



Poulton Lancelyn
PSHE
Long Term Plan
2022/23

PSHE Rationale

At Poulton Lancelyn, we place a great emphasis on personal and social development to enable all children to become independent, confident, healthy and responsible members of society, **who have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it.**

The aim of our curriculum is to:

- Promote the physical, social and mental health and well-being of pupils.
- Provide age-appropriate relationships and sex education (RSE).
- Promote SMSC and British Values.
- Provide a safe forum for the discussion of current, relevant and social issues.
- Equip our pupils to recognise and reduce threats to their safety, including e-safety
- Prepare our pupils to play an active role as global citizens

PSHE Intent

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Get Heartsmart Introduction to Heartsmart..	Get Heartsmart Introduction to Heartsmart..	Get Heartsmart Introduction to Heartsmart..	Get Heartsmart Introduction to Heartsmart..	Get Heartsmart Introduction to Heartsmart..	Get Heartsmart Introduction to Heartsmart..
Autumn 2	Don't Forget To Let Love In! Learning how important, valued and loved we are	Don't Forget To Let Love In! Learning how important, valued and loved we are	Don't Forget To Let Love In! Learning how important, valued and loved we are	Don't Forget To Let Love In! Learning how important, valued and loved we are	Don't Forget To Let Love In! Learning how important, valued and loved we are	Don't Forget To Let Love In! Learning how important, valued and loved we are
Spring 1	Too Much Selfie Isn't Healthy! Exploring the importance of	Too Much Selfie Isn't Healthy! Exploring the importance of	Too Much Selfie Isn't Healthy! Exploring the importance of	Too Much Selfie Isn't Healthy! Exploring the importance of others	Too Much Selfie Isn't Healthy! Exploring the importance of others and how to love them well.	Too Much Selfie Isn't Healthy! Exploring the importance of others

	others and how to love them well.	others and how to love them well.	others and how to love them well.	and how to love them well.		and how to love them well.
Spring 2	Don't Hold On To What's Wrong! Understanding how to process negative emotion and choose forgiveness to restore relationships.	Don't Hold On To What's Wrong! Understanding how to process negative emotion and choose forgiveness to restore relationships.	Don't Hold On To What's Wrong! Understanding how to process negative emotion and choose forgiveness to restore relationships.	Don't Hold On To What's Wrong! Understanding how to process negative emotion and choose forgiveness to restore relationships.	Don't Hold On To What's Wrong! Understanding how to process negative emotion and choose forgiveness to restore relationships.	Don't Hold On To What's Wrong! Understanding how to process negative emotion and choose forgiveness to restore relationships.
Summer 1	Fake Is A Mistake! Unpacking how to bravely communicate truth and be proud of who we are.	Fake Is A Mistake! Unpacking how to bravely communicate truth and be proud of who we are.	Fake Is A Mistake! Unpacking how to bravely communicate truth and be proud of who we are.	Fake Is A Mistake! Unpacking how to bravely communicate truth and be proud of who we are.	Fake Is A Mistake! Unpacking how to bravely communicate truth and be proud of who we are.	Fake Is A Mistake! Unpacking how to bravely communicate truth and be proud of who we are.
Summer 2	'No Way Through,' Isn't True! Knowing there is a way through every situation, no matter how impossible it may seem.	'No Way Through,' Isn't True! Knowing there is a way through every situation, no matter how impossible it may seem.	No Way Through,' Isn't True! Knowing there is a way through every situation, no matter how impossible it may seem.	No Way Through,' Isn't True! Knowing there is a way through every situation, no matter how impossible it may seem.	No Way Through,' Isn't True! Knowing there is a way through every situation, no matter how impossible it may seem.	No Way Through,' Isn't True! Knowing there is a way through every situation, no matter how impossible it may seem.

PSHE Implementation

At Poulton Lancelyn PSHE is taught across the school from EYFS to Year Six primarily through discrete weekly lessons using the Heartsmart Programme, the content of which is both spiral and progressive. In addition to the timetabled weekly lesson PSHE is also the basis of a class assembly each week.

PSHE objectives are further covered through both the Science and PE curriculum. In EYFS, daily opportunities are planned for to enable continuous development in Physical, Social and Emotional Development (PSED) in a range of learning experiences with both adults and peers. These provide children with the opportunity to explore the ideas of relationships, feelings and appropriate behaviours, self-confidence and self-awareness.

The use of Picture News across the school enables discussions around British Values to be achieved through its topical content. Throughout the year themed events such as 'Safety Week', 'Anti Bullying Week', 'Healthy Minds, Healthy Bodies' and 'Mental Health Awareness' days are held. Well being is further promoted through pupil 'Well Being and Mental Health Ambassadors'.

PSHE Progression Map

Autumn	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Get Heartsmart Introduction to Heartsmart..	<ul style="list-style-type: none"> • I am beginning to understand that my choices can help or hurt my own and others hearts. • I am beginning to understand that I am a source of power. • I am beginning to understand some different emotions I feel. • I am beginning to understand that I can look after my heart. • I can identify someone that I am grateful for and am beginning to think about a reason why. • I am beginning to understand what healthy choices for my mind and body look like. 	<ul style="list-style-type: none"> • I understand that the choices I make can help or hurt my own and others hearts. • I can describe a way that I can use my power in a positive and negative way. • I am beginning to understand that the decisions I make can affect my reputation. • I am beginning to understand how my heart affects my actions, words and behaviours • I can describe how different people's families may look. • I can describe a way my family shows me love • I can list a food from each of the 5 food groups. • I can think of a choice I have made that has helped my heart. • I can think of a choice I have made that has helped someone else's heart. 	<ul style="list-style-type: none"> • I can suggest a way that I can show love to myself. • I can suggest a way that I can show love to others. • I can list ways to be kind to one another. • I can describe some ways that others are 'meant to be treated'. • I can recall a memory and associate a feeling with it. • I am beginning to understand that my heart needs protecting. • I can list some things that my heart needs protecting from. • I can list some people that I am grateful for in my life and give some reasons for why I am grateful for them. • I can identify some benefits of a healthy lifestyle. • I can identify some risks of an unhealthy lifestyle. 	<ul style="list-style-type: none"> I can suggest several ways that I can show love to myself. • I can suggest several ways that I can show love to others. • I am beginning to think about the consequences of the words we use. • I can describe some consequences of using kind and unkind words. • I can suggest some characteristics that I would like to see in my classroom. • I can suggest some ways I can cultivate some of those characteristics. • I can name someone that I trust and I can give one reason for why I trust them. • I can list some characteristics of a healthy family life. • I can explain what "mental wellbeing" means. 	<ul style="list-style-type: none"> • I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people's hearts. • I understand that being bossy is about trying to control others. • I can describe some qualities of a good leader. • I can describe some qualities of the heart reputation I would like to have. • I can suggest some ways to know what I should and shouldn't watch. • I can list some things I should avoid watching. • I can explain how another person has supported or encouraged me and how that made me feel. • I can write a thank you letter and express gratitude to someone. 	<ul style="list-style-type: none"> • I can reflect on the choices I make that can help my heart. • I can reflect on the choices I make that can hurt my heart. • I can explain how I feel differently when moving or posing in different ways. • I can create a powerful pose of my own. • I can suggest ways people can become 'hard-hearted'. • I can suggest ways to keep my heart soft and strong. • I can explain the benefits of a soft-strong heart over a hard heart. • I can explain when a secret should be kept and when it should be shared. • I can describe what a commitment is. • I can plan a healthy meal. • I can reflect on how I protect my own and other's hearts.

			<ul style="list-style-type: none"> • I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people's hearts. 	<ul style="list-style-type: none"> • I can list something that positively affects my mental wellbeing. • I can list something that negatively affects my mental wellbeing. • I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people's heart 	<ul style="list-style-type: none"> • I can suggest some ways to help myself sleep well. • I can list some benefits of sleeping well. • I can explain some ways that I can protect my own and other's hearts. 	
<p>Don't Forget To Let Love In!</p> <p>Learning how important, valued and loved we are</p>	<ul style="list-style-type: none"> • I am starting to describe myself in a positive way. • I am starting to think about some great things about myself. • I can suggest touch that I like and touch that I don't like. • I am beginning to understand the difference between the truth and lies. • I am beginning to understand that not everything is true. • I am beginning to understand what truth sounds like. • I am beginning to make choices based on my preferences. • I am beginning to understand that I am unique. • I am beginning to understand that there is a difference between spending and saving. • I am beginning to understand that I can choose to 'save' or 'spend'. • I am beginning to understand that a reward comes from saving. • I can identify different ways that I can take care of myself and some of the objects I use for this eg toothbrush. • I am beginning to be able to recall a kind word or action from my week. 	<ul style="list-style-type: none"> • I can recall a way someone has shown love to me through kind words or actions. • I can describe something I like about myself. • I can say some of my strengths. • I understand that I am unique. • I understand the difference between truths and lies. • I can suggest my own trash and truth statement. • I can use positive adjectives to describe myself. • I can describe a different range of emotions. • I understand that thankfulness changes my attitude. • I can find my pulse. • I can describe how I feel after physical activity. • I can recall a kind word or action from the week. • I can share the best thing about me. 	<ul style="list-style-type: none"> • I can recall some ways that people have shown love to me through kind words or actions. • I am starting to describe myself in a positive way. • I can think of words to encourage others. • I can accept encouragement from others. • I can sort words into what love is and what love isn't. • I can list some things that I am grateful for. • I can explain why I am grateful for them. • I am beginning to understand that some choices I make will affect my physical health. • I can recall examples of kind words or actions from the week. • I can share some amazing things about myself. 	<ul style="list-style-type: none"> • I can recall different ways someone has shown me love through kind words or actions. • I can describe myself in a positive way. • I can identify some ways that I most feel love. • I can give an example of a time when I have been loved. • I can identify some of my strengths and achievements. • I can record and list some unique facts and figures about me. • I can highlight five things about my body that I am grateful for. • I can explain I am grateful. • I understand that love sometimes looks like stopping the spread of bacteria. • I can suggest some ways that bacteria spreads. • I can recall examples of kind words or actions from the week. • I can share several amazing things about myself. 	<ul style="list-style-type: none"> • I reflect on ways that people show me love through kind words or actions. • I am starting to describe myself in a positive way consistently. • I understand that I have value and purpose. • I am aware of how the words I listen to about myself can make me feel. • I can identify some lies that I believe/listen to. • I can suggest opposing truths to those lies. • I can describe how listening to and believing lies makes me feel. • I can describe how listening to and believing truth makes me feel. • I am beginning to understand and demonstrate different ways I can respond to pressured scenarios. • I can recall a significant event and person in my life. • I can someone to go to when I need help. • I can recall a way I have 'Let Love in' this week 	<ul style="list-style-type: none"> • I reflect on ways that people show me love through kind words or actions. • I describe myself in a positive way consistently. • I understand that I am valued. • I can encourage others with kind and positive words. • I can accept the encouragement given to me. • I can recall significant events and people in their lives so far. • I can recognise that every person is unique. • I can list things that I am are grateful for. • I can suggest some early signs of illness. • I can recall a way that I have 'Let Love in' this week. • I can describe myself in a positive way.
Spring	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

<p>Too Much Selfie Isn't Healthy!</p> <p>Exploring the importance of others and how to love them well.</p>	<ul style="list-style-type: none"> • I am beginning to think about ways to show love for others. • I am beginning to demonstrate ways to love others. • I am beginning to notice the people around me. • I am beginning to think about ways that I can help others. • I am beginning to think about ways I have been helped by others. • I can think of someone who looks after me. • I am beginning to think about how being looked after makes me feel. • I can suggest ways to show appreciation for others. • I am beginning to understand how to work as a team. • I am beginning to think about some ways to keep safe online. • I can draw a picture to offer advice for keeping safe online. • I can suggest a way that I have shown love for others. • I am beginning to think about how loving others makes me feel 	<ul style="list-style-type: none"> • I can suggest a way to show love for others. • I can suggest a way to demonstrate love to others. • I am learning to suggest ways to 'look out' for other people's needs and the needs of the environment around me. • I am learning to spot and act on opportunities to do something kind for others. • I can list the people working in my local community that look after and protect me. • I am learning to appreciate the important work they do. • I can list ways that we are all different. • I can list ways that we are all the same. • I can suggest some ways to keep safe in real life. • I can suggest some online safety rules. • I understand that online safety rules are similar to safety rules in real life. • I can suggest ways they have shown love for others. • I can describe how loving others makes me feel. 	<ul style="list-style-type: none"> • I can suggest ways to show love for others. • I can suggest ways to demonstrate loving others. • I can suggest something that I can do for another person. • I can describe how the person I helped felt. • I can describe how helping someone else made me feel. • I can explain how to respond in an emergency. • I can recognise and celebrate the impact kindness has on another person. • I can work together with others to complete a task. • I am learning how to listen well to one another and respect each other's views. • I can list some information that identifies me eg name, address. • I know why it is important to keep personal information private. • I can suggest ways I have shown love for others. • I can describe how caring for others makes me feel. • I can suggest ways I have shown love for others. • I can describe how caring for others makes me feel. 	<ul style="list-style-type: none"> • I can suggest ways to show love for others. • I can demonstrate ways to love others. • I am becoming more aware of my surroundings and the people around me by noticing differences. • I can make the link about being observant and being aware of those around us. • I can suggest how a person is feeling from their expression and body language. • I can suggest who the unseen heroes of my community are. • I can honour those heroes by writing a thank you note. • I can suggest times when I need help from others. • I can demonstrate good teamwork skills (clear communication, listening and negotiating). • I can suggest ways to use my technology devices responsibly. • I can suggest ways that I have shown love for others. • I can describe how caring for others makes people feel 	<ul style="list-style-type: none"> • I understand there are many different ways I can show love for others. • I can demonstrate ways to love others. • I can think of someone to go to if I feel lonely. • I can suggest things to do to avoid feeling lonely. • I can list some skills needed to listen to others well. • I can suggest ways I can demonstrate honour. • I am starting to understand the purpose and role of groups eg charities, raising awareness. • I know what I should and shouldn't share online. • I can suggest ways that I have shown love for others. • I can describe how caring for others makes people feel. 	<ul style="list-style-type: none"> • I can reflect on the different ways to show love for others. • I consistently demonstrate ways to love others. • I know there are ways we are different and ways we are the same. • I understand that while there are some differences between us, there are more similarities. • I can listen carefully to my classmate and feedback what they have said. • I can suggest people who have benefitted from overcoming a challenge. • I can explain why I am grateful for those people. • I can suggest ways to be a good friend. • I can list 3 benefits of social media. • I can list 3 dangers of social media. • I can describe ways that I have shown love for others. • I can describe how caring for others makes people feel.
<p>Don't Hold On To What's Wrong!</p> <p>Understanding how to process negative</p>	<ul style="list-style-type: none"> • I can identify when Boris is sad. • I am beginning to understand that what I do effects others. • I am beginning to understand when I need to say sorry. • I am beginning to understand that forgiveness helps my heart. • I am beginning to understand when I am feeling a negative 	<ul style="list-style-type: none"> • I understand that letting the bad feelings out of my heart helps me feel happy again. • I understand that what I do affects others • I am beginning to understand when I need to say sorry. 	<p>I am beginning to understand what 'forgiveness' means.</p> <ul style="list-style-type: none"> • I can describe how saying sorry can help a situation. • I can describe the effects of choosing to forgive or not. • I can describe a way that holding on to hurt can make us sad. 	<ul style="list-style-type: none"> • I can suggest a way to fix a broken friendship. • I can describe some benefits of forgiveness. • I can sort scenarios into positive and negative stress. • I can suggest ways to manage negative stress. 	<ul style="list-style-type: none"> • I can describe forgiveness. • I can explain why forgiveness keeps my heart healthy. • I can describe some practical steps I could take to resolve conflict. • I can describe how different emotions feel. • I can explain why emotions are important. 	<p>I can demonstrate choosing forgiveness.</p> <ul style="list-style-type: none"> • I can demonstrate choosing strategies to help resolve conflicts and disputes. • I can explain my point of view. • I can listen and take account of a response from another person.

emotion and choose forgiveness to restore relationships.	<p>emotion eg anger, sadness, disappointment.</p> <ul style="list-style-type: none"> • I am beginning to understand that I can choose kind or unkind words. • I can suggest an example of a positive attribute of the kind of friend I would like to be. • I am beginning to understand something I can do if I feel sad or mad. 	<ul style="list-style-type: none"> • I am beginning to understand that forgiveness helps my heart. • I can give an example of a person, place or activity that helps my heart when I am sad. • I am beginning to understand ways to help me let go of hurt or disappointment. • I can suggest a way I can protect myself and others from bullying. • I can suggest something I can do if I feel sad or mad. 	<ul style="list-style-type: none"> • I can list a ways to build trust between friends. • I can think of someone that I trust. • I can give an example of a stereotype. • I can suggest a couple of things I can do if I feel sad or mad. 	<ul style="list-style-type: none"> • I can suggest some healthy boundaries I can use both in life and online. • I can recognise online abuse and know who to report it to. • I can suggest positive uses of the internet. • I can list several things I can do if I feel sad, or mad. 	<ul style="list-style-type: none"> • I can describe some healthy ways to respond to my mistakes. • I can recognise bullying behaviours. • I can suggest ways to deal with bullying. • I can list different types of negative emotion. • I can identify when I am experiencing negative emotion. • I can suggest ways that will help me when I am experiencing negative emotions 	<ul style="list-style-type: none"> • I can model resolving a dispute. • I can explain some benefits of forgiveness. • I can suggest some barriers to forgiveness. • I understand that our tone and body language communicates more than our words. • I can give examples of how a trustworthy friend behaves. • I can explain when it is ok to break a confidence. • I can list some effects bullying can have. • I can explain how to get help if I or someone I know are being bullied. • I can identify when I am experiencing negative emotion. • I can suggest ways that will help me when I am experiencing negative emotion.
Summer	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fake Is A Mistake! Unpacking how to bravely communicate truth and be proud of who we are.	<ul style="list-style-type: none"> • I can suggest an amazing fact about myself. • I can explain why we don't need to lie about ourselves. • I am beginning to understand that I don't need to pretend to be anything I am not - I can be myself! • I can describe what being 'see-through' means. • I am beginning to understand some reasons why being 'see-through' in friendship is important. • I can suggest some ways to look after my teeth. • I can name a person I can talk to when I feel upset. • I am beginning to understand that small lies can have a big impact. 	<ul style="list-style-type: none"> • I can suggest a couple of amazing facts about myself. • I can explain why we don't need to lie about ourselves. • I can name something unique about myself. • I can name an unkind thought that I have about myself. • I can name a kind thought I have about myself. • I can describe how an emotion feels. • I can describe times when I have felt different emotions. • I can suggest some ways to demonstrate good manners. • I can demonstrate different ways to greet another person. • I can describe some ways to stay safe in the sun. 	<ul style="list-style-type: none"> • I can suggest a couple of amazing facts about myself. • I can explain why we don't need to lie about ourselves. • I am beginning to know the real me is the best me. • I can give a simple explanation of what shame is. • I can suggest appropriate and inappropriate types of touch. • I can suggest safe people to talk to if I am concerned. • I can explain why telling the truth is important to build a friendship. • I can explain what an allergy is. • I can list what I have learned about why 'Fake is a Mistake'. 	<ul style="list-style-type: none"> • I can explain why we don't need to lie about ourselves. • I can list 3 great things about myself. • I can explain that I am not what I 'do'. • I can identify some important voices in my life. • I can recognise the difference between kind and unkind voices in my life. • I am growing in courage to always tell the truth. • I can give examples of when I have been afraid to tell the truth. • I can explain when dares are no longer fun. • I can explain the consequences of dares. 	<ul style="list-style-type: none"> • I can explain why we don't need to lie about ourselves. • I can list 5 great things about myself. • I can discuss how unrealistic images can make me feel. • I can explain some things I can do when I feel like I need to hide how I really feel. • I can give a simple description of what vulnerability is. • I can identify qualities that build trust for vulnerability. • I can explain why growing feedback is important. • I can identify the difference between 'No Entry' and 'Welcome' responses to feedback. 	<ul style="list-style-type: none"> • I can present different opinions respectfully. • I can explain how to communicate the truth lovingly. • I understand we are loved just as we are. • I understand how to replace negative self-talk with positive self-talk. • I can define what a boundary is. • I can explain how using boundaries means we can have respectful friendships. • I can find out facts about vaccinations from credible sources. • I can suggest ways to discern if information online is credible.

	<ul style="list-style-type: none"> • I can complete the phrase “I am...” with a positive characteristic. 	<ul style="list-style-type: none"> • I can use positive words to describe myself and complete the phrase ‘I am 		<ul style="list-style-type: none"> • I can list some of the risks associated with smoking. • I can list what I have learned about why ‘Fake is a Mistake’. 	<ul style="list-style-type: none"> • I can list some risks associated with alcohol use in young people. • I can give some advice against drinking alcohol. • I can list what I have learned about why ‘Fake is a Mistake 	<ul style="list-style-type: none"> • I can know some physical and mental health risks associated with taking drugs. • I can suggest some ways to avoid drug taking. • I can list what I have learned about why ‘Fake is a Mistake’?
<p>‘No Way Through,’ Isn’t True!</p> <p>Knowing there is a way through every situation, no matter how impossible it may seem.</p>	<ul style="list-style-type: none"> • I am beginning to understand when I feel stuck. • I am beginning to choose to persevere in completing a challenge. • I am starting to explore how I can adapt my strategy and try other things when I feel stuck. • I am beginning to understand the value of having a friend’s support when I feel stuck. • I can differentiate between secrets I should and shouldn’t keep. • I know what to do if someone asks me to keep a secret that makes me feel uncomfortable. • I am beginning to understand that I have an impact on my class, family and community. • I can choose pictures of things I like (to create a dreamboard). • I can think of a person, pet or toy that I miss. • I can share a memory of that person, pet or toy. • I am starting to be able to recall times where I felt stuck but found a way through! 	<ul style="list-style-type: none"> • I am beginning to understand when I feel stuck. • I am beginning to choose to persevere in completing a challenge. • I am beginning to be able to find alternative solutions to a problem. • I can design a map with alternative routes. • I am beginning to think about different ways I can look at situations. • I can suggest a different way I could try to overcome a challenging situation. • I can replace worry phrases with positive “what if” phrases. • I can identify signs of energy being used. • I can suggest some ways to conserve energy. • I can recall a time when I felt stuck but found a way through 	<p>I can identify when I feel stuck.</p> <ul style="list-style-type: none"> • I can choose to persevere when I feel stuck or in completing a challenge. • I can identify an area of my life where I am doing well. • I can describe what a setback is. • I can give an example of a setback. • I can demonstrate basic first aid skills. • I can identify a dream I have. • I can list some attitudes I need to develop to achieve my dreams. • I can describe what ‘change’ is and give some examples in my life. • I can suggest something I can do that helps me to manage change. • I can recall a time when I felt stuck but found a way through! 	<p>I can describe a situation where I felt stuck.</p> <ul style="list-style-type: none"> • I can suggest some ways I can persevere when I feel stuck. • I can list some skills and attitudes needed to meet the challenges. • I can identify habits I need to develop or lose in order to achieve my goals. • I can think of someone who encourages me. • I can think of someone I can encourage. • I can choose pictures of things that inspire me. • I can create ‘A Dream of my Heart is...’ statement. • I can define what puberty is. • I can describe key physical changes that take place as puberty begins. • I can recall a time when I felt stuck but found a way through! 	<ul style="list-style-type: none"> • I can describe situations where I feel stuck. • I can suggest ways to persevere when I feel stuck. • I can say when I find a situation difficult or challenging. • I can give some examples of internal success. • I can give an example of something I would like to grow in internally to meet a goal I have. • I can name some tools that help me to live with hope. • I can explain key facts about the menstrual cycle. • I can describe ways to look after my health and wellbeing as I grow up. • I can recall a time when I felt stuck but found a way through. • I can use strategies that demonstrate ‘No Way Through’ isn’t True! 	<p>I can describe situations where I get stuck.</p> <ul style="list-style-type: none"> • I can suggest ways to persevere when I feel stuck. • I can describe the impact of changing my thinking from ‘I can’t do it’ to ‘I can’t do it yet’. • I can explain the importance of practice. • I can answer the question “How am I feeling?” • I can answer the question “Why am I feeling that way?” • I can suggest ideas of needs for “What do I need?” • I can explain the effects of having hope. • I demonstrate choosing hope. • I can describe some things that may try to keep me in my comfort zone. • I can suggest what could happen when I step outside my comfort zone, into ‘Where the magic happens!’? • I can apply this learning to a real-life scenario. • I can describe the changes in my brain as I go through adolescence. • I can recall a time when I felt stuck but found a way through. • I can identify strategies used to demonstrate ‘No Way Through’ isn’t True!

PSHE Purpose of Study

“Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their academic potential. “

PSHE Association

(<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935>)

Attainment Targets

During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils’ increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities

PSHE Association

(<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935>)

CORE THEME 1: HEALTH AND WELLBEING

KS1 Learning opportunities in Health and Wellbeing

Pupils learn...

Healthy lifestyles (physical wellbeing)

- H1.** about what keeping healthy means; different ways to keep healthy
- H2.** about foods that support good health and the risks of eating too much sugar
- H3.** about how physical activity helps us to stay healthy; and ways to be physically active everyday
- H4.** about why sleep is important and different ways to rest and relax
- H5.** simple hygiene routines that can stop germs from spreading
- H6.** that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
- H7.** about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
- H8.** how to keep safe in the sun and protect skin from sun damage
- H9.** about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV
- H10.** about the people who help us to stay physically healthy

KS2 Learning opportunities in Health and Wellbeing

Pupils learn...

- H1.** how to make informed decisions about health
- H2.** about the elements of a balanced, healthy lifestyle
- H3.** about choices that support a healthy lifestyle, and recognise what might influence these
- H4.** how to recognise that habits can have both positive and negative effects on a healthy lifestyle
- H5.** about what good physical health means; how to recognise early signs of physical illness
- H6.** about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.
- H7.** how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle
- H8.** about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn
- H9.** that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it
- H10.** how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed

	<p>H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)</p> <p>H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer</p> <p>H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online</p> <p>H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</p>
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Mental health

<p>H11. about different feelings that humans can experience</p> <p>H12. how to recognise and name different feelings</p> <p>H13. how feelings can affect people's bodies and how they behave</p> <p>H14. how to recognise what others might be feeling</p> <p>H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p>H16. about ways of sharing feelings; a range of words to describe feelings</p> <p>H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p>H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p>H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p> <p>H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p>	<p>H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health</p> <p>H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing</p> <p>H17. to recognise that feelings can change over time and range in intensity</p> <p>H18. about everyday things that affect feelings and the importance of expressing feelings</p> <p>H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;</p> <p>H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations</p> <p>H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others</p>
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	<p>H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult</p> <p>H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement</p> <p>H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools</p>
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Ourselves, growing and changing

<p>H21. to recognise what makes them special</p> <p>H22. to recognise the ways in which we are all unique</p> <p>H23. to identify what they are good at, what they like and dislike</p> <p>H24. how to manage when finding things difficult</p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>H26. about growing and changing from young to old and how people's needs change</p> <p>H27. about preparing to move to a new class/year group</p>	<p>H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)</p> <p>H26. that for some people gender identity does not correspond with their biological sex</p> <p>H27. to recognise their individuality and personal qualities</p> <p>H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p>H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking</p> <p>H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction</p> <p>H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)</p> <p>H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene</p>
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	<p>H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for¹</p> <p>H34. about where to get more information, help and advice about growing and changing, especially about puberty</p> <p>H35. about the new opportunities and responsibilities that increasing independence may bring</p> <p>H36. strategies to manage transitions between classes and key stages</p>
Keeping safe	
<p>H28. about rules and age restrictions that keep us safe</p> <p>H29. to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p>H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)</p> <p>H31. that household products (including medicines) can be harmful if not used correctly</p> <p>H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely</p> <p>H33. about the people whose job it is to help keep us safe</p> <p>H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them</p> <p>H35. about what to do if there is an accident and someone is hurt</p> <p>H36. how to get help in an emergency (how to dial 999 and what to say)</p>	<p>H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming</p> <p>H38. how to predict, assess and manage risk in different situations</p> <p>H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe</p> <p>H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)</p> <p>H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about</p> <p>H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact</p> <p>H43. about what is meant by first aid; basic techniques for dealing with common injuries²</p>

¹ Pupils are often aware that sexual intercourse does not always result in a baby and they may already be aware of or have heard about some common methods of contraception (e.g. condoms, the contraceptive pill or avoiding sexual intercourse). A basic understanding of contraception can be taught at primary level. This may include basic information about common forms of contraception (for example, condoms and the contraceptive pill) and how these can prevent a baby being made. Schools will need to decide whether this is appropriate for their community and cohorts and consider how to approach this as part of Sex Education.

	<p>H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say</p> <p>H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk³</p>
Drugs, alcohol and tobacco	
H37. about things that people can put into their body or on their skin; how these can affect how people feel	<p>H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break</p> <p>H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others</p> <p>H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);</p> <p>H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping</p> <p>H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns</p>

² Common injuries might include bruises, scalds, burns, bleeds (cuts or nose bleeds). Schools might also choose to teach about how to manage asthma attacks, allergic reactions, a person who is choking or unresponsive. For head injuries, pupils should be taught to seek adult help immediately but not to attempt to move the person.

³ Teaching about FGM could be included in units on health, keeping safe, safe relationships, privacy, body parts (including external genitalia).

CORE THEME 2: RELATIONSHIPS

KS1 Learning opportunities in Relationships

Pupils learn...

- R1.** about the roles different people (e.g. acquaintances, friends and relatives) play in our lives
- R2.** to identify the people who love and care for them and what they do to help them feel cared for
- R3.** about different types of families including those that may be different to their own
- R4.** to identify common features of family life
- R5.** that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

KS2 Learning opportunities in Relationships

Pupils learn...

Families and close positive relationships

- R1.** to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
- R2.** that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different
- R3.** about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong
- R4.** that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others
- R5.** that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart
- R6.** that a feature of positive family life is caring relationships; about the different ways in which people care for one another
- R7.** to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability
- R8.** to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty
- R9.** how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

Friendships

R6. about how people make friends and what makes a good friendship

R7. about how to recognise when they or someone else feels lonely and what to do

R8. simple strategies to resolve arguments between friends positively

R9. how to ask for help if a friendship is making them feel unhappy

R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships

R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face

R13. the importance of seeking support if feeling lonely or excluded

R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them

R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others

R16. how friendships can change over time, about making new friends and the benefits of having different types of friends

R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely

R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

Managing hurtful behaviour and bullying

R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online

R11. about how people may feel if they experience hurtful behaviour or bullying

R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult

R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour

R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support

R21. about discrimination: what it means and how to challenge it

Safe relationships

R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

R14. that sometimes people may behave differently online, including by pretending to be someone they are not

R15. how to respond safely to adults they don't know

R16. about how to respond if physical contact makes them feel uncomfortable or unsafe

R17. about knowing there are situations when they should ask for permission and also when their permission should be sought

R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)

R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe

R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);

R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns

R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

R26. about seeking and giving permission (consent) in different situations

R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret

R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this

R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)

Respecting self and others

R21. about what is kind and unkind behaviour, and how this can affect others

R22. about how to treat themselves and others with respect; how to be polite and courteous

R23. to recognise the ways in which they are the same and different to others

R24. how to listen to other people and play and work cooperatively

R25. how to talk about and share their opinions on things that matter to them

R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online

R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships

R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background

R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own

R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with

CORE THEME 3: LIVING IN THE WIDER WORLD

KS1 Learning opportunities in Living in the Wider World

Pupils learn...

KS2 Learning opportunities in Living in the Wider World

Pupils learn...

Shared responsibilities

L1. about what rules are, why they are needed, and why different rules are needed for different situations

L2. how people and other living things have different needs; about the responsibilities of caring for them

L3. about things they can do to help look after their environment

L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws

L2. to recognise there are human rights, that are there to protect everyone

L3. about the relationship between rights and responsibilities

L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)

Communities

L4. about the different groups they belong to

L5. about the different roles and responsibilities people have in their community

L6. to recognise the ways they are the same as, and different to, other people

L6. about the different groups that make up their community; what living in a community means

L7. to value the different contributions that people and groups make to the community

L8. about diversity; what it means; the benefits of living in a diverse community; about valuing diversity within communities

L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes

L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced

Media literacy & digital resilience

L7. about how the internet and digital devices can be used safely to find things out and to communicate with others

L8. about the role of the internet in everyday life

L9. that not all information seen online is true

L11. recognise ways in which the internet and social media can be used both positively and negatively

L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results

L13. about some of the different ways information and data is shared and used online, including for commercial purposes

L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information

L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images

L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation

Economic wellbeing: Money

L10. what money is; forms that money comes in; that money comes from different sources

L11. that people make different choices about how to save and spend money

L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want

L13. that money needs to be looked after; different ways of doing this

L17. about the different ways to pay for things and the choices people have about this

L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'

L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)

L20. to recognise that people make spending decisions based on priorities, needs and wants

L21. different ways to keep track of money

L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe

	<p>L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations</p> <p>L24. to identify the ways that money can impact on people's feelings and emotions</p>
Economic wellbeing: Aspirations, work and career	
<p>L14. that everyone has different strengths</p> <p>L15. that jobs help people to earn money to pay for things</p> <p>L16. different jobs that people they know or people who work in the community do</p> <p>L17. about some of the strengths and interests someone might need to do different jobs</p>	<p>L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes</p> <p>L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life</p> <p>L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them</p> <p>L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)</p> <p>L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid</p> <p>L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation</p> <p>L31. to identify the kind of job that they might like to do when they are older</p> <p>L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)</p>

		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
	RELATIONSHIPS EDUCATION						
	Families and people who care for me <i>Pupils should know...</i>						
F1	that families are important for children growing up because they can give love, security and stability.	✓	✓	✓	✓	✓	✓
F2	the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	✓			✓	✓	
F3	that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.		✓		✓		✓
F4	that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	✓			✓	✓	
F5	that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.						✓
F6	how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.			✓		✓	
	Caring Friendships <i>Pupils should know...</i>						
CF1	how important friendships are in making us feel happy and secure, and how people choose and make friends.	✓	✓	✓	✓	✓	✓
CF2	the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	✓	✓	✓	✓	✓	✓

		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
CF3	that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	✓	✓	✓	✓	✓	✓
CF4	that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	✓	✓	✓	✓	✓	✓
CF5	how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	✓		✓	✓	✓	✓
	Respectful Relationships <i>Pupils should know...</i>						
RR1	the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	✓	✓		✓	✓	✓
RR2	practical steps they can take in a range of different contexts to improve or support respectful relationships.	✓	✓	✓	✓	✓	✓
RR3	the conventions of courtesy and manners.		✓	✓	✓		
RR4	the importance of self-respect and how this links to their own happiness.	✓	✓	✓	✓	✓	✓
RR5	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.		✓	✓	✓	✓	✓
RR6	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	✓	✓		✓	✓	✓
RR7	what a stereotype is, and how stereotypes can be unfair, negative or destructive.			✓			
RR8	the importance of permission-seeking and giving in relationships with friends, peers and adults.				✓		



		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
	Online Relationships <i>Pupils should know...</i>						
OR1	that people sometimes behave differently online, including by pretending to be someone they are not.			✓		✓	✓
OR2	that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	✓	✓				
OR3	the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	✓	✓	✓			
OR4	how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.					✓	
OR5	how information and data is shared and used online.		✓	✓			
	Being Safe <i>Pupils should know...</i>						
BS1	what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).				✓	✓	✓
BS2	about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.						✓
BS3	that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	✓		✓			
BS4	how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	✓				✓	
BS5	how to recognise and report feelings of being unsafe or feeling bad about any adult.	✓		✓	✓	✓	✓



		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
BS6	how to ask for advice or help for themselves or others, and to keep trying until they are heard.	✓				✓	
BS7	how to report concerns or abuse, and the vocabulary and confidence needed to do so.	✓	✓			✓	
BS8	where to get advice e.g. family, school and/or other sources.	✓	✓		✓	✓	

		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
	HEALTH EDUCATION						
	Mental Wellbeing <i>Pupils should know...</i>						
MW1	that mental wellbeing is a normal part of daily life, in the same way as physical health.	✓	✓	✓	✓	✓	✓
MW2	that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	✓	✓	✓	✓	✓	✓
MW3	how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	✓	✓	✓	✓	✓	✓
MW4	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	✓	✓	✓	✓	✓	✓
MW5	the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.				✓		
MW6	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	✓	✓				✓
MW7	isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.		✓	✓		✓	



		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
MW8	that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	✓	✓		✓	✓	✓
MW9	where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	✓	✓		✓		
MW10	it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.				✓		
	Internet Safety and Harms <i>Pupils should know...</i>						
ISH1	that for most people the internet is an integral part of life and has many benefits.	✓			✓		
ISH2	about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.				✓	✓	✓
ISH3	how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.					✓	✓
ISH4	why social media, some computer games and online gaming, for example, are age restricted.					✓	✓
ISH5	that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.				✓		
ISH6	how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.			✓		✓	✓
ISH7	where and how to report concerns and get support with issues online.		✓		✓		



		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
	Physical Health and Fitness <i>Pupils should know...</i>						
PH1	the characteristics and mental and physical benefits of an active lifestyle.	✓	✓	✓			
PH2	the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.		✓				
PH3	the risks associated with an inactive lifestyle (including obesity).		✓	✓			
PH4	how and when to seek support including which adults to speak to in school if they are worried about their health.			✓			
	Healthy Eating <i>Pupils should know...</i>						
HE1	what constitutes a healthy diet (including understanding calories and other nutritional content).			✓			
HE2	the principles of planning and preparing a range of healthy meals.		✓	✓			✓
HE3	the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).		✓				
	Drugs, alcohol and tobacco <i>Pupils should know...</i>						



		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
DAT1	the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.				✓	✓	✓
	Health and prevention Pupils should know...						
HP1	how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.						✓
HP2	about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.		✓				
HP3	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.					✓	
HP4	about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	✓					
HP5	about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	✓			✓		
HP6	the facts and science relating to allergies, immunisation and vaccination.			✓			✓
	Basic First Aid Pupils should know...						
BFA1	how to make a clear and efficient call to emergency services if necessary.			✓			
BFA2	concepts of basic first-aid, for example dealing with common injuries, including head injuries.			✓			
	Changing adolescent body Pupils should know...						



		Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
CAB1	key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.				✓	✓	✓
CAB2	about menstrual wellbeing including the key facts about the menstrual cycle.					✓	

