

Whole School PHSE Overview 2019-2020

| Subject | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer |
|-----------|---|--|--|---|--|---|
| Reception | <ul style="list-style-type: none"> • Confident to speak in a familiar group, will talk about their ideas and will choose the resources they need for their chosen activities. ELG • Can talk about how they and others' show feelings, talk about their own and others' behaviour and its consequences. Takes changes of routine in their stride. ELG • Takes account of one another's needs and feelings, and form positive relationships with adults and other children. ELG | | | | | |
| Year 1 | <p>Myself</p> <ul style="list-style-type: none"> • Can express some of their positive qualities. • Can recognize and talk about others positive qualities. • Can talk about what they like and do not like. • Able to share their views and opinions. <p>Can set themselves simple goals.</p> | <p>Friendship</p> <ul style="list-style-type: none"> • Understand that family and friends should care for each other. • Able to listen to other people and play/work co-operatively. • Able to identify and name some feelings. • Able to recognize and describe some of their own feelings and begin to manage them confidently and positively. • Begin to share their views and opinions (eg talking about fairness). <p>Able to identify and respect differences and similarities.</p> | <p>Safety</p> <ul style="list-style-type: none"> • Able to describe rules for and ways of keeping safe. • Able to identify people who can help them to stay safe. • Identify some strategies to keep strangers at a reasonable distance. <p>Able to identify inappropriate touch.</p> | <p>Health</p> <ul style="list-style-type: none"> • Able to make simple choices about things that keep them healthy. <p>Can choose between activities and give reasons for choices (eg exercise/rest, fruit/chocolate).</p> | <p>Drugs</p> <ul style="list-style-type: none"> • Can identify a range of dangerous substances found in the home. • Can discuss the storage of these items. <p>Knows how and when to get help.</p> | <p>Citizenship</p> <ul style="list-style-type: none"> • Can identify good and bad points within school and family. • Show an understanding of right and wrong / fair and unfair. • Able to contribute to school life and discuss possible changes. • Can suggest positive and negative rules. <p>Understand that money comes from different sources and its purposes.</p> |

Whole School PHSE Overview 2019-2020

| Subject | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer |
|---------------|---|--|--|--|---|--|
| Year 2 | <p>Myself</p> <ul style="list-style-type: none"> • Able to talk and write about their opinions. • Can recognise positive things about themselves. • Can explain the difference between girls and boys. <p>Can explain how people grow from young to old.</p> | <p>Bullying</p> <ul style="list-style-type: none"> • Can recognise that bullying is wrong. • Able to list some ways to get help in dealing with it. • Able to recognise that their behaviour has an effect on others. • Can identify differences and similarities between people. • Able to describe why respect is important. <p>Can explain different ways that family and friends should care for one another.</p> | <p>Drugs</p> <ul style="list-style-type: none"> • Able to talk about the harmful aspects of some medicines. • Describe ways of keeping medicines safe. • Knows medicines can cure illness. <p>Knows people involved with medicines.</p> | <p>Safety</p> <ul style="list-style-type: none"> • Be able to follow simple instructions to keep safe. • Know people who can help them and ways of keeping safe in familiar situations (eg know how and where to cross the road safely). <p>Can demonstrate safe behaviour and give reasons for their actions.</p> | <p>Citizenship</p> <ul style="list-style-type: none"> • Able to identify the communities to which they belong. • Know how to look after other people or other living things. • Has developed an awareness of money and how to spend it. <p>Knows what to do if they find something of value.</p> | <p>Health</p> <ul style="list-style-type: none"> • Able to make simple choices about their health and well-being (eg choosing different foods or physical activities, knowing they need sun protection). • Knows what keeps them healthy (eg exercise and rest). <p>Can explain ways of keeping clean and how diseases can spread.</p> |

Whole School PHSE Overview 2019-2020

| Subject | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer |
|---------|--|---|---|---|--|--|
| Year 3 | <p>Health</p> <ul style="list-style-type: none"> • Know how the body works and how to care for themselves. • Understands the importance of sleep, rest, exercise and hygiene. <p>Able to name some things that affect physical and mental health and well-being.</p> | <p>Safety</p> <ul style="list-style-type: none"> • Can identify equipment needed for personal safety to keep them from harm in different situations. • Able to identify safe and unsafe places to go and why. • Has developed strategies for saying <u>NO</u>. <p>Understands how to get help and who to go to for support.</p> | <p>Friendship</p> <ul style="list-style-type: none"> • Knows the characteristics of a good friend. • Is able to make friends. • Know how to cope with disagreements and how to make friends again. <p>Treats everyone in the group with equal consideration.</p> | <p>Citizenship</p> <ul style="list-style-type: none"> • Able to reflect on other peoples experiences. • Has an understanding of the concept of fairness. • Able to entertain visitors – showing responsibility and consideration for others. <p>Can find out about a different section of the community to themselves.</p> | <p>Drugs</p> <ul style="list-style-type: none"> • Can understand the meaning of the word 'drug'. • Can show an awareness that all drugs can be harmful if misused (including medicines). <p>Knows which drugs are legal and their effects and risks.</p> | <p>Myself</p> <ul style="list-style-type: none"> • Able to recognise what they are good at – likes and dislikes. • Can demonstrate self esteem and confidence. • Shows initiative. In different situations. <p>Can understand and accept others have opinions different to their own.</p> |

Whole School PHSE Overview 2019-2020

| Subject | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer |
|---------|---|--|---|--|--|--|
| Year 4 | <p>Myself / Goals</p> <ul style="list-style-type: none"> • Able to set personal goals that may take several days or weeks to complete. • Able to identify positive things about themselves. • Accept that no one including themselves is perfect. • Able to face new challenges and make responsible choices. <p>Able to identify and communicate their feelings.</p> | <p>Citizenship</p> <ul style="list-style-type: none"> • Know and understand about the varying groups within a multi cultural society. • Able to research, discuss and debate and accept that not everyone will agree with them. • Understand the consequences of anti social and aggressive behaviour. • Able to take steps to avoid conflict and resolve differences. <p>Take part in looking after visitors to school.</p> | <p>Health</p> <ul style="list-style-type: none"> • Able to make choices about keeping healthy. • Understands the processes when feeling unwell. • Know some germs can be passed in blood. • Know how to protect themselves from germs. <p>Able to follow simple, safe routines for keeping clean.</p> | <p>Relationships</p> <ul style="list-style-type: none"> • Know how they would like to be treated • Is able to treat everyone including animals with equal consideration. • Understands, respect, honesty, trust, loyalty. • Able to identify similarities and differences between themselves and others. • Able to take steps to avoid conflict. <p>Able to identify sources of help and support for people in the community.</p> | <p>Drugs – Dangers of drugs</p> <ul style="list-style-type: none"> • Can explain why tobacco, alcohol are drugs and can be harmful. • Be aware of when drugs can be helpful. • Can identify different forms of medicines (eg prescribed, over the counter). <p>Able to describe some of the effects and risks of these drugs.</p> | <p>Safety Road safety</p> <ul style="list-style-type: none"> • Know the basic rules for sensible road use. • Know how to ride a bicycle safely. • Can identify unsafe places to go and why. <p>Able to identify and explain how to manage risks in different familiar situations.</p> |

Whole School PHSE Overview 2019-2020

| Subject | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer |
|---------------|--|---|--|--|--|--|
| Year 5 | <p>Healthy eating, play and exercise</p> <ul style="list-style-type: none"> • Able to make choices about how to develop healthy lifestyles (eg knowing the importance of a healthy diet and regular exercise). • Can identify some factors that affect emotional health and well-being. <p>Able to resolve differences by looking at alternatives.</p> | <p>Drugs</p> <ul style="list-style-type: none"> • Knows some names of common illegal drugs. • Able to explain why drugs can have harmful effects. • Awareness of when drugs can be helpful. • Can identify areas of personal responsibility. <p>Is able to seek help when they have difficulties.</p> | <p>Citizenship / democracy and rules</p> <ul style="list-style-type: none"> • Uses a range of materials to research information. • Discuss/debate a controversial issue/event. • Understands why and how rules and laws are made and enforced. • Is able to feedback on school policy and practice. • Can identify the key roles in Parliament. • Can identify and find out about the work of voluntary organizations. <p>Can recognise and demonstrate how to challenge negative behaviour.</p> | <p>Relationships</p> <ul style="list-style-type: none"> • Able to identify different types of relationship (eg marriage, friendships). • Able to show ways to maintain good relationships (eg listening, caring, supporting). • Know how babies begin and role of parents. • Able to discuss attitudes and respect those who are different. <p>Able to identify how their feelings have changed.</p> | <p>Developing my skill Looking after my money</p> <ul style="list-style-type: none"> • Able to listen to and explain their views confidently, responding positively to others views and opinions. • Able to talk about a range of jobs that people have and the skills that certain jobs require. • Recognise and begin to develop their abilities that could be used in future employment. • Know why it's important to look after and save money. <p>Can understand the different ways to save money and the longer term benefits.</p> | <p>Safety</p> <ul style="list-style-type: none"> • Able to identify and explain how to manage the risks in different familiar situations. • Know about basic safety in different settings. <p>Know when it is appropriate to phone emergency services.</p> |

Whole School PHSE Overview 2019-2020

| Subject | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer |
|---------|---|---|--|---|---|--|
| Year 6 | <p>Citizenship / Community</p> <ul style="list-style-type: none"> • Know what is meant by “the media”. • Is able to find information to help them make decisions. • Identify different types of needs in the home, at school and in the community. • Identify ways in which a community may or may not work. • Discuss how conflict in a community can occur and can be resolved. • Identify and find out about the work of voluntary organizations. <p>Is able to identify their own rights.</p> | <p>Bullying</p> <ul style="list-style-type: none"> • Is able to explain how their actions have consequences for themselves and others. • Can describe the nature and consequences of bullying, racism and unacceptable behaviour. • Is able to express ways of responding to bullying. • Can respond to or challenge negative behaviours such as stereotyping and aggression. • Can describe some of the different beliefs and values in society. <p>Can demonstrate respect and tolerance towards people different from themselves.</p> | <p>Drugs</p> <ul style="list-style-type: none"> • Know that risky behaviour means you might harm yourself. • Can identify the harmful effects that some substances and drugs can have. • Is able to list the commonly available substances and drugs that are legal and illegal. • Can describe different ways of dealing with peer influence and peer pressure and explain why this is important. • Is able to identify sources of support and ask for help. | <p>Safety</p> <ul style="list-style-type: none"> • Knows how to behave responsibly and get help in an emergency situation. • Is able to assess risk and make suggestions to reduce risk to self in familiar situations. • Found out about the work of IMPS (or other relevant organizations) <p>Is able to feedback on the contribution of external visitors and visits.</p> | <p>Puberty and change</p> <ul style="list-style-type: none"> • Recognise and acknowledge their own worth and that of others, demonstrating a range of situations. • Listen to and explain their views confidently showing respect for the views of others. • Can discuss some of the bodily and emotional changes at puberty. • Can demonstrate ways of dealing with these in a positive way. • Is able to face new challenges looking for help, making responsible choices and taking action. <p>Is able to reflect on how this learning may help</p> | <p>Challenges Transition</p> <ul style="list-style-type: none"> • Can identify positive ways to face new challenges (eg transition to secondary school). • Reflect on how this learning may help when faced with future challenges. • Can make responsible choices about their future. • Can identify some factors that affect emotional health and well-being. <p>Are able to make judgments and decisions and list ways of resisting negative peer pressure.</p> |

Whole School PHSE Overview 2019-2020

| | | | | | | |
|--|--|--|--|--|------------------------------------|--|
| | | | | | when faced with future challenges. | |
|--|--|--|--|--|------------------------------------|--|