <p>I know that my body belongs to me and that I have control over what happens to it.</p> <p>I understand why getting enough sleep is important.</p> <p>I know how to take care of my changing body.</p> <p>I understand the harmful effects of using drugs, including alcohol and tobacco.</p> <p>I understand what a positive body image is.</p> <p>I can make informed choices in order to look after my physical and mental health.</p>	<p>BRITAIN</p> <p>I can talk about the range of faiths and ethnicities in Britain and identify ways of showing respect.</p> <p>I can explain what a community is and what it means to belong to one.</p> <p>I can explain why and how laws are made and identify what might happen if laws are broken.</p> <p>I can discuss the terms democracy and human rights in relation to local government.</p> <p>I can discuss the terms democracy and human rights in relation to national government.</p> <p>I can investigate what charities and voluntary groups do and how they support the community.</p>	<p>BE YOURSELF</p> <p>I can explain why everyone is unique and understand why this should be celebrated and respected.</p> <p>I can explain why I should share my own thoughts and feelings and I know how to do this.</p> <p>I can explore uncomfortable feelings and understand how to manage them.</p> <p>I can understand why we sometimes feel shy or nervous and know how to manage these feelings.</p> <p>I can identify when I might have to make different choices from those around me.</p> <p>I can explore how it feels to make a mistake and describe how I can make amends.</p>	<p>AIMING HIGH</p> <p>I can understand how people learn new things and achieve certain goals.</p> <p>I can understand that a positive attitude towards learning can help us succeed in life.</p> <p>I can identify opportunities that may become available to me in the future and I am aware how to make the most of them.</p> <p>I can understand that gender does not determine what jobs people can do.</p> <p>I can understand why it is important to develop certain skills to prepare for the world of work.</p> <p>I can discuss my goals for the future and the steps I need to take to achieve them.</p>	<p>MONEY MATTERS</p> <p>I can explain some financial risks we might encounter and can discuss how we can avoid them</p> <p>I understand how retailers try to influence our spending.</p> <p>I understand what 'value for money' means and can explain how we can tell if things are good value.</p> <p>I can explain why we need to budget and how to make one</p> <p>can explain why people borrow money</p> <p>I can explain what tax is and why we need to pay it.</p>
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Years 2,4,6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core Theme	<p>Relationships</p>	<p>Health & Wellbeing</p>	<p>Living in the Wider World</p>	<p>Relationships</p>	<p>Health & Wellbeing</p>	<p>Living in the Wider World</p>
Year 2	<p>VIP's</p> <p>I can talk about the very important people in my life and explain why they are special. I can describe why families are important. I can describe what makes someone a good friend. I can describe ways to help work out arguments and disagreements. I can cooperate with others to achieve a task. I can describe how I can show my special people that I care about them and understand why this is important.</p>	<p>SAFETY FIRST</p> <p>I know how to stay safe and who can help if I feel unsafe. I know how to stay safe at home. I know how to stay safe when I am out and about. I can keep myself safe when I use the Internet. I know my body belongs to me and how to keep my body safe. I know who to go to if I need help.</p>	<p>RESPECTING RIGHTS</p> <p>I can talk about what rights are and identify rights that all people share. I can explain who helps protect our rights I can show respect for the rights of others and understand why this is important. I can show respect for the differences between people. I can understand why it is important to be fair. I can explain why making a positive difference is important.</p>	<p>GROWING UP</p> <p>I can name the main parts of boys' and girls' bodies. I understand how to respect my own and other people's bodies. I understand that we are all different and different people like different things.. I can describe how I have changed since I was a baby. I can describe how I will change as I get older. I can describe things that might change in a person's life and how it might make them feel.</p>	<p>THINK POSITIVE</p> <p>I can understand how happy thoughts can make me feel good. I can make good choices and consider the impact of my decisions. I can set myself goals and consider how to achieve them. I can discuss my feelings and opinions with others and cope with difficult emotions. I can discuss things I am thankful for and focus on what I do have, rather than what I don't have. I can focus on what is happening now and how I am feeling.</p>	<p>ONE WORLD</p> <p>I can explore family life in different countries and say how it is the same as mine and how it is different. I can discuss homes and home life from around the world and say how they are the same as mine and how they are different. I can explain what it is like to go to school in other countries and say how it is the same as or different from my school. I can explore places where people live which are different from where I live. I can think about how people use things from the earth and what problems this can cause.</p>



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						I can say why it is important to care for the earth and identify how I can help protect it.
Year 4	<p>VIP's</p> <p>I can explain why we need new friendships and how to make them.</p> <p>I can create a list of positive actions needed to stay friends with my friends</p> <p>I can identify my own support network.</p> <p>I can demonstrate strategies for resolving conflicts.</p> <p>I can identify what bullying is</p> <p>I know what to do if someone is being bullied.</p>	<p>SAFETY FIRST</p> <p>I can be responsible for making good choices to stay safe and healthy.</p> <p>I can identify a risky situation and act responsibly.</p> <p>I understand that I can choose not to do something that makes me feel uncomfortable.</p> <p>I know how to be safe on and near the road.</p> <p>I know about dangerous substances and how they affect the human body</p> <p>I can keep myself safe when I use the Internet.</p>	<p>RESPECTING RIGHTS</p> <p>I understand what rights are and that all people share the same rights.</p> <p>I understand what the Universal Declaration of Human Rights and the Declaration of the Rights of the Child are and why they are important.</p> <p>I can explain what democracy is and how this relates to rules and human rights</p> <p>I understand that human rights are not dependent on responsibilities.</p> <p>I can explain what it means to respect the rights of others and I understand why this is important.</p> <p>I understand how stereotypes can stop people's human rights being met.</p>	<p>GROWING UP</p> <p>I can describe male and female body parts and explain what these are for.</p> <p>I can describe how boys' bodies will change as they go through puberty.</p> <p>I can describe how girls' bodies will change as they go through puberty.</p> <p>I can describe the feelings that some people experience as they grow up.</p> <p>I understand that there are many different types of relationships and families.</p> <p>I can describe how babies are made and how they are born.</p>	<p>THINK POSITIVE</p> <p>I understand that having a positive attitude is good for our mental health.</p> <p>I can recognise and manage positive and negative thoughts effectively.</p> <p>I understand that some changes can be difficult, but that there are things we can do to cope.</p> <p>I can use mindfulness techniques to keep calm</p> <p>I can identify uncomfortable emotions and manage them effectively.</p> <p>I can apply a positive attitude towards learning and take on new challenges.</p>	<p>ONE WORLD</p> <p>I can discuss ways in which people's lives are similar and different and give reasons for these differences.</p> <p>I can explore differences of opinion and identify if I feel these are fair.</p> <p>I can think about the lives of people living in other places, make considered decisions and give reasons for my opinions.</p> <p>I can recognise how my actions impact on people living in different countries and can identify things I can do to make the world a fairer place</p> <p>I can explain what climate change is and how it affects people's lives and identify what I can do to help</p> <p>I can identify different organisations which help people in different countries who are in challenging situations</p>



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						and explain how they do this.
Year 6	<p>VIP's</p> <p>I can explain the importance of respecting my VIPs.</p> <p>I can identify different ways to calm down when I am feeling angry or upset.</p> <p>I understand that people have different opinions that should be respected.</p> <p>I can identify negative influences on my behaviour and suggest ways that I can resist these influences.</p> <p>I can explain when it is right to keep a secret, when it is not and who to talk to about this.</p> <p>I can recognise healthy and unhealthy relationships.</p>	<p>SAFETY FIRST</p> <p>I can take responsibility for my own safety.</p> <p>I can assess and manage risks in different situations</p> <p>I can confidently identify and manage pressure to get involved in risky situations.</p> <p>I can act sensibly and responsibly in an emergency.</p> <p>I can understand how to use mobile devices and the Internet safely and responsibly</p> <p>I can understand that everyone has the right to feel safe and happy when using mobile phones and the Internet.</p>	<p>RESPECTING RIGHTS</p> <p>I can explain what the Universal Declaration of Human Rights is and understand that children have their own rights.</p> <p>I understand that human rights apply to everyone, no matter where they are from or what their culture is and family traditions are</p> <p>I can identify why people's rights are sometimes not met in the UK and in places across the world.</p> <p>I can explain how I can respect other people's rights and I understand why this is important.</p> <p>I can identify how and why ideas about human rights have changed.</p> <p>I can explain the role and importance of human rights activists.</p>	<p>GROWING UP</p> <p>I can describe the changes people's bodies go through during puberty and how we can look after our changing bodies</p> <p>I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings</p> <p>I can recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body</p> <p>I understand what a loving relationship is and that there are many types of relationships</p> <p>I understand what a sexual relationship is and who can have a sexual relationship</p> <p>I can describe the process of human reproduction, from conception to birth</p>	<p>THINK POSITIVE</p> <p>I understand the link between thoughts, feelings and behaviours.</p> <p>I understand the concept and impact of positive thinking.</p> <p>I can recognise and manage uncomfortable feelings.</p> <p>I understand the importance of making good choices.</p> <p>I can use mindfulness techniques in my everyday life.</p> <p>I can apply a growth mindset in my everyday life.</p>	<p>ONE WORLD</p> <p>I can talk about and understand how we can be responsible global citizens</p> <p>I can describe what global warming is and what we can do to help prevent it from getting worse</p> <p>I can explain how our energy use can harm the environment and describe what we can do to help</p> <p>I can describe how we can use water responsibly and understand the importance of doing this</p> <p>I can understand what biodiversity is and explain the importance of doing all we can to encourage it</p> <p>I can make choices which make the world a better place and that help people across the world</p>



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<p>Whole school events / celebrations</p>	<ul style="list-style-type: none"> Rewards and consequences Setting up a School Council Rights and Responsibilities (RRSA) 	<ul style="list-style-type: none"> National Anti-Bullying Week Bonfire Night Road Safety Sustainable Development Day International Children’s Day Human Rights Day Children In Need 	<ul style="list-style-type: none"> UNICEF Day of Change Recycling Week Holocaust Memorial Day Martin Luther Day Children’s Mental Health Week 	<ul style="list-style-type: none"> International Women’s Day Mother’s Day Comic Relief Fairtrade Fortnight International Book Day 	<ul style="list-style-type: none"> Father’s Day Family Week National Children’s Day Disability Awareness Day Jeans for Genes Day 	<ul style="list-style-type: none"> Refugee Week World Environment Day Summer Fayre Healthy Living Week Sports Days Changes/Transitions
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