PSHE Whole School Yearly Overview

<u>Year 1</u> <u>1.Me and My School</u>	
Learning Aims	Learning outcomes Children will be able to :
To help to construct, and agree to follow class rules	understand the need for class rules and how they help them
	discuss ideas with one or more people
To listen to other people and co- operate with them	listen to other people's ideas and opinions
	to compromise with other children
To understand their role and contribution to the life of the school particularly in relation to the School	describe what the School Council does and how it works
Council	explain the role of School Council rep
To develop an understanding of personal skills	list some of the skills of School Council Representative
	recognise some of their own skills and attributes
To understand how a Class Council meeting works	take part in a discussion with their class

<u>Year 1</u> 2. Happy and Healthy Me	
Learning Aims	Learning outcomes Children will be able to:
To know the correct names for parts of the body	name the main parts of the body
To know about the process of growing from young to old and how people's needs change	describe how they have changed since they were born describe how they might change in the future
To know about growing and changing and new opportunities and responsibilities that increasing independence may bring	identify some new opportunities and responsibilities they may have as they grow up
To recognise what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health	name a range of things that help them keep physically healthy

To recognise what they like and dislike,	choose what they like and dislike
how to make real, informed choices	give a reason for their choices
that improve their physical and	
emotional health, to recognise that	recognise that choices have consequences
choices can have good and not so	both good and bad
good consequences	
	identify things which help them feel emotionally
	healthy

<u>Year 1</u> <u>3. Me in the World</u>	
Learning Aims	Learning outcomes Children will be able to :
To share their opinions and explain their views	recognise what they like and dislike
	begin to identify right and wrong and give reasons
To recognise that living things have needs	describe the needs of animals
	recognise that some needs have a cost attached to them
To consider social and moral dilemmas	identify fair and unfair
To recognise that living things have needs and that they have responsibilities to meet them	describe the needs of animals and how people can meet their needs
To recognise the needs people have	identify some needs humans have
To understand the contribution a range of people make to their school	describe how adults in school ensure children's needs are met

<u>Year 1</u> 4. Me and My Safety	
Learning Aims	Learning outcomes Children will be able to:
Understand that household products including medicines can be harmful if not used properly	identify some things which can be harmful if they go inside your body
	use strategies to overcome worries about a substance going into their body
Understand rules for and ways of keeping safe	identify some things which might be dangerous in their home
	explain what they might do if they find something which could be dangerous at home
	describe some things they can do to make their homes safer

Know about people who can help them to stay safe	identify a range of people who help to keep them safe ask relevant questions about a person's job
Understand rules for, and ways of, keeping safe, including basic road safety	describe ways to keep themselves safe when walking describe ways to keep themselves safe in the car

<u>Year 1</u> <u>5. Me and My Relationships</u>	
Learning Aims	Learning outcomes Children will be able to:
To begin to value themselves	recognise things which make us special and unique
	describe the range of groups they belong to
To recognise and value similarities and differences between people	recognise and respect similarities and differences between people
To know that families are all different but they are all special.	describe types of families
but mey are all special.	explain why families are special
	identify ways that families care for each other
	identify and describe a person who is special to them
To begin to understand friendship	describe a good friend demonstrate skills to be a good friend
To understand the difference between good and bad secrets	recognise friendly and unfriendly behaviours
My Choices	list some of the choices they might have
To recognise some choices they can make	recognise the choices they make will be affected by different factors
	recognise that choices can be right or wrong
	use a strategy for making decision

<u>Year 1</u>	
<u>6. Me and Other People</u>	
Learning Aims	Learning outcomes
	Children will be able to :

Understand that they belong to various groups and communities	recognise that they are members of groups and communities
	describe how it might feel to be excluded from a group
	use strategies to make sure everyone is included
Understand that there are different types of teasing and bullying, that	describe different types of teasing
bullying is wrong and how to get help	describe strategies for dealing with teasing
to deal with bullying	define what bullying is
	explain what to do if they are being bullied

	Year 2
1.	Me and My School
Learning Aims	Learning outcomes Children will be able to :
To understand the need for rules	explain the need for class rules and how they help them
	discuss ideas with one or more people
To begin to develop an understanding that adults follow rules	Identify a law that adults have to follow
To understand their role and contribution to the life of the school particularly in relation to the School	explain what the School Council does and how it works
Council	describe the role of School Council rep
To develop an understanding of personal skills	list some of the skills of School Council Rep
p cross real crans	recognise some of their own skills and attributes
To understand how a Class Council meeting works	take part in a discussion with their class
To recognise, name and deal with feelings	recognise and name a range of feelings (positive and negative)
	explain ways to deal with different feelings particularly negative ones
	recognise how they have dealt with a negative feeling

	Year 2	
	2. <u>Happy and Healthy Me</u>	
Learning Aims	Learning outcomes Children will be able to:	
Our bodies To name body parts including some sexual parts	name boy's and girl's body parts describe the differences between boys and girls	
Looking after my body Understand the importance of and how to maintain personal hygiene	describe how to keep different parts of the body clean	
To understand how some diseases are spread and can be controlled and the responsibilities the have for their own health and that of others	describe how common infections are spread explain ways to limit or avoid infections	
To understand that choices we make affect our health and well being	describe the components of a balanced diet put together a healthy lunchbox describe the contribution physical activity and sleep make to our well being	

3.	<u>Year 2</u> Me in the World
Learning Aims	Learning outcomes Children will be able to :
Understand what improves and harms their local, natural and built environments and about some of the	describe some of the positive and negative features of the local environment
ways people look after them	take part in a discussion with the whole class
	describe positive things about the local area and how people look after it
	describe negative things about the area and understand that they can contribute to making it better.
	take part in a simple debate
Understand that money comes from different sources and can be used for	list some different sources of money
different purposes	describe some things money can be used for including spending and saving
	explain the role money plays in their lives
	identify choices they can make about spending money and what influences these choices
	identify ways you can help others through fund raising

<u>Year 2</u> 4. Me and My Safety	
Learning Aims	Learning outcomes Children will be able to:
Understand rules for and ways of keeping physically and emotionally safe	name some unsafe situations describe how to keep themselves safe in relation
Recognise that they share a responsibility for keeping themselves and others safe	to unsafe things describe how to keep themselves safe in relation to unsafe places – roads
	describe how to keep themselves safe in relation to unsafe places
Understand that they should not keep adults secrets	describe how to keep themselves safe in relation to people
Recognise the difference between secrets and surprises	explain the difference between secrets and surprises
	recognise that they should not keep adults secrets

<u>Year 2</u> 5. Me and My Relationships	
Learning Aims	Learning outcomes Children will be able to:
How to develop and maintain a variety of healthy relationships within a range of contexts	describe how their behaviour affects other people
	describe how their behaviour affects other people
	play and work co-operatively with others
	identify strategies to resolve simple arguments
	Identify that there are different types of teasing and bullying.
	recognise that teasing and bullying are wrong and unacceptable
	Explain how to resist teasing and bullying, if they experience or witness it.
	say who they could to go to and how to get help
My friends and family Understand relationships change for a	explain why relationships might change
variety of reasons	describe how we might deal with these changes

<u>Year 2</u> 6. <u>Me and Other People</u>	
Learning Aims	Learning outcomes Children will be able to :
To understand and respect that boys and girls can be different	describe differences and similarities between boys and girls
	question assumptions about what boys and girls can do
To understand and respect the range of families in society today	describe different types of families
To understand and respect racial diversity in Britain today	describe similarities between people of different races in the UK understand that Britain is a diverse place

1.	<u>Year 3</u> <u>Me and My School</u>
Learning Aims	Learning outcomes Children will be able to:
Recognise their worth as individuals	list their own strengths
Face new challenges in a positive way	identify challenges they will face
Begin to make responsible choices	contribute ideas to class rules
	describe how they can contribute positively to the school
	List the skills of a School Council representative
Meet and talk to other people	explain how the Class and School Council works
Begin to understand democracy	describe the role of a local councillor

<u>Year 3</u> 2. <u>Happy and Healthy Me</u>	
Learning Aims	Learning outcomes Children will be able to:
Recognise opportunities to make their own choices about food, what might influence their choices and the benefits of a balanced diet	list some of the components of a balanced diet recognise balanced meals
Understand how to make informed	suggest ways to make a meal more balanced
choices and to begin to understand the concept of a balanced lifestyle	reflect on their own diet
	explain the benefits of eating healthily
	list the opportunities they have to make choices for themselves
	recognise some of the influences on their choices
Research and debate topical issues	express an opinion on a food related issue

<u>Year 3</u> 3. <u>Me in the World</u>	
Learning Aims	Learning outcomes Children will be able to:
Understand the role of money in their own and other's lives	identify where money comes from identify what money is used for
Understand how to manage money and to be a critical consumer	describe a range of things money can be used for explain why something is or is not good value for money
	explain things we need to consider when we decide to buy something use research skills to develop as critical consumers

Know that resources are allocated in different ways and these economic choices affect individuals, communities and sustainability of the environment arange of resources we need as humans begin to recognise how resources are allocated describe ways to reduce the impact resource use has on the environment

<u>Year 3</u> 4. <u>Me and My Safety</u>	
Learning Aims	Learning outcomes Children will be able to:
To deepen their understanding of risk by recognising, predicting and	identify risk in a range of situations
assessing risks in different situations	explain rules for keeping safe on the road
Decide how to manage risks responsibly and to use this as an opportunity to build resilience	explain that medicines should be used properly or they can be harmful
	recognise that sometimes we know what to do but we do something else
Safety To be able to use basic techniques for resisting pressure to do wrong	know that pressure to behave in an unacceptable or risky way can come from a variety of people
	understand and be able to resist peer and media pressure
Begin to understand the concept of keeping something confidential or secret and when we should or should not agree to do this	judge what type of physical contact is acceptable or unacceptable
	explain what they can do if they experience unacceptable touches
	explain which parts of their body are private
	explain the underwear rule
	explain the difference between secrets and surprises
	know who can help and support them

<u>Year 3</u>	
5. <u>Me and My Relationships</u>	
Learning Aims	Learning outcomes
	Children will be able to :

To recognise the difference between males and females and learn the agreed names of body parts	identify the differences between males and females name the main internal and external parts of the body understand the differences between male and female, and learn the agreed names of the
	sexual parts
To recognise the different sorts of families	recognise that families come in many different forms
	explain why children might be in different family arrangements
To be able to demonstrate simple decision making	know that choices require decisions
strategies	know that their actions have consequences and be able to anticipate the results of them
	have shown effective decision making skills
To recognise features of a positive friendship	describe features of a positive friendship
To know how to resolve arguments without hurting someone and how to	discuss feelings about arguments
get help if someone is hurt	have some ideas about how to recognise negative feelings and behaviour
	know when and where to get help

<u>Year 3</u> 6. Me and Other People	
Learning Aims	Learning outcomes Children will be able to :
Appreciate the range of national, regional, religious and ethnic identities in the United Kingdom	describe themselves in a range of ways
Understand what being part of a community means and about the varied institution that support communities locally and nationally	describe what a community is identify some institutions which support the community
To respect equality and to be a productive member of a diverse community	Identify similarities and differences between local communities recognise the range of identities in our wider community today

Me and My School
Learning outcomes Children will be able to :
contribute to class rules
explain what democracy means
understand their role in the democratic process
describe the role of a chairperson and secretary
explain the democratic process of the School Council elections
express an opinion in a respectful way
Explain how to raise an issue with the local Councillor

<u>Year 4</u> 2. <u>Happy and Healthy Me</u>	
Learning Aims	Learning outcomes Children will be able to:
Understand that bacteria and viruses affect health and following simple safe routines can reduce their spread	identify a range of things which keep them healthy explain what makes them ill
	recognise ways to reduce the spread of bacteria and viruses
Understand that medicines are drugs and the potential dangers of using incorrectly	describe ways we can help ourselves feel better when we are ill
·	explain reasons medicines could be dangerous
Understand which, why and how commonly available substances and	recognise that all drugs are not medicines
drugs (including tobacco) could damage their immediate and future	Understand how smoking can affect health
health and safety	Explain some of the benefits of being a non smoker
	Understand what a habit is.
	Recognise that habits can be good and bad

	Year 4
3.	Me in the World
Learning Aims	Learning outcomes
	Children will be able to :

Understand that there are different kinds of responsibilities, rights and	explain what a right is
duties at home, at school, in the	explain what a responsibility is
community and towards the environment	describe how people campaign for their rights and those of other people
	describe what a duty is.
Recognise the range of jobs done by people they know and understand how they develop their skills to make contributions in the future	list a range of jobs in school and in the local community
Understand that there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment	list the responsibilities and duties people have to the environment

<u>Year 4</u> 4. <u>Me and My Safety</u>	
Learning Aims	Learning outcomes Children will be able to:
To differentiate between terms risk, danger and hazard	list potential hazards at home, in school and the local area
	identify possible dangers from the hazards
	define risk
Understand school rules about health and safety	explain how school rules help to keep them safe
Understand other rules that adults follow	Explain how rules and laws keep people safe
Understand the importance of protecting personal information, including passwords, addresses and images	explain ways to keep safe on line
Recognise their increasing independence brings increased responsibility to keep themselves and others safe	explain ways they can keep themselves safe (in given situation)

<u>Year 4</u> 5. <u>Me and My Relationships</u>	
Learning Aims	Learning outcomes Children will be able to:
To understand the human life cycle and how the body changes	recognise that change is a natural process
To introduce some basic physical changes for boys and girls that occur during puberty	explain that during puberty the body changes from a child into an adult
	reflect on how they have changed and how they may change in the future

To consider how they have already changed and how they may look in the future	know that changes are a natural part of growing up and that change is a gradual process
To assure children that changes are a natural part of growing up	say who they can talk to if they have any concerns
To recognise and understand changing emotions as they grow up	accept their own feelings and understand how they affect behaviour
To learn strategies to express how they are feeling	explain that feelings change during puberty and that their feelings and actions can impact on others
	practise basic skills to think for themselves and manage some feelings
To know that there are 'safe' and 'unsafe' touches	explain that some parts of their body are private
To understand that people they know could be a potential threat	understand that nobody should make them do something they don't want to do or makes them feel bad
	recognise that they have the right to say no
	know when they should or should not agree to keep something confidential or secret
	know when it is right to 'break a confidence' or 'share a secret'
To understand that loss and change are a natural part of life's experiences	recognise strong feelings and when they may have these
	describe ways to deal positively with experiences and situations of loss, separation and death
	say where and how to get help, share feelings and help themselves
To think about how behaviour affects others	have discussed their feelings about arguments and violence
To know how we must take responsibility for our actions	considered whether it is ever acceptable to use violence to resolve arguments

<u>Year 4</u> 6. <u>Me and Other People</u>	
Learning Aims	Learning outcomes Children will be able to :
Appreciate the range of national, regional, religious and ethnic identities in the United Kingdom	Recognise the range of identities in Britain today
	Explain why respect and tolerance are important

To respect equality and to be a productive member of a diverse	
community	

<u>Year 5</u> 1. <u>Me and My School</u>	
Learning Aims	Learning outcomes Children will be able to :
recognise their worth as individuals, see their mistakes, make amends and	list things they are good at
set personal goals feel positive about themselves: e.g. by producing personal diaries, profiles and portfolios of achievements	identify things they want to improve
Participate: e.g. in the school's decision making process, relating it to democratic structures and processes such as councils, parliaments, government and voting	describe how the School Council works describe the contribution they have made to the school e.g. through the School Council describe the skills and qualities a School Council representative needs
	recognise the contribution they make to the life of the school

<u>Year 5</u> 2. <u>Happy and Healthy Me</u>	
Learning Aims	Learning outcomes Children will be able to :
Understand what makes a healthy lifestyle	identify components of a healthy lifestyle
What positively and negatively affects their physical, mental and emotional health (including the media)	list things which have a positive and negative impact on their physical health identify factors which affect their emotional health recognise how the media might influence
To recease discuss and debate	physical and emotional health
To research, discuss and debate topical issues, problems and events	use a variety of sources to research a topical issue
	discuss an issue in a small group take part in a debate

<u>Year 5</u> 3. <u>Me in the World</u>	
Learning Aims	Learning outcomes Children will be able to :
Know what democracy is and the basic institutions that support it locally and nationally	Explain key aspects of Parliament

Know why and how rules and laws are made and enforced, why different	Explain how rules are made in the UK
rules are needed in different situations, how to take part in making	Take part in a debate on a topical issue
and changing rules	Explain why and how rules and laws change over time
	Use persuasive language to make the case for a new rule or law
Look after money and realise that future wants and needs may be met through saving	Explain the function of cheques, credit and debit cards etc.
	plan for future spending
	Understand how and why people save Understand that money we earn also supports the community

<u>Year 5</u> 4. <u>Me and My Safety</u>	
Learning Aims	Learning outcomes Children will be able to:
recognise different risks in different situations	describe times when they do not feel safe
decide how to behave responsibly	explain how overcoming a fear can be a positive experience
	decide how to behave responsibly in a range of situations
To recognise when and how to ask for help and use basic techniques for	describe some techniques for resisting pressure
resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that	understand difference between being passive, assertive and aggressive
they believe to be wrong	describe the impact that assertive behaviour can have in a difficult situation
To recognise people who are responsible for helping them stay	list people who help to keep safe and healthy
healthy and safe and ways they can help these people	describe their role in helping these people
	List things that will help keep them safe in a given situation

<u>Year 5</u>	
5. <u>Me</u> Learning Aims	and My Relationships Learning outcomes Children will be able to :
To explore the emotional and physical changes that occur during puberty To know why menstruation happens To discuss concerns surrounding menstruation	explain the main physical and emotional changes which occur during puberty explain what menstruation is, why menstruation only happens to females and how it happens
To know and discuss how to manage menstruation – you may wish to focus on this with a girl-only group	
To recognise and challenge gender stereotyping	have explored their own perception of gender and challenged stereotypes
To understand the impact of the media on forming attitudes	understand how the media can affect how they think
To know the importance of keeping clean during puberty	know how to stay clean during puberty
To appreciate the value of friendship and the importance of building good friendships throughout life	be able to describe the different sorts of relationships they have
	know how relationships change
	be able to describe the important qualities in a friend/partner
	have considered why some people choose to marry and others do not
Secrets To discuss their feelings about secrets and friendship in class group; know	have discussed their feelings about secrets and friendships
that some secrets are unhealthy and that it is OK to ask for help	know that some secrets are unhealthy and that it is ok to ask for help

<u>Year 5</u> 6. <u>Me and Other People</u>	
Learning Aims	Learning outcomes Children will be able to :
Reflect on spiritual, moral, social, cultural issues, understand other people's experiences using	Talk about different people's points of view on different issues
imagination	Contribute positively to their local community

Appreciate range of national, regional, religious, ethnic identities in	
the UK	

<u>Year 6</u> 1. <u>Me and My School</u>	
Learning Aims	Learning outcomes Children will be able to:
Recognise their worth as individuals, see their mistakes, make amends and set personal goals	recognise some of their strengths identify challenges suggest ways to overcome challenges
identify that there are different kinds of responsibilities, rights and duties at home, in school and in the community and sometimes they conflict with each other	describe the role of a School Council representative Describe how people apply for jobs write an application for a job in school
Identify that there are different kinds of responsibilities, rights and duties at how, in school and in the community and sometimes they conflict with each other	Recognise the different roles they take on in school and at home Identify when there maybe conflicts between these

<u>Year 6</u> 2. <u>Happy and Healthy Me</u>	
Learning Aims	Learning outcomes Children will be able to:
To consolidate understanding of the emotional and physical changes that occur during puberty and how to manage them	list the physical, emotional and social changes that take place during puberty explain strategies to manage their own feelings and experiences during puberty
To be more familiar with the internal organs and their functions	know the correct names for and functions of the internal organs of the body
To consolidate understanding of menstruation and the menstrual cycle	know what menstruation is and about the menstrual cycle
To provide factual information relating to conception	know some basic facts about pregnancy and conception
To dispel myths related to how we are created	
To understand what makes a healthy lifestyle, benefits of exercise, healthy eating, what affects mental health, how to make informed choices	explain key facts about health and well being

Year 6	
3.	Me in the World
Learning Aims	Learning outcomes
	Children will be able to :

Understand the role of voluntary, community and pressure groups	Explain a range of groups and identify local examples.
	Explain the role of a pressure group
Understand some ways they can take responsibility for a particular activity or	Present findings to other people
action	Plan appropriate actions to address and issue of interest to them
	Ask appropriate questions to find out more information on a given topic
	Explain how the media present information
	Take part in appropriate action or activity
	Identify skills used and their project

<u>Year 6</u> 4. <u>Me and My Safety</u>	
Learning Aims	Learning outcomes Children will be able to:
Understand which commonly available substances and drugs are legal, some are restricted and some are illegal, to own, use and supply to others their effects and risks. NB bold lifted from NC rest is PSHE association guidance	Explain some of the effects and dangers of drugs on the individual Explain some of the effects and dangers of drugs on communities and the environment
that pressure to behave in unacceptable or ways can come from a variety of sources e.g. people they know, how to ask for help and use basic techniques for resisting pressure to do wrong	explain some consequences of decisions
understand basic emergency aid procedures and where to get help	use basic first aid skills including getting help
find information and advice e.g. through helplines; by understanding about welfare systems in society	list some sources of help and advice available to them

<u>Year 6</u> 5. <u>Me and My Relationships</u>	
Learning Aims	Learning outcomes Children will be able to:
To look at the attitudes and beliefs held by some people about the roles played by men and women in society	have the opportunity to think about the impact of gender stereotypes
To look at the attitudes and beliefs held by some people about race in society	Have the opportunity to think about the consequences of racial bullying

needed as they approach puberty	identify what they are and are not looking forward to as they grow up and discuss ways of allaying fears
	identify ways of coping with growing up

<u>Year 6</u> 6. <u>Me and Other People</u>	
Learning Aims	Learning outcomes Children will be able to:
to think about the lives of people living in other places and times, and	Understand how over time people can make a difference
those with different values and customs	Be able to express their own point of view and that of others
to recognise and challenge stereotypes	Understand what a stereo-typing is
consider social and moral dilemmas that they come across in life	Have strategies to manage difficult situations
	Consider their own point of view and that of others.