

# Whole School PHSE Overview 2020-2021

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer
Year 1	<p>Myself</p> <ul style="list-style-type: none"> <li>• Can express some of their positive qualities.</li> <li>• Can recognize and talk about others positive qualities.</li> <li>• Can talk about what they like and do not like.</li> <li>• Able to share their views and opinions.</li> </ul> <p>Can set themselves simple goals.</p>	<p>Friendship</p> <ul style="list-style-type: none"> <li>• Understand that family and friends should care for each other.</li> <li>• Able to listen to other people and play/work co-operatively.</li> <li>• Able to identify and name some feelings.</li> <li>• Able to recognize and describe some of their own feelings and begin to manage them confidently and positively.</li> <li>• Begin to share their views and opinions (eg talking about fairness).</li> </ul> <p>Able to identify and respect differences and similarities</p>	<p>Safety</p> <ul style="list-style-type: none"> <li>• Able to describe rules for and ways of keeping safe.</li> <li>• Able to identify people who can help them to stay safe.</li> <li>• Identify some strategies to keep strangers at a reasonable distance.</li> </ul> <p>Able to identify inappropriate touch.</p>	<p>Health</p> <ul style="list-style-type: none"> <li>• Able to make simple choices about things that keep them healthy.</li> </ul> <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"> <li>• Can identify a range of dangerous substances found in the home.</li> <li>• Can discuss the storage of these items.</li> </ul> <p>Knows how and when to get help.</p>	<p>Citizenship</p> <ul style="list-style-type: none"> <li>• Can identify good and bad points within school and family.</li> <li>• Show an understanding of right and wrong / fair and unfair.</li> <li>• Able to contribute to school life and discuss possible changes.</li> <li>• Can suggest positive and negative rules.</li> </ul> <p>Understand that money comes from different sources and its purposes.</p>

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

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Year 3	<p>Health</p> <ul style="list-style-type: none"> <li>• Know how the body works and how to care for themselves.</li> <li>• Understands the importance of sleep, rest, exercise and hygiene.</li> </ul> <p>Able to name some things that affect physical and mental health and well-being.</p>	<p>Safety Road safety</p> <ul style="list-style-type: none"> <li>• Know the basic rules for sensible road use.</li> <li>• Know how to ride a bicycle safely.</li> <li>• Can identify unsafe places to go and why.</li> </ul> <p>Able to identify and explain how to manage risks in different familiar situations.</p>	<p>Friendship</p> <ul style="list-style-type: none"> <li>• Knows the characteristics of a good friend.</li> <li>• Is able to make friends.</li> <li>• Know how to cope with disagreements and how to make friends again.</li> </ul> <p>Treats everyone in the group with equal consideration.</p>	<p>Citizenship</p> <ul style="list-style-type: none"> <li>• Able to reflect on other people's experiences.</li> <li>• Has an understanding of the concept of fairness.</li> <li>• Able to entertain visitors - showing responsibility and consideration for others.</li> </ul> <p>Can find out about a different section of the community to themselves.</p>	<p>Drugs</p> <ul style="list-style-type: none"> <li>• Can understand the meaning of the word 'drug'.</li> <li>• Can show an awareness that all drugs can be harmful if misused (including medicines).</li> </ul> <p>Knows which drugs are legal and their effects and risks.</p>	<p>Myself</p> <ul style="list-style-type: none"> <li>• Able to recognise what they are good at - likes and dislikes.</li> <li>• Can demonstrate self esteem and confidence.</li> <li>• Shows initiative. In different situations.</li> </ul> <p>Can understand and accept others have opinions different to their own.</p>

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

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

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			<p>voluntary organizations.</p> <p>Can recognise and demonstrate how to challenge negative behaviour.</p>		<p>Can understand the different ways to save money and the longer term benefits.</p>	
Year 6	<p>Citizenship / Community</p> <ul style="list-style-type: none"> <li>• Know what is meant by “the media”.</li> <li>• Is able to find information to help them make decisions.</li> <li>• Identify different types of needs in the home, at school and in the community.</li> <li>• Identify ways in which a community may or may not work.</li> <li>• Discuss how conflict in a community can occur and can be resolved.</li> </ul>	<p>Bullying</p> <ul style="list-style-type: none"> <li>• Is able to explain how their actions have consequences for themselves and others.</li> <li>• Can describe the nature and consequences of bullying, racism and unacceptable behaviour.</li> <li>• Is able to express ways of responding to bullying.</li> <li>• Can respond to or challenge negative behaviours such as stereotyping and aggression.</li> </ul>	<p>Drugs</p> <ul style="list-style-type: none"> <li>• Know that risky behaviour means you might harm yourself.</li> <li>• Can identify the harmful effects that some substances and drugs can have.</li> <li>• Is able to list the commonly available substances and drugs that are legal and illegal.</li> <li>• Can describe different ways of dealing with peer influence and peer pressure and</li> </ul>	<p>Safety</p> <ul style="list-style-type: none"> <li>• Knows how to behave responsibly and get help in an emergency situation.</li> <li>• Is able to assess risk and make suggestions to reduce risk to self in familiar situations.</li> <li>• Found out about the work of IMPS (or other relevant organizations)</li> </ul> <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"> <li>• Recognise and acknowledge their own worth and that of others, demonstrating a range of situations.</li> <li>• Listen to and explain their views confidently showing respect for the views of others.</li> <li>• Can discuss some of the bodily and emotional changes at puberty.</li> <li>• Can demonstrate ways of dealing</li> </ul>	<p>Challenges Transition</p> <ul style="list-style-type: none"> <li>• Can identify positive ways to face new challenges (eg transition to secondary school).</li> <li>• Reflect on how this learning may help when faced with future challenges.</li> <li>• Can make responsible choices about their future.</li> <li>• Can identify some factors that affect emotional</li> </ul>

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	<ul style="list-style-type: none"> <li>Identify and find out about the work of voluntary organizations.</li> </ul> <p>Is able to identify their own rights.</p>	<ul style="list-style-type: none"> <li>Can describe some of the different beliefs and values in society.</li> </ul> <p>Can demonstrate respect and tolerance towards people different from themselves.</p>	<p>explain why this is important.</p> <ul style="list-style-type: none"> <li>Is able to identify sources of support and ask for help.</li> </ul>		<p>with these in a positive way.</p> <ul style="list-style-type: none"> <li>Is able to face new challenges looking for help, making responsible choices and taking action.</li> </ul> <p>Is able to reflect on how this learning may help when faced with future challenges.</p>	<p>health and well-being.</p> <p>Are able to make judgments and decisions and list ways of resisting negative peer pressure.</p>
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