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| **College Town Primary School - PSHE Yearly Overview** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1** | **Being Me in My World**To feel safe and special in my classTo understand the rights and responsibilities as a member of my class To recognise feelings.To contribute my own views and ideasBritish Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Celebrating Differences**To identify similarities between people in my classTo identify differences between people in my classTo understand what ‘bullying’ isTo know how to make new friendsTo explain how I am different from my friends.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Dreams and Goals**To set simple goals and try to achieve itTo understand how to work well with a partnerTo tackle a new challenge and stretch my learningTo identify obstaclesTo succeed in a new challengeBritish Values CoveredDemocracyIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Healthy Me**To understand the difference between healthy and unhealthy.To know how to make healthy lifestyle choices.To know how to keep myself clean and healthy.To understand how to use medicine safely.To know how to cross the road safely.To explain why my body is amazingBritish Values CoveredRule of LawIndividual LibertyMutual Respect | **Relationships**To understand there are different types of familiesTo identify what being a good friend means to me.To know appropriate ways to greet my friends.To know who can help me in my school community.To recognise my qualities as a person and friendTo explain why I appreciate someone special to meBritish Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Changing Me**To understand the life cycles of animals and humans.To understand that changes are ok. To identify parts of the bodyTo understand changes occur.British Values CoveredRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs |
| **Year 2** | **Being Me in My World**To contribute my own views and ideasTo recognise the choices I make have consequencesTo understand the rights and responsibilities as a member of my class To identify hopes and fears for the year.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Celebrating Differences**To explain how I am different from my friends.To know how to make new friendsTo recognise what is right and wrong.To understand what ‘bullying’ isTo understand ways in which boys and girls are similar.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Dreams and Goals**To express my appreciation for people who are special to meTo recognise and appreciate people who can help me.To know who can help me in my school community.To know identify that some things can cause conflict.To identify what is acceptable forms of physical contact.To identify different family members.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Relationships**To identify different family members.To identify what is acceptable forms of physical contact.To know identify that some things can cause conflict.To know who can help me in my school community.To recognise and appreciate people who can help me.To express my appreciation for people who are special to me.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Healthy Me**To understand how to keep my body healthy.To understand what being relaxed means.To understand how medicines work.To recognise foods that belongs in different food groups.British Values CoveredRule of LawIndividual LibertyMutual Respect | **Changing Me**To express myself confidently.To recognise the physical difference between boys and girls.To understand how my body has changed.To understand that changes are ok. British Values CoveredDemocracyRule of LawIndividual LibertyMutual Respect |
| **Year 3** | **Being Me in my world**Recognise my worth and can identify positive things about myself and my achievements.Can face new challenges positively, make responsible choices and ask for help when I need it.Understand why rules are needed and how they relate to rights and responsibilities.Understand that my actions affect myself and others and I care about other people’s feelings. Can make responsible choices and take action.Understand my actions affect others and try to see things from their point of view.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Celebrating Differences**Understand that everybody’s family is different and important to them.Understand that difference and conflicts sometimes happen among family members.Know what It means to be a witness to bullying.Know that witnesses can make the situation better or worse by what they do.Recognise that some words are used in hurtful ways.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Dreams and Goals**Tell you about a person who has faced difficult challenges and achieved success.Identify a dream/ambition that is important to me.Enjoy facing new challenges and working out the best way for me to achieve them.Being motivated and enthusiastic about achieving a new challenge. Recognise obstacles which might hinder my achievement and can take steps to overcome them. British Values CoveredIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Healthy Me**Understand how exercise affects my body and know why my heart and lungs are such important organs.Understand how exercise affects my body and know why my heart and lungs are such important organs.Can you about my knowledge and attitude towards drugs.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. Understand that, like medicines, some household substances can be harmful if not used correctly.Understand how complex my body is and how important it is to take care of it. British Values CoveredRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Relationships**Identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. Can identify and put into practice some of the skills friendship.Can use strategies for keeping myself safe.Explain how some of the actions and work of people around the world help and influence my life.Understand how my needs and rights are shared by children around the world and can identify how our lives may be different.Know how to express my appreciation to my friends and family. British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Changing Me**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.Understand how babies grow and develop in the mother’s uterus.Understand what a baby needs to live and grow.Understand that boy’s and girls bodies need to change so that when they grow up their bodies can make babies.Identify how boys and girls bodies change on the outside during this growing up process.Recognise stereotypical ideas about parenting and family roles.Identify what I am looking forward to in Year 4. British Values CoveredIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs |
| **Year 4** | **Being Me in My World**Know my attitudes and actions make a difference to the class team.Understand who is in my school community, the roles they play and how I fit in.Understand how democracy works through the school council. Understand that my actions affect myself and others; I care about other people’s feelings and try to empathise with them.Understand how groups come together to make decisions. Understand how democracy and having a voice benefits the school community.  | **Celebrating Differences**Understand that, sometimes, we make assumptions based on what people look like.Understand what influences me to make assumptions based on how people look.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.Tell you why witnesses sometimes join in with bullying and sometimes don’t tell.Identify what is special about me and value the ways in which I am unique. Tell you a time when my first impression of someone changed when I got to know them.  | **Dreams and Goals**Tell you about some of my hopes and dreams.Understand that sometimes hopes and dreams do not come true and that this can hurt. Reflect on positive and happy experiences can help me to counteract disappointment.Know how to make a new plan and set new goals even if I have been disappointed. Know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group.Identify the contributions made by myself and others to the group’s achievements.  | **Relationships**Identify the web of relationships that I am part of, staring from those closest to me and including those more distant. Identify someone I love and can express why they are special to me. Tell you about someone I know that I no longer see.Explain different points of view on an animal’s right issue. Understand how people feel when they love a special pet.Know how to show love and appreciation to the people and animals who are special to me.  | **Healthy Me**Recognise how different friendship groups are formed, how I fit into them and the friends I value the most.Recognise the changing dynamics between people in different groups.Understand the facts about smoking and its effects on health and also some of the reasons why people start to smoke.Understand the fact about alcohol and its effects on health particularly the liver, and also some of the reasons some people drink alcohol.Recognise when people are putting me under pressure and can explain ways to resist this when I want.Know myself well enough to have a clear picture of what I believe is right and wrong.  | **Changing Me**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.Correctly label the internal and external parts of male and female bodies that are necessary for making a baby.Describe how a girl’s body changes in order for her to be able have babies when she is an adult and that menstruation is a natural part of this.Know how the circle of change works and can apply it to changes I want to make in my life.Identify changes that have been and may continue to be outside of my control that I learnt to accept.Identify what I am looking forward to when I am in Year 5.  |
| **Year 5** | **Being Me in the World**Face new challenges positively and know how to set personal goals.Understand my rights and responsibilities as a British Citizen.Understand my rights and responsibilities as a member of a school.Make choices about my own behaviour because I understand how rewards and consequences feel.Understand how an individual’s behaviour can impact on a group.Understand how democracy and having a voce benefits the school community and know how to participate in this.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Celebrating Differences**Understand that cultural differences sometimes cause conflict.Understand what racism is.Understand how rumour-spreading and name-calling can be bullying behaviours. Explain the differences between direct and indirect types of bullying.Can compare my life with people in the developing world.Enjoy the experience of a culture other than my own. British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Dreams and Goals**Understand that I will need money to help me achieve some of my dreams.Know about a range of jobs carried out by people I know and have explored how much people earn in different roles.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.Describe the dreams and goals of young people in a culture different to mine.Understand that communicating with someone in a different culture means we can learn from each other.Encourage my peers to support young people to help them meet their aspirations.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Relationships**Have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.Recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.Understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean.Understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean. Understand how to stay safe when using technology to communicate with my friends.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **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.Know I can put into practice basic emergency aid procedures (including recovery position) and know how it affects the liver and heart.Understand how the media and celebrity culture promotes certain body types. Describe the different roles food can play in people’s lives and can explain how people can develop eating disorders relating to body images pressures.British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Changing Me**Being aware of my own self- image and how my body image fits into that.Explain how a girl’s body changes during puberty understand the importance of looking after yourself physically and emotionally. Describe how boys’ and girls’ bodies change during puberty. Understand that sexual intercourse can lead to conception and that is how babies are usually made.Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. Identify what I am looking forward to when I am in Year 6. British Values CoveredIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs |
| **Year 6** | **Being Me in My World**Identify my goals for this year, understand my fears and worries about the future and know how to express them.Know that there are universal rights for all children but for many children these rights are not met.Understand that actions affect other people locally and globally.Make choices about own behaviour and understand how rewards and consequences feel and understand how these relate to rights and responsibilities. Understand how an individual’s behaviour can impact on a group.Understand how democracy and having a voice benefits the school community. British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Celebrating Differences**Understand there are different perceptions about what normal means.Understand how having a disability cold affect someone’s life.Explain some of the ways in which one person or a group can have power over another.Know some of the reasons why people use bullying behaviours.Give examples of people with disabilities who lead amazing lives.Explain ways in which differences can be a source of conflict and a cause for celebration. British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Dreams and Goals**Know my learning strengths and can set challenging realistic goals.Work out the learning steps I need to take to reach my goal and understand how to motivate to work on these.Identify problems in the world that concern me and talk to other people about them.Work with other people to help make the world a better place.Describe some ways in which you can work with other people to help make the world a better place.Know what some people like or admire about me and accept praise. British Values CoveredDemocracyIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Healthy Me**Know the impact of food on the body.Know about the different types of drugs and their uses and their effect on the body.Evaluate when alcohol is being used responsibility, anti – socially or being misused.Know and can put into practice basic emergency aid procedures and how to get help in emergency situations.Understand what it means to be emotionally well and can explore people’s attitudes towards mental health. Recognise when I feel stressed and the triggers that cause this.British Values CoveredDemocracyRule of LawMutual RespectTolerance of those of different faiths and beliefs | **Relationships**Can identify the most significant people to be in my life so far. Know some of the feelings we can have when someone dies or leaves.Understand that there are different stages of grief and there are different types of loss that cause people to grieve.Recognise when people are trying to gain power or control.Understand how technology can be used to try to gain power or control and use strategies to prevent this. Use technology positively and safely to communicate with friends and family. British Values CoveredDemocracyRule of LawIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs | **Changing Me**Aware of my own self – image and how my body image fits into that.Explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally.Can ask questions about changes during puberty.Describe how a baby develops from conception through the nine months of pregnancy and how it is born.Understand how being physically attracted to someone changes the nature of the relationship.Identify what I am looking forward to and what worries me about transition to secondary school. British Values CoveredIndividual LibertyMutual RespectTolerance of those of different faiths and beliefs |