

PSHE Planning and Progression of Skills Skills



**Year
1**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>What's going on?</i>	<i>Dinosaur</i>	<i>Animals around the World</i>	<i>Can you Dig it?</i>	<i>Art Attack</i>	<i>On Holiday with Barnaby Bear</i>
	Myself and My Relationships: Citizenship	Myself and My Relationships: Citizenship Healthy and Safer Lifestyles	Healthy and Safer Lifestyles Myself and My Relationships	Citizenship Diversity and Communities	Myself and My Relationships: Managing Change Healthy Lifestyles Personal Safety	Citizenship: Working Together Rights, Rules and Responsibilities
PSHE	<p><u>What the pupils will learn:</u></p> <ul style="list-style-type: none"> • Pupils will take part in creating a list of rules which will make the classroom and school a safer place • Pupils will describe what a what a good friend means to them • Pupils will compare and contrast family set ups and traditions • Pupils will reflect on the special people in their life, and discuss why they are important • Pupils will gain an insight in the role of a trusted adult, and have the opportunity to decide who their own one is • Pupils will understand that the value of listening to others, and also sharing their own views 	<p><u>What the pupils will learn:</u></p> <ul style="list-style-type: none"> • Pupils will explore the different emotions people can feel • Pupils will reflect on what makes them happy/sad/cross • Pupils will learn how their feelings and actions affect others • Pupils will discuss ways in which the school help children to manage their own feelings • Pupils will be able to speak about the role of the trusted adult with confidence • Pupils will understand the difference between the words rude, mean and bullying • Pupils will know what to do if they feel they are being bullied, or have witnessed somebody else being bullied • Pupils will be able to discuss what they are 	<p><u>What the pupils will learn:</u></p> <ul style="list-style-type: none"> • Pupils will explore other ways to be healthy • Pupils will understand why it is important to be healthy • Pupils will investigate triggers of negative behaviours, and what feelings may be associated with each • Pupils will develop an understanding of risks in the home, and at school • Pupils will know how to keep themselves and others safe 	<p><u>What the pupils will learn:</u></p> <ul style="list-style-type: none"> • Pupils will understand that there are similarities and differences between them and others • Pupils will have a good sense of themselves, and have an awareness of their own cultures and beliefs 	<p><u>What the pupils will learn:</u></p> <ul style="list-style-type: none"> • Pupils will gain an insight into managing their own feelings and behaviours in appropriate ways • Pupils will reflect on what helps them feel better when they are hurt • Pupils are reminded of the significance of using their trusted adult • Pupils will discuss the term 'secrets' • Pupils will be able to say who in their life can help to keep them safe 	<p><u>What the pupils will learn:</u></p> <ul style="list-style-type: none"> • Pupils will learn to comment on what they are good at, and what they have observed others do successfully • Pupils will discuss what they are good at, and what they would like to develop – growth mindset • Pupils will understand the important of listening to others • Pupils will explore the positive roles and dynamics in different teams • Pupils will begin to take part in discussions where they have the opportunity to share their views, but also take turns and listen to others.

		<p>good at, and what they would like to develop – growth mindset</p> <ul style="list-style-type: none">• Pupils can suggest ways in which to be healthy				
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Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	Discovering London		All creatures great and small		Exciting Explorers	
	Myself and My relationships: Managing Change Citizenship- Working Together		Healthy and Safer Lifestyles- Drug Education	Myself and my relationships- Family and Friends	Economic Wellbeing- Financial capability Citizenship- Diversity and Communities	
	<p>Myself and My Relationships: Managing Change <u>What we will learn:</u></p> <ul style="list-style-type: none"> ☺ Pupils will demonstrate an understanding of how they can treat other people with respect ☺ Pupils will be able to identify a goal to achieve within the school year and they will develop an understanding as to why working together is important ☺ Pupils will be able to understand how to make good choices and consider the impact of their decisions <p>Citizenship <u>What we will learn:</u></p> <ul style="list-style-type: none"> ☺ Pupils will be thinking about: ☺ What are they and other people are good at? ☺ What new skills would I like to develop? ☺ How can I listen well to other people? ☺ How can I work well in a group? ☺ Why is it important to take turns and share? ☺ How can I negotiate to sort out disagreements? ☺ How are my skills useful in a group? ☺ What is a useful evaluation? <p>Citizenship: Rights, Rules and Responsibilities <u>What we will learn:</u> Pupils will be focusing on :</p> <ul style="list-style-type: none"> ☺ How do rules make me feel happy and safe? ☺ How do I take part in making rules? ☺ Who looks after me and what are their responsibilities? ☺ What jobs and responsibilities do I have in school and at home? ☺ Can I listen to other people, share my views and take turns? ☺ Can I take part in discussions and decisions in class? 		<p><u>What we will learn:</u></p> <ul style="list-style-type: none"> ☺ Pupils will think about what happens when things enter the body? ☺ What are medicines and why do some people use them? ☺ What do I understand about the roles of doctors, nurses and hospitals? ☺ What can I do if I feel poorly? ☺ What are the potentially risky substances at home and at school? ☺ How can I keep safe from harm if I come across risky substances? ☺ What is it like to be persuaded? <p>Healthy and Safer Lifestyles Sex and Relationships Education <u>What we will learn:</u> Pupils will be focusing on:</p> <ul style="list-style-type: none"> ☺ How do babies change and grow? ☺ How have I changed since I was a baby? ☺ What do babies and children need? ☺ What are my responsibilities now I'm older? 	<p><u>What we will learn:</u></p> <ul style="list-style-type: none"> ☺ Pupils will describe what a friend is and does ☺ Pupils will demonstrate how to make new friends ☺ How do I keep friends? ☺ How can I make up with my friends when things go wrong? ☺ Who is in my family, and how do we care for each other? ☺ Who are my special people and what makes them special to me? ☺ How am I similar to and different from other people? ☺ Who do I get support from when I need it? 	<p>Economic Wellbeing <u>What we will learn:</u></p> <ul style="list-style-type: none"> ☺ Pupils will be thinking about financial capability and discussing the following questions: ☺ Where does money come from and where does it go when we 'use' it? ☺ How might I get money and what can I do with it? ☺ How do we pay for things? ☺ What does it mean to have more or less money than you need? ☺ How do I feel about money? ☺ How do my choices affect me, my family, others? ☺ What is a charity? <p>Citizenship <u>What we will learn:</u></p> <ul style="list-style-type: none"> ☺ Pupils will be thinking about diversity and Communities and developing their understanding through these points: ☺ What are some of the similarities and differences between me and ☺ Others? ☺ What do I understand about my culture and beliefs and those of other ☺ people? ☺ Who are the people who help me, and what do they do? ☺ What does 'my community' mean and what do people do there? ☺ How do we care for animals and plants? ☺ How can I help look after the school environment? 	



Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Discovering Dinosaurs		Opposites Attract		Bella Italia	
	Relationships	Citizenships	Managing Risk	Managing change	Healthy Lifestyles	Personal Safety
	<u>What pupils will learn</u>	<u>What pupils will learn</u>	<u>What pupils will learn</u>	<u>What pupils will learn</u>	<u>What pupils will learn</u>	<u>What pupils will learn</u>
PSHE	<p>1 – Creating class rules</p> <ul style="list-style-type: none"> What will help us to feel safer and to learn well in our class and school? What different rules do we sometimes need in different places (hall, corridor, outside)? Create class rule agreement <p>2 - Beginning and Belonging</p> <ul style="list-style-type: none"> What does it feel like to be new or to start something new? What helps me to feel like I belong and am valued in school? Who is my trusted adult? <p>3 - Making new friendships</p> <ul style="list-style-type: none"> How can I make other people feel welcome? Recipe for friendship <p>4 – Managing my emotions</p> <ul style="list-style-type: none"> How can I manage my feelings and calm them down if necessary? Who can I talk to when I need help? Strategies for managing tempers and difficult situations 	<p>1 - Rights and responsibilities</p> <ul style="list-style-type: none"> Why do we need rules at home and at school? What do we mean by rights and responsibilities? Identify rights and responsibilities at home and at school? <p>2 - Democracy</p> <ul style="list-style-type: none"> How do we make democratic decisions in school? What is a representative and how do we elect them? What makes a good choice for a representative? Choosing Council Rep/Sports Captain <p>3 – Teamwork makes the dream work!</p> <ul style="list-style-type: none"> How can I work well in a group? How well can I listen to other people? How can different people contribute to a group task? Recipe for team work to make the dream work <p>4 – Growth Mindset</p> <ul style="list-style-type: none"> Identify skills that are good and skills to self-improve Identify strategies to overcome obstacles to learning Discuss self and peer evaluation Create guide to self-evaluation 	<p>1 - Healthy and Safer Lifestyles</p> <ul style="list-style-type: none"> What risks are there to my safety, my friendships and my feelings? How might my friends affect my decisions about risk How do I feel and how does my body react in risky situations? Can I make decisions in risky situations? Who would I ask for help if things went wrong? What action is it okay for me to take in an emergency? <p>2 - Managing Road risk</p> <ul style="list-style-type: none"> How are roads risky and how can I reduce the risks? How do I keep myself safe during activities and visits? <p>3 - Managing Fire Risk</p> <ul style="list-style-type: none"> How is fire risky and how can I reduce the risks? How can I stop accidents happening? <p>4 - Managing Water Risk</p>	<p>1 - Myself and My Relationships</p> <ul style="list-style-type: none"> What changes have I already experienced, and might I experience in the future? What changes might other people be going through? <p>2 - Managing loss</p> <ul style="list-style-type: none"> What is it like to be separated from a special person? How do people feel when things change, or people or pets die? What emotions might I feel at times of loss and change? <p>3 - Managing emotions</p> <ul style="list-style-type: none"> How might I behave when I feel these emotions? <p>4- New situations</p> <ul style="list-style-type: none"> What can I do to make the best of new situations? 	<p>1 - Growing up</p> <ul style="list-style-type: none"> What are the main stages of the human life? What does it mean to be 'grown up'? <p>2 - Responsibility</p> <ul style="list-style-type: none"> What am I responsible for now and how will this change? How do parents and carers care for babies? <p>3 - Healthy Eating</p> <ul style="list-style-type: none"> How can I have a healthy lifestyle? How do nutrition and physical activity work together? What does healthy eating and a balanced meal mean? How can I plan and prepare simple, healthy food safely? <p>4 – Healthy Lifestyles</p> <ul style="list-style-type: none"> How can I look after my teeth and why is it important? Who is responsible for my lifestyle choices and how are they influenced? 	<p>1 - Personal Safety</p> <ul style="list-style-type: none"> How can I be responsible for my own personal safety? <p>2 – Feeling comfortable</p> <ul style="list-style-type: none"> What sorts of physical contact do I feel comfortable with? <p>3 – Talking about emotions</p> <ul style="list-style-type: none"> Who are the adults and friends I can trust and to whom I can talk about my feelings? <p>4 – Secrets</p> <ul style="list-style-type: none"> When might I need to break a promise or tell a secret?

			<ul style="list-style-type: none">• How is water risky and how can I reduce the risks?• How can I stop accidents happening?			
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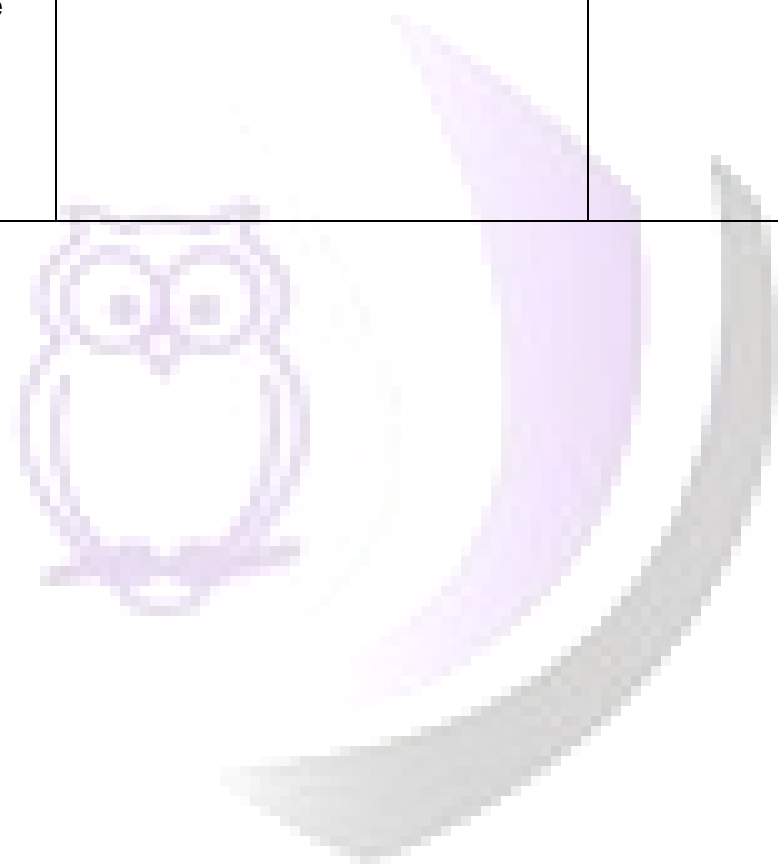




Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	The Americas		Invaders and Settlers		George's Marvellous Medicine	The Awesome Egyptians
	Citizenship- Rules and responsibilities	Health and Safer Lifestyle- Safety	Citizenship 7 Diversity and Communities	Myself and My Relationships 12 Anti-bullying (SNTB)	Healthy and Safer Lifestyles 13 Sex and Relationships Education	Economic Wellbeing 2 Financial Capability
PSHE	<p>Citizenship- Rules and responsibilities</p> <p><u>What pupils will learn</u></p> <p>1 – Creating class rules</p> <ul style="list-style-type: none"> What are the benefits of having rules, which everyone is expected to follow? How should we behave around school? Should these rules apply to everyone? Create class rule agreement <p>2 - Respect</p> <ul style="list-style-type: none"> What is respect? Why should you treat yourself and others with respect? If you do not treat others with respect, how might they feel? <p>3 – Being a good leader</p> <ul style="list-style-type: none"> Take part in a discussion and explain how you could improve the school. How can we share opinions in a safe way? How can you disagree with someone's opinion in a respectful way? <p>4 – Managing my emotions</p> <ul style="list-style-type: none"> How can I show different feelings sensibly? 	<p>Health and Safer Lifestyle</p> <p><u>What pupils will learn</u></p> <p>1 - Safety</p> <ul style="list-style-type: none"> Why is it important to stay safe? Who can help us to keep safe inside and outside of school? Should you knock on strangers doors for Halloween? How can fireworks and household products be harmful if not used properly? <p>2 – Care about others and show empathy about other people's view points</p> <ul style="list-style-type: none"> Think about the lives of people in other places and other times. How might other children celebrate special events in other countries? What support is available to families, individuals and groups? <p>3 – How can we stay healthy?</p> <ul style="list-style-type: none"> What does it mean to be healthy? 	<p>Citizenship 7 Diversity and Communities</p> <p><u>What pupils will learn</u></p> <p>Citizenship</p> <ul style="list-style-type: none"> Diversity and Communities • What makes me 'me'? • How are we different from each other? • What are some of the different lifestyles and beliefs people have? What are stereotypes and how can I challenge them? What are the roles of different people in my community? How can we care for the environment? What do animals need, and what are the responsibilities of humans towards them? How do we choose pets, and how do we look after them? 	<p>Myself and My Relationships 12 Anti-bullying (SNTB)</p> <p><u>What pupils will learn</u></p> <ul style="list-style-type: none"> What are the key characteristics and forms of bullying? Do I understand that bullying occurs when a person or group of people feel the need to have power over another person or group of people? Do I understand how bullying affects the way we think, feel and behave? How can I keep myself safe if I am being bullied? How might bystanders intervene and help someone who is being bullied? 	<p>Healthy and Safer Lifestyles 13 Sex and Relationships Education</p> <p><u>What pupils will learn</u></p> <ul style="list-style-type: none"> How are males and females different and what are the different parts called? What can my body do and how is it special? Why is it important to keep clean? What can I do for myself to stay clean and how will this change in the future? How do different illnesses and diseases spread and what can I do to prevent this? <p>Healthy and Safer Lifestyles 16 Personal Safety</p> <ul style="list-style-type: none"> How can I be responsible for my own personal safety? What sorts of physical contact do I feel comfortable with? Who are the adults and friends I can trust and to whom I can talk about my feelings? 	<p>Economic Wellbeing 2 Financial Capability</p> <p><u>What pupils will learn</u></p> <ul style="list-style-type: none"> What different ways are there to earn and spend money? What do saving, spending and budgeting mean to me? How can I decide what to spend my money on and choose the best way to pay? What might my family have to spend money on? What is 'value for money'? How do my feelings about money change? How do my choices affect my family, the community, the world and me?

	<ul style="list-style-type: none">• How can you tell how other people are feeling?• How can my behaviour positively and negatively affect others?	<ul style="list-style-type: none">• What foods should we eat as part of a balanced diet?• Recognise risks in different situations?• What are the benefits of exercise? <p>4 – Relationships</p> <ul style="list-style-type: none">• What different relationships could people have?• How are these relationships different?• Why do you need friendships?			<ul style="list-style-type: none">• When might I need to break a promise or tell a secret?	
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Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>To infinity and beyond...</i>		<i>The Maya Civilisation</i>	<i>The Terrible Tudors</i>	<i>Mother Nature: Out of Control?</i>	<i>On the move!</i>
	<i>Me and My Relationships Beginning and Belonging</i>		<i>Citizenship Working Together</i>	<i>Healthy and Safer Lifestyles Managing Risk</i>	<i>Healthy and Safer Lifestyles Safety Context</i>	<i>Healthy and Safer Lifestyles - Sex and Relationships Education</i>
PSHE	<u>What pupils will learn</u> <ul style="list-style-type: none"> • How do we make sure we feel safe in our class and school? • How do we build good relationships in our class? • How do we make new people feel welcome and valued? • How do I feel when I do something new? • Which ways to calm down work for me? • How do I solve problems? • Who can I talk to when I need help? • How can I help and support other people? • Who is in my network of relationships and how has it changed? • How can I develop new friendships and maintain existing ones? • In what way is it positive to have differences between people? • What different kinds of families are there? • How can I manage some of the pressures on my relationships? • Who do I get support from and how do I support others? 		<u>Citizenship</u> <u>What pupils will learn</u> <ul style="list-style-type: none"> • What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some of the jobs that people do? <u>Working Together</u> <u>What pupils will learn</u> <ul style="list-style-type: none"> • How can I be a good listener to other people? • How can I share my views effectively and negotiate with others to reach agreement? • How can I persevere and help others to do so? • How can I give, receive and act on sensitive and constructive feedback? 	<u>What pupils will learn</u> <ul style="list-style-type: none"> • When am I responsible for my own safety? • How can I keep myself and others safe? • How can I get the attention of an adult if I need to? • Where can people go for help? • How can I help people who need support? • Can I carry out basic first aid? • When might it be good to take risk? • What are the different consequences of taking physical, emotional and social risks? • How risky are different situations? 	<u>What pupils will learn</u> <ul style="list-style-type: none"> • How can I stay safe on the roads as cyclist or pedestrian? • How do I keep myself safe in the sun? • How can I stay safe in my home? • How can I stay safe near railways? • What helps to make school a safe place? • How can I prevent accidents? 	<u>What pupils will learn</u> School Nurse visit <ul style="list-style-type: none"> • How are babies made? • How can I express my feeling positively as I grow up? • When am I responsible for how others feel? • What should adults think about before they have a baby? What are families like?



Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>The World at War</i>		<i>Ancient Greece</i>	<i>We are Scientists</i>	<i>Brilliant Business</i>	<i>Showtime</i>
	Citizenship Rights, Rules and Responsibilities	Myself and My Relationships Family and Friends (GOFO)	Healthy and Safer Lifestyles Drug Education How to keep safe		Citizenship Diversity and Communities	Healthy and Safer Lifestyles Sex and Relationships Education
PSHE	<p><u>What we will learn:</u></p> <ul style="list-style-type: none"> ☛ Pupils will have an understanding of the school rules and how they can contribute to making and changing rules in school. ☛ Pupils will gain an insight into how they can make a difference in school. ☛ Pupils will compare places and the expected behaviours and discuss similarities and differences. ☛ Pupils will understand the basic rights of children and adults ☛ Research the laws in our country ☛ Gain and insight into how democracy works in our country and community. ☛ Research the roles of councils, councillors, parliament and MPs. Present findings to class ☛ Can I take part in a debate and listen to other people's views? 	<p><u>What pupils will learn:</u></p> <ul style="list-style-type: none"> ☛ Explore what network of relationships are and how they change. ☛ •The need for friendships and how to maintain them and develop new friendships. ☛ Explore the ways people are different and discuss why this is positive. ☛ Compare similarities and differences between different kinds of families ☛ How to manage some of the pressures on relationships ☛ Analyse different support networks and know who to seek help from and how to support others 	<p><u>What pupils will learn:</u></p> <p>Drugs</p> <ul style="list-style-type: none"> ☛ Discussion about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others. ☛ Explore how drug use affects the way a body or brain works ☛ How medicines help people with a range of illnesses ☛ What misusing a drug means and the impacts it has. ☛ Research some of the laws about drugs and why companies advertise drugs. ☛ Understand the risks of substances ☛ Pupils will investigate how friends influence behaviour and decision making. <p>Personal Safety</p> <ul style="list-style-type: none"> ☛ Gain an understanding of personal safety ☛ Explore how to help keep themselves safer but also how to be assertive ☛ Discussions around when it is appropriate to keep a secret and when it isn't 		<p><u>What pupils will learn:</u></p> <ul style="list-style-type: none"> ☛ Explore what makes up their 'identity' and that of other people and make comparisons between those locally and in the UK. ☛ Show an understanding of how to respect different views, lifestyles and beliefs ☛ Explore what stereotypes are and the negative effects of stereotyping ☛ Understand what groups and communities they are a part of ☛ Who works for the good of the community and how pupils can help ☛ Voluntary organisations and how they make a difference ☛ Research the role of the media and how it influences pupils and their community ☛ Gain an insight into who cares for the environment and what their contribution is 	<p><u>What pupils will learn:</u></p> <ul style="list-style-type: none"> ☛ What the male and female sexual parts called and what they do ☛ Gain an insight into what happens to the bodies of boys and girls when they reach puberty ☛ Explore what influences personal views of bodies ☛ How to keep the growing and changing body clean ☛ Research how the spread of viruses and bacteria be stopped ☛ Gain an insight into what HIV is