PSHE Overview

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| Concept | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Being me in my world | I understand how it feels to belong and that we are all similar and differentI can start to recognise and manage my feelingsI enjoy working with others to make school a good place to beI understand why it is good to be kind and use gentle handsI am starting to understand children’s rights and this means we should all be allowed to learn and playI am learning what being responsible means | I understand my rights and responsibilities as a member of my classI know my views are valued and can contribute to the learning charterI can recognise the choices I make and understand the consequences | I can identify some hopes and fears for this yearI understand the rights and responsibilities for being a member of my classI can listen to other people and contribute my own ideas about rewards and consequencesI understand how following the learning charter will help me and others learnI can recognise the choices I make and understand the consequences | I recognise my worth and can identify positive things about myself and my achievementsI can set personal goalsI can face new challenges positively, make responsible choices and ask for help when I need itI understand why rules are needed and how they relate to rights and responsibilitiesI understand that my actions affect myself and others and I care about other people’s feelingsI can make responsible choices and take actionI understand my actions affect others and try and see things from their point of view | I know my attitudes and actions make a difference to the class teamI understand who is in my school community, their roles and how I fit inI understand how democracy works through the school councilI understand that my actions affect myself and others; I care about other people’s feelings and try to empathise with themI understand how groups come together to make decisionsI understand how democracy and having a voice benefits the school community | I can face new challenges positively and know how to set personal goalsI understand my rights and responsibilities as a British citizen and a member of my schoolI can make choices about my own behaviour because I understand how rewards and consequences feelI understand how an individual’s behaviour can impact on a groupI understand how democracy and having a voice benefits the school community and know how to participate in this  | I can identify my goals for this year, understand my fears and worries about the future and know how to express themI know that there are universal rights for all children but for many children these rights are not metI understand that my actions affect other people locally and globallyI can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilitiesI understand how an individual’s behaviour can impact on a groupI understand how democracy and having a voice benefits the school community |
| Celebrating difference | I can identify something I am good and understand everyone is good at different thingsI understand that being different makes us specialI know we are all different but the same in some waysI can tell you why I think my home is special to meI can tell you how to be a kind friendI know which words to use to stand up for myself when someone says or does something unkind | I can identify similarities and differences between people in my classI can tell you what bullying isI know some people who I could talk to if I was feeling unhappy or being bulliedI know how to make new friendsI can tell you some ways I am different from my friends | I am starting to understand that sometimes people make assumptions about boys and girlsI understand that bullying is sometimes about differenceI can recognise what is right and wrong and how to look after myselfI know some ways to make new friendsI can tell you some ways I am different from my friends | I understand that everybody’s family is different and important to themI understand that differences and conflicts sometimes happen among family membersI know what it means to be a witness to bullying and how witnesses can make a situation better or worse by what they doI recognise that some words are used in hurtful ways | I understand that, sometimes, we make assumptions based on what people look likeI understand what influences me to make assumptions based on how people lookI know that sometimes bullying is hard to spot and I know what to do if I think it’s going on but I’m not sureI can tell you why witnesses sometimes join in with bullying and sometimes don’t tellI can identify what is special about me and value the ways in which I am uniqueI can tell you a time when my first impression of someone changed when I got to know them | I understand that cultural differences sometimes cause conflictI understand what racism isI understand how rumour-spreading and name-calling can be bullying behavioursI can explain the difference between direct and indirect types of bullyingI can compare my life with people in the developing worldI can enjoy the experience of a culture other than my own | I understand there are difference perceptions about what normal meansI understand how having a disability could affect someone’s lifeI can explain some of the ways in which one person or a group can have power over anotherI know some of the reasons why people use bullying behavioursI can give examples of people with disabilities who lead amazing livesI can explain ways in which difference can be a source of conflict and a cause for celebration |
| Dreams and Goals | I understand that if I persevere I can tackle challengesI can tell you about a time I didn’t give up until I achieved my goalI can set a goal and work towards itI can use kind words to encourage peopleI understand the link between what I learn now and the job I might like to do when I’m olderI can say how I feel when I achieve a goal and know what it means to feel proud | I can set simple goals and work out how to achieve themI understand how to work well with a partnerI can tackle new challenges and understand this might stretch my learningI can identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome themI can tell you how I felt when I succeeded in a new challenge and how I celebrated it | I can choose a realistic goal and think about how to achieve itI can persevere even when I find tasks difficultI can recognise who it is easy for me to work with and who it is more difficult for me to work withI can work co-operatively in a group to create an end productI can explain some of the ways I worked co-operatively in my group to create the end productI know how to share success with other people | I can tell you about a person who has faced difficult challenges and achieved successI can identify a dream/ambition that is important to meI enjoy facing new learning challenges and working out the best ways for me to achieve themI am motivated and enthusiastic about achieving our new challengeI can recognise obstacles which might hinder my achievement and can take steps to overcome themI can evaluate my own learning process and identify how it can be better next time | I can tell you about some of my hopes and dreamsI understand that sometimes hopes and dreams do not come true and that this can hurtI know that reflecting on positive and happy experiences can help me to counteract disappointmentI know how to make a new plan and set new goals even if I have been disappointedI know how to work out the steps to take to achieve a goal, and can do this successfully as part of a groupI can identify the contributions made by myself and other’s to a group’s achievement | I understand that I will need money to help me achieve some of dreams I know about a range of jobs carried out by people I know and have explored how much people earn in different jobsI 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 itI can describe the dreams and goals of young people in a culture different to mineI 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 otherI can encourage my peers to support young people here and abroad to meet their aspirations and suggest ways we might do this | I know my learning strengths and can set challenging but realistic goals for myself I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on theseI can identify problems in the world that concern me and talk about themI can work with others to help make the world a better placeI can describe some ways in which I can work with others to make the world a better placeI know what some people in my class like or admire about me and can accept their praise |
| Healthy Me | I understand that I need to exercise to keep my body healthyI understand how moving and resting are good for my bodyI know which foods are healthy and not so healthy and can make healthy choicesI know how to help myself to go to sleep and understand why sleep is good for meI can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toiletI know what a stranger is and how to stay safe if a stranger approaches me | I understand the difference between being healthy and unhealthy and know some ways to keep myself healthyI know how to make healthy lifestyle choicesI know how to keep myself clean and healthy and understand how germs cause disease/illnessI know that all household products including medicine can be harmful if not used properlyI know how to keep safe on the roads and about people who can help me stay safeI can tell you why I think my body is amazing | I know what I need to keep my body healthyI can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressedI understand how medicines work in my body and how important it is to use them safelyI can sort foods in to the correct food groups and know which foods my body needs every day to keep me healthyI can decide which foods to eat to give my body energyI can make some healthy snacks and explain why they are good for my body | I understand how exercise affects my body and know why my heart and lungs are such important organsI understand how exercise affects my body and know why my heart and lungs are such important organsI can tell you my knowledge and attitude towards drugsI 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 helpI understand that, like medicines, some household substances can be harmful if not used correctly | I can recognise how different friendship groups are formed, how I fit in to them and the friends I value the mostI can recognise the changing dynamics between people in different groups, see who takes on which role and understand the roles I take in different situationsI understand the facts about smoking and its effects on health and also some of the reasons people start to smokeI understand the facts about alcohol and its effects on health and also some of the reasons some people drink alcoholI can recognise when people are putting me under pressure and can explain ways to resist this when I wantI know myself well enough to have a clear picture of what I believe is right and wrong | I know the health risks of smoking and can tell you how tobacco affects the bodyI know some of the risks of misusing alcohol, including anti-social behaviourI know and can put in to practice basic emergency aid procedures and know how to get help in emergency situationsI understand how the media and celebrity culture promotes certain body typesI can describe the different roles food can play in people’s lives and can explain how eating problems can developI know what makes a healthy lifestyle including healthy eating | I know the impact of food on the bodyI know about different types of drugs and their usesI can evaluate when alcohol is being used responsiblyI know and can put in to practice basic emergency aid procedures and know how to get help in emergency situationsI understand what it means to be emotionally well and can explore people’s attitudes towards mental health issuesI can recognise when I feel stressed and the triggers that cause this and I understand how this can cause alcohol misuse |
| Relationships | I can identify some of the jobs I do in my family and how I feel like I belongI know how to make friends to stop myself from feeling lonelyI can think of ways to solve problems and stay friendsI am starting to understand the impact of unkind wordsI can use Calm Me time to manage my feelingsI know how to be a good friend  | I can identify the members of my family and understand there are lots of different types of familiesI can identify what being a good friend means to meI know appropriate ways of physical contact to greet my friends and know which ways I preferI know who can help me in my school communityI can recognise my qualities as a person and friendI can tell you why I appreciate someone special to me | 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 co-operateI understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is notI can identify some of the things that cause conflict with my friendsI understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secretI recognise and appreciate people who can help me in my family, my school and my communityI can express my appreciation for the people in my special relationships | I can identify the roles and responsibilities of my family members and can reflect on male and female expectationsI can identify and put in to practice some of the skills of friendshipI know and can use some strategies for keeping myself safeI can explain how some of the actions and work of people around the world help and influence my lifeI understand how my needs and rights are shared by children around the world and can identify how our lives may be differentI know how to express my appreciation to friends and family | I can identify the web of relationships that I am a part of – including those more distantI can identify someone I love and can express why they are special to meI can tell you about someone I know that I no longer seeI can explain different points of view on an animal rights issueI understand how people feel when they love a special petI know how to show love and appreciation to the people and animals who are special to me | I have an accurate picture of who I am as a person in terms of my characteristics and personal qualitiesI can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friendsI understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might meanI understand how to stay safe when using technology to communicate | I can identify the most significant people to be in my life so farI know some of the feelings we can have when someone dies or leaves I understand that there are different stages of grief and that there are different types of loss that cause people to grieveI can recognise when people are trying to gain power or controlI understand how technology can be used to try to gain power or controlI can use technology positively and safely to communicate |
| Changing me | I can name parts of the bodyI can tell you some things I can do and foods I can eat to be healthyI understand that we all grow from babies to adultsI can express how I feel about moving to Year 1I can talk about my worries and/or the things I am looking forward to about being in Year 1I can share my memories of the best bits of this year in Reception | I am starting to understand the life cycles of animals and humansI can tell you some things about me that have changed and some things that have stayed the sameI can tell you how my body has changed since I was a babyI can identify the parts of the body that make boys and girls different and can use the correct names for theseI understand that every time I learn something new I change a little bitI can tell you about changes that have happened in my life | I can recognise cycles of life in natureI can tell you about the natural process of growing from young to old and understand that this is not in my controlI can recognise how my body has changed since I was a baby and where I am on the continuum from young to oldI can recognise the physical differences between boys and girls, use the correct names for body parts and appreciate that some parts of my body are private | 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 babyI understand how babies grow and develop in the uterusI understand that our bodies need to change so that when we grow up our bodies can make babiesI can identify how our bodies change on the outside and the insideI can recognise stereotypical ideas I might have about parenting and family rolesI can identify what I am looking forward to when I am in year 4 | I 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 spermI can correctly label the internal and external parts of male and female bodies that are necessary for making a babyI can describe how a girl’s body changes in order for her to be able to have babies when she is an adult, and that menstruation is a natural part of thisI know how the circle of change works I can identify changes that have been and may continue to be outside of my control that I learnt to accept | I am aware of my own self-image and how my body fits in to thatI can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionallyI can describe how bodies change during pubertyI understand that sexual intercourse can lead to conception and that is how babies are usually madeI can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities | I am aware of my own self-image and how my body image fits in to thatI can explain how we change during puberty and understand the importance of looking after yourselfI can ask the questions I need answered about changes during pubertyI can describe how a baby develops from conception I understand how being physically attracted to someone changes the nature of the relationshipI can identify what I am looking forward to and what worries me about my transition to secondary school |