



Believe, Enjoy, Succeed, Together
 "I can do everything through God who gives me strength" Philippians 4:13



Cronton C.E. Primary School PSHE/RSE Long Term Plan
 Using Jigsaw PSHE resources to fit the needs of our school community.

- Healthy and respectful relationships
- What respectful behaviour looks like
- Consent
- Gender roles, stereotyping, equality
- Body confidence and self-esteem
- Prejudiced behaviour
- That sexual violence and sexual harassment are always wrong
- Addressing cultures of sexual harassment

Age Group	Being Me In My World Autumn 1	Celebrating Difference Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2
EYFS N & R	<p>PSHE Knowledge</p> <p>To know that we are all special.</p> <p>To know that we are all different.</p> <p>To know how happiness and sadness can be expressed.</p> <p>To know that hands can be used kindly and unkindly.</p> <p>To know that being kind is good.</p>	<p>PSHE Knowledge</p> <p>To know what being proud means and that people can be proud of different things.</p> <p>To know that people are good at different things.</p> <p>To know what being unique means.</p> <p>To know that families can be different.</p> <p>To know that people have different homes and why they are important to them.</p> <p>To know different ways of making friends.</p> <p>To know different ways of standing up for myself.</p> <p>To know the names of different emotions such as angry, happy, sad, frightened.</p> <p>To know that I don't have to be the same as my friend.</p> <p>To know why having friends is important.</p> <p>To know some qualities of a positive friendship.</p>	<p>PSHE Knowledge</p> <p>To know what a challenge is.</p> <p>To know it is important to keep trying.</p> <p>To know what a goal is.</p> <p>To know how to set goals and work towards them.</p> <p>To know some jobs I might like to do when I get older.</p> <p>To know that I must work hard now in order to achieve the job I want when I am older.</p> <p>To know when I have achieved a goal.</p>	<p>PSHE Knowledge</p> <p>To know the names for some common parts of the body.</p> <p>To know what the word healthy means.</p> <p>To know some of the things I need to do to stay healthy.</p> <p>To know that I need to exercise to keep healthy.</p> <p>To know how to help themselves go to sleep and that sleep is good for them.</p> <p>To know when and how to wash their hands properly.</p> <p>To know what to do if I get lost.</p> <p>To know how to say no to strangers.</p>	<p>PSHE Knowledge</p> <p>To know what a family is.</p> <p>To know that different people in a family have different responsibilities.</p> <p>To know that some of the characteristics of a healthy and safe friendship.</p> <p>To know that sometimes friends fall out.</p> <p>To know some ways of mending a friendship.</p> <p>To know that unkind words can never be taken back and they hurt.</p> <p>To know how to use a Calm Me to help when I am feeling angry.</p> <p>To know some reasons why others get angry.</p>	<p>PSHE Knowledge</p> <p>To know the names and functions of common parts of my body.</p> <p>To know that we grow from baby to adult.</p> <p>To know who to talk to if I am feeling worried.</p> <p>To know that sharing how they feel can help solve a worry.</p> <p>To know that remembering happy times can help us move on.</p>

	<p>Social and Emotional Skills</p> <p>To identify feelings associated with belonging.</p> <p>To identify feelings of happiness and sadness.</p> <p>To learn skills to play co-operatively.</p> <p>To be able to consider other's feelings.</p> <p>To be responsible in my setting.</p>	<p>Social and Emotional Skills</p> <p>To identify feelings associated with being proud.</p> <p>To know things I am good at.</p> <p>To be able to vocalise success for myself and for others.</p> <p>To identify ways in which I can be the same and different as others.</p> <p>To recognise similarities and differences between my family and other families.</p> <p>To identify and use skills to stand up for myself.</p> <p>To recognise emotions when I or someone else is angry, upset or frightened.</p>	<p>Social and Emotional Skills</p> <p>To understand that challenges can be difficult.</p> <p>To recognise some of the feelings linked to perseverance.</p> <p>To know a time when I kept trying and achieved a goal.</p> <p>To be ambitious.</p> <p>To be resilient.</p> <p>To recognise how kind words can encourage people.</p> <p>To feel proud of myself and what I have achieved.</p> <p>To celebrate success.</p>	<p>Social and Emotional Skills</p> <p>To recognise how exercise makes me feel.</p> <p>To recognise how different foods might make me feel.</p> <p>To explain what I need to do to stay healthy.</p> <p>To explain how I might feel if I don't get enough sleep.</p> <p>To know what to do if a stranger approaches me.</p>	<p>Social and Emotional Skills</p> <p>To identify jobs they do in their family and those carried out by siblings and parents/carers.</p> <p>To know some ways to make a friend or help someone who is lonely.</p> <p>To use different ways to mend a friendship.</p> <p>To recognise what being angry feels like.</p> <p>To use Calm Me techniques when I am angry or upset.</p>	<p>Social and Emotional Skills</p> <p>To identify how I have changed from being baby.</p> <p>To say what might change for me as I get older.</p> <p>To recognise that changing classes can make me feel happy and/or sad.</p> <p>To say how I feel about changing class and growing up.</p> <p>To identify positive memories from the past year in school/home.</p>
Age Group	Being Me In My World Autumn 1	Celebrating Difference Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2
Year One	<p>PSHE Knowledge</p> <p>To know that we are all special.</p> <p>To know that we are all different.</p> <p>To know that happiness and sadness can be expressed.</p> <p>To know that hands can be used kindly.</p> <p>To know that being kind is good.</p> <p>To know that they have a right to learn and play responsibly.</p>	<p>PSHE Knowledge</p> <p>To know that there are similarities and differences between people in my class.</p> <p>To know what bullying is.</p> <p>To know who to talk to if I feel I am being bullied.</p> <p>To know how to make new friends.</p> <p>To know that I am different to my friends.</p>	<p>PSHE Knowledge</p> <p>To set simple goals.</p> <p>To know how to achieve a goal I set myself.</p> <p>To work collaboratively.</p> <p>To know that new challenges can stretch my learning.</p> <p>To identify obstacles in achieving a goal and work out how to overcome them.</p> <p>To know how I feel when I succeed in a new challenge and how I celebrate it.</p>	<p>PSHE Knowledge</p> <p>To know the difference between being healthy and unhealthy.</p> <p>To know how to make healthy lifestyle choices.</p> <p>To know how to keep myself clean and healthy.</p> <p>To know how germs cause disease.</p> <p>To know that household products including medicines can be harmful if not used properly.</p> <p>To know that medicines can help me if I feel poorly and know how to use them safely.</p> <p>To know how to keep safe when crossing the road.</p> <p>To know which people can help me keep safe.</p> <p>To be able to talk positively about my body.</p>	<p>PSHE Knowledge</p> <p>To identify the members of my family and understand that there are lots of different types of families.</p> <p>To identify what being a good friend means.</p> <p>To know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>To know who can help me in my school community.</p> <p>To know my qualities as a person and as a friend.</p> <p>To know why I appreciate someone who is special to me.</p>	<p>PSHE Knowledge</p> <p>To simply explain the life cycles of animals and humans.</p> <p>To understand that changes happen as we grow and that this is normal.</p> <p>To understand that growing up is natural and that everybody grows at different rates.</p> <p>To respect my body and understand which parts are private and that those parts belong to me and that nobody has the right to hurt these.</p> <p>To know who to ask for help if I am worried or frightened.</p> <p>To understand that every time I learn something new I change a little bit.</p>

	<p>Social and Emotional Skills</p> <p>To know that I belong to a class.</p> <p>To know how to make my class safe and happy for everyone to learn.</p> <p>To know that different actions have different kinds of consequences.</p> <p>To play co-operatively with other children.</p>	<p>Social and Emotional Skills</p> <p>To know ways in which I am different to my friends.</p> <p>To understand how being bullied might feel.</p> <p>To know how to help other children who are being bullied.</p> <p>To know how to make a new friend.</p> <p>To know that differences make us all special and unique.</p>	<p>Social and Emotional Skills</p> <p>To identify things I do well.</p> <p>To know how I learn best.</p> <p>To know how I feel when faced with a new challenge.</p> <p>To know how I feel when I face an obstacle and how I feel when I overcome them.</p> <p>To understand about an internal treasure chest and learn to store positive feelings inside it.</p>	<p>Social and Emotional Skills</p> <p>To know that making healthy choices will make me feel good about myself.</p> <p>To know that I am special and I need to keep myself safe.</p> <p>To know some ways to help myself when I feel poorly.</p> <p>To recognise when I feel frightened and know who to ask for help.</p> <p>To know that being healthy helps me to feel happy.</p>	<p>Social and Emotional Skills</p> <p>To know how it feels to belong to a family and care about those people who are important to me.</p> <p>To know how to make a new friend.</p> <p>To recognise which forms of physical contact are acceptable and unacceptable to me.</p> <p>To know how to praise myself.</p> <p>To express how I feel about people who are special to me.</p>	<p>Social and Emotional Skills</p> <p>To know things about me that have changed and some things about me that have stayed the same since I was a baby.</p> <p>To know that changes are OK and that sometimes they will happen whether I want them to or not.</p> <p>To enjoy learning new things</p> <p>To recognise changes that have happened in my life.</p> <p>To know some ways to cope with changes.</p>
Age Group	Being Me In My World Autumn 1	Celebrating Difference Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2
Year Two	<p>PSHE Knowledge</p> <p>To identify hopes and fears for the year ahead.</p> <p>To understand that I have rights and responsibilities as a class member.</p> <p>To know that my views are valuable.</p> <p>To know that rewards and consequences stem from choices I make.</p> <p>To know that positive choices impact positively on self-learning and the learning of others.</p>	<p>PSHE Knowledge</p> <p>To know that sometimes people make assumptions about boys and girls (stereotypes).</p> <p>To know that bullying is sometimes about differences.</p> <p>To recognise right and wrong and how to look after myself.</p> <p>To know that it is OK to be different from other people and to be friends with them.</p> <p>To identify some ways in which I am different from my friends.</p>	<p>PHSE Knowledge</p> <p>To choose a realistic goal and think about how to achieve.</p> <p>To persevere even when I find things difficult.</p> <p>To recognise who I work well with and who it is more difficult for me to work with.</p> <p>To know how to work well in a group.</p> <p>To identify ways in which I work well in a group.</p> <p>To know how to share success with other people.</p>	<p>PSHE Knowledge</p> <p>To know what I need to keep my body healthy.</p> <p>To know what relaxed means and know some things that make me feel relaxed and some things that make me feel stressed.</p> <p>To understand how medicines work in my body and how important it is to use them safely.</p> <p>To know the food groups and to be able to sort food correctly into them.</p> <p>To know which foods my body needs daily.</p> <p>To know how to make healthy snacks and explain why they are good for my body.</p> <p>To make decisions about which foods to eat to give my body energy.</p>	<p>PSHE Knowledge</p> <p>To identify different members of my family and understand my relationship to them.</p> <p>To know that it is important to share and co-operate with others.</p> <p>To know that there are lots of different forms of physical contact within a family and that some is acceptable but some may not be.</p> <p>I understand some of the things that cause conflict with my friends.</p> <p>To understand that sometimes it is good to keep a secret and sometimes it is not.</p> <p>To recognise and appreciate people who can help me in my family, my school and my community.</p> <p>To express my appreciation for the people in my special relationships.</p>	<p>PSHE Knowledge</p> <p>To recognise cycles of life in nature.</p> <p>To know about the natural process of growing from young to old.</p> <p>To understand that this is not in my control.</p> <p>To recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p> <p>To know what a stereotype is.</p> <p>To understand there are different types of touch and say which ones I like and don't like.</p> <p>To know who to ask for help if I am worried or frightened.</p>

	Social and Emotional Skills To know when I feel worried and know who to ask for help. I know how to make my class a safe place for everyone. I know how to be a good listener. I can work co-operatively.	Social and Emotional Skills To understand some ways in which boys and girls are similar and feel good about this. To understand some ways in which boys and girls are different and accept that it is okay. To know how someone who is bullied feels. To know when and how to stand up for myself and others. To know how to get help if I am being bullied. To understand we shouldn't judge people if they are different. To know how it feels to be a friend and have a friend. To understand these differences make us all special and unique.	Social and Emotional Skills To identify things I have achieved and how that makes me feel. To identify some of my strengths as a learner. To understand how working with other people helps me learn. To work with others to solve problems. To know how I feel about working in a group. To understand how being part of a successful group feels. To store positive experiences and feelings in my internal treasure chest.	Social and Emotional Skills To be motivated to make healthy choices. To know the difference between feeling something strongly and not so strongly. To feel positive about caring for my body. To know how to have a healthy relationship with food. To know which foods are most nutritious for my body and that foods can affect how I am feeling.	Social and Emotional Skills To accept that everyone's family is different and understand that most people value their family. To know which types of physical contact I like and don't like and can talk about this. To demonstrate how to use the positive problem solving technique to resolve conflicts with my friends. To know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this. To know how it feels to trust someone. To be comfortable accepting appreciation from others.	Social and Emotional Skills To understand there are some changes that are outside my control and to recognise how I feel about this. To identify people I respect who are older than me. To feel proud about becoming more independent. To know what I like/don't like about being a boy/girl. To be confident to say what I like and don't like and ask for help To identify what I am looking forward to when I move to my next class. To know changes I will make in my next year at school and how to go about this.
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Age Group	Being Me In My World Autumn 1	Celebrating Difference Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2
Year Three	PSHE Knowledge To know that I am important. To identify positive things about myself and my achievements. To set personal goals. To know why rules are needed and how they relate to rights and responsibilities. To know that my actions affect myself and others and care about the feelings of others. I know that others may hold different views.	PSHE Knowledge To understand that everybody's family is different and important to them. To understand that differences and conflicts sometimes happen among family members. To know what it means to be a witness to bullying. To know that witnesses can make the situation better or worse by what they do. I know that some words are used in hurtful ways. To know that my words can affect people's feelings and have consequences.	PSHE Knowledge To know about a person who has faced difficult challenges and achieved success. To identify a dream or ambition that is important to me. To face new learning challenges and work out the best way to achieve them. To be motivated and enthusiastic about achieving our new challenge. To recognise obstacles that might hinder my achievement and can take steps to overcome them.	PSHE Knowledge To know how exercise affects my body. To know why my heart and lungs are so important. To know that the amount of calories, fat and sugar I put into my body will affect my health. To know that drugs can affect my body. To identify things, people and places that I need to keep safe from. To know some strategies for keeping myself safe including who to go to for help. To know how to make a call to the emergency services.	PSHE Knowledge To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. To identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener. To know and use some strategies for keeping myself safe online. To explain how some of the actions and work of people around the world help and influence my life. To understand how my needs and rights are shared by children around	PHSE Knowledge To name changes that might happen or have happened in my life or the lives of others. To know there are changes that we can't control and some we can. To name changes that happen between birth and growing up. To know that it is the female who has the baby. To know that a baby needs food, water and care to grow into a healthy child. To say what some of the physical and emotional needs are of a baby.

			<p>To evaluate my own learning process and identify how to improve next time.</p>	<p>To be able to identify when something feels safe or unsafe. To know that my body is complex and that it is important to take care of it.</p>	<p>the world and can identify how our lives might be different. To know how to express my appreciation to my friends and family.</p>	<p>To name body parts including the correct names for external genitalia. To identify some changes in our bodies as we get older. To know the term stereotype and understand what it means.</p>
	<p>Social and Emotional Skills To value myself and make someone else feel valued and welcomed. To know how different emotions feel and identify other people feeling those emotions. To work co-operatively as a group. To know that my behaviour brings rewards and consequences.</p>	<p>Social and Emotional Skills To appreciate my family/the people who care for me. To know how to calm myself down and use the 'Solve It Together' technique. To know some ways of helping to make someone who is bullied feel better. To know how to solve a bullying situation with others. To try not to use hurtful words. To give and receive compliments and how this feels.</p>	<p>Social and Emotional Skills To respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability). To imagine how I will feel when I achieve my dream or ambition. To know how to break down a goal into a number of steps and how others could help me to achieve it. To know that I am responsible for my own learning. To identify my strengths as a learner and use them to achieve a goal. To know how to manage feelings of frustration that may arise when obstacles occur. To be confident in sharing my success with others and can share my feelings in my internal treasure chest.</p>	<p>Social and Emotional Skills To set fitness challenges for myself. To know how to make healthy choices and identify how that feels. To know how I feel towards drugs. To know how to express feelings of anxiety or fear. To take responsibility for myself and others. To respect my body and appreciate what it does for me.</p>	<p>Social and Emotional Skills To describe how taking some responsibility in my family makes me feel. To know how to negotiate in conflict situations to try to find a win-win situation. To know who to ask for help if I am worried or concerned about anything online. To show an awareness of the actions of people to help around the world could affect my choices. To empathise with children whose lives are different to mine and appreciate what I might learn from them. To enjoy being part of a family and friendship groups.</p>	<p>Social and Emotional Skills To express how I feel when I see babies or baby animals To express how I feel when my ideas are challenged and be willing to change my ideas sometimes To start to recognise stereotypical ideas about parenting and family roles and challenge these. To express my worries about my changing body and know who to talk to about these. To identify changes that I am looking forward to next year.</p>
Age Group	Being Me In My World Autumn 1	Celebrating Difference Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2

Year Four	<p>PSHE Knowledge</p> <p>To know my attitudes and actions make a difference to the class team.</p> <p>To know who is in my school community, the roles they play and how they fit in.</p> <p>To understand how democracy works.</p> <p>To understand that my actions affect myself and others.</p> <p>To understand how groups come together to make decisions.</p>	<p>PSHE Knowledge</p> <p>To know what an assumption is and that sometimes we make assumptions based on what people look like.</p> <p>To understand what influences me to make assumptions based on how people look.</p> <p>To know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I am not sure.</p> <p>To know why witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>To know what is special about me and value the ways in which I am unique.</p> <p>To know that first impressions can change when you get to know people.</p>	<p>PSHE Knowledge</p> <p>To identify some of my hopes and dreams.</p> <p>To know that sometimes hopes and dreams do not come true.</p> <p>To know how to overcome disappointment.</p> <p>To know how to set realistic goals.</p> <p>To identify steps I can take to achieve a goal.</p> <p>To identify contributions made by myself and others to a groups achievement.</p>	<p>PSHE Knowledge</p> <p>To know how different friendship groups are formed.</p> <p>To know how I fit into friendship groups.</p> <p>To know the friends I value the most.</p> <p>To know there are different roles within a group: leaders or followers and know the role I take on in different situations.</p> <p>To understand the facts about smoking and its effects on health.</p> <p>To know some of the reasons people start to smoke.</p> <p>To understand the facts about alcohol and its effects on health.</p> <p>I know some of the reasons people drink alcohol.</p> <p>To know when people are putting me under pressure and to know how to resist this when I want.</p> <p>To have a clear picture of what I believe is right or wrong.</p>	<p>PSHE Knowledge</p> <p>To know some reasons why people feel jealous.</p> <p>To know that jealousy can be damaging to relationships.</p> <p>To know that loss is a normal part of relationships.</p> <p>To know that negative feelings are a normal part of loss.</p> <p>To know that memories can support us when we lose a special person or animal.</p> <p>To know that change is a natural part of relationships/friendship.</p> <p>To know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe.</p>	<p>PSHE Knowledge</p> <p>To understand that some of my personal characteristics have come from my birth parents.</p> <p>To know that I am a truly unique human being</p> <p>To know the names of different body parts including external genitalia.</p> <p>To know some of the physical changes that happen to us as we grow. (Pre puberty)</p> <p>To know that change is a normal part of life and that some cannot be controlled and have to be accepted.</p> <p>To know some of the reasons that change can feel uncomfortable and scary.</p> <p>To know how it feels to belong to a group, and know it is important for everyone.</p> <p>To identify what I am looking forward to when I move to a new class.</p>
	<p>Social and Emotional Skills</p> <p>I know how it feels to be included in a group.</p> <p>To know how it feels to be excluded from a group.</p> <p>To know that I can take on a role within a group and contribute to the overall outcome.</p> <p>I know how rewards and consequences can motivate people's behaviour.</p>	<p>Social and Emotional Skills</p> <p>To accept people for who they are.</p> <p>To question why I think what I do about other people.</p> <p>To know how it might feel to be a witness to bullying and a target of bullying.</p> <p>To know how to solve a bullying situation with others.</p> <p>To understand that my physical features are unique and like and respect them.</p>	<p>Social and Emotional Skills</p> <p>To know how it feels to have hopes and dreams.</p> <p>To know how disappointment feels and identify times when I have felt that way.</p> <p>To know how to cope with disappointment and how to help others cope with theirs.</p> <p>To know what it means to be resilient and to have a positive attitude.</p> <p>To work as part of a group.</p> <p>To know how to share in the success of a group and</p>	<p>Social and Emotional Skills</p> <p>To identify the feelings I have about my friends and my different friendship groups.</p> <p>To know how different people and groups impact on me.</p> <p>To recognise the people I most want to be friends with.</p> <p>To recognise negative feelings in peer pressure situations.</p> <p>To know how to resist pressure and act assertively to resist</p>	<p>Social and Emotional Skills</p> <p>To identify feelings and emotions associated with jealousy.</p> <p>To suggest positive strategies for managing jealousy.</p> <p>To identify people who are special to them and express why.</p> <p>To identify the feelings and emotions that are associated with loss.</p> <p>To suggest strategies for managing loss.</p> <p>To be able to talk about someone I no longer see.</p>	<p>Social and Emotional Skills</p> <p>To know how the circle of change works.</p> <p>To apply the Circle of Change to the changes I want to make in my life.</p> <p>To be confident enough to try to make changes when I think they will benefit me.</p> <p>To identify changes that have been and may continue to be outside of my control that I learnt to accept.</p> <p>To be able to express my fears and concerns about changes that are outside of</p>

		To know why it is good to accept people for who they are.	how to store this success in my internal treasure chest.	pressure from myself and others. To identify feelings of anxiety and fear associated with peer pressure. To know how to be assertive.	To suggest ways to manage relationship changes including how to negotiate.	my control and know how to manage these feelings positively. To express how I would feel if a change that I didn't want to happen was imposed on me. To reflect on the changes I would like to make next year and describe how to go about this.
Age Group	Being Me In My World Autumn 1	Celebrating Difference Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2
Year Five	<p>PSHE Knowledge</p> <p>To face new challenges positively.</p> <p>To set personal goals.</p> <p>To understand my rights and responsibilities as a citizen of my country and as a member of my school.</p> <p>To know that choices I make about behaviour result in different rewards or consequences.</p> <p>To know how an individual's behaviour can impact on behaviour.</p> <p>To understand how democracy works and that having a voice can benefit the school community.</p>	<p>PSHE Knowledge</p> <p>To understand that cultural differences can sometimes cause conflict.</p> <p>To understand what racism is.</p> <p>To know how rumour-spreading and name-calling can be bullying behaviours.</p> <p>To know the difference between direct and indirect types of bullying.</p> <p>To know that my life differs to those children in developing parts of the world.</p> <p>To understand a different culture to my own.</p>	<p>PSHE Knowledge</p> <p>To understand that I will need money to help me achieve my goals.</p> <p>To know about a range of jobs carried out by people I know and have explored how much people can earn in different jobs.</p> <p>To know a job I would like to do when I grow up.</p> <p>To know what motivates me and what I need to do to achieve it.</p> <p>To understand that communicating with someone in a different culture means we can learn from each other.</p> <p>To identify ways in which people can support each other.</p> <p>To know ways to encourage my peers to support young people here and abroad to meet their aspirations.</p>	<p>PSHE Knowledge</p> <p>To know the health risks of smoking and how it affects the lungs, liver and heart.</p> <p>To know some of the risks with misusing alcohol, including anti-social behaviour and how it affects the liver.</p> <p>To know and put into practise basic first aid procedures (including the recovery position).</p> <p>To know how to help in emergency situations.</p> <p>To know that the media, social media and celebrity culture promotes certain body types.</p> <p>To describe the role that food plays in people's lives And can explain how people can develop eating disorders relating to body image.</p> <p>To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.</p>	<p>PSHE Knowledge</p> <p>To know that a personality is made up of many different characteristics, qualities and attributes.</p> <p>To know that belonging to an online community can have positive and negative consequences.</p> <p>To know that there are rights and responsibilities in an online community or social network.</p> <p>To know that there are rights and responsibilities when playing a game online.</p> <p>To know that too much screen time is not healthy.</p> <p>To know how to stay safe when using technology to communicate with friends.</p>	<p>PSHE Knowledge</p> <p>To be aware of my own self-image and how my body image fits into that.</p> <p>To know the term puberty.</p> <p>To know how a girl's body changes during puberty.</p> <p>To know how a boy's body changes during puberty.</p> <p>To know how to look after myself physically and emotionally.</p> <p>To know that there are different types of relationships we have with different people.</p> <p>To know that when we are older or adults we might have a special relationship and have families of our own.</p> <p>To know what is needed in a relationship to care for a baby.</p> <p>To understand being a teenager brings changes and growing responsibilities.</p>

	<p>Social and Emotional Skills</p> <p>To know what I value most about my school and identify my hopes for this school year.</p> <p>To empathise with people in this country whose lives are different to my own.</p> <p>To understand that my actions affect me and others.</p> <p>To contribute to the group and understand how we can function best as a whole.</p>	<p>Social and Emotional Skills</p> <p>To be aware of my own culture.</p> <p>To be aware of my attitude towards people from different cultures.</p> <p>To know a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one.</p> <p>To know ways to prevent bullying by encouraging children who use bullying behaviours to make other choices.</p> <p>I know how to support children who are being bullied.</p> <p>I know that material wealth is different to happiness.</p> <p>To respect my own and other people's cultures.</p>	<p>Social and Emotional Skills</p> <p>To identify what I would like my life to be when I grow up.</p> <p>To appreciate contributions made by people in different jobs.</p> <p>To understand that education and learning will help me to build my future.</p> <p>To understand how dreams and goals of other children in other cultures relate to mine.</p> <p>To understand how dreams and aspirations of young people in other cultures have similarities and differences to mine.</p> <p>To understand why I am motivated to make a positive contribution to supporting others.</p>	<p>Social and Emotional Skills</p> <p>To make an informed decision about whether I smoke or not and know how to resist pressure.</p> <p>To make an informed decision about whether I drink alcohol or not and know how to resist pressure.</p> <p>To know how to stay calm in emergencies.</p> <p>To reflect on my own body image and know how important it is that this is positive.</p> <p>To respect and value my body.</p> <p>To be motivated to keep myself happy and healthy.</p>	<p>Social and Emotional Skills</p> <p>To suggest strategies for building the self-esteem of others.</p> <p>To identify when an online community/social media group feels risky, uncomfortable or unsafe.</p> <p>To suggest strategies for staying safe online/social media.</p> <p>To say how to report unsafe online/social network activity.</p> <p>To identify when an online game is safe or unsafe.</p> <p>To suggest ways to monitor and reduce screen time.</p> <p>To suggest strategies for managing unhelpful pressures online or in social networks.</p>	<p>Social and Emotional Skills</p> <p>To know how to develop my own self-esteem and the self-esteem of others.</p> <p>To understand that puberty is a natural process that happens to everybody and that it will be OK for me.</p> <p>To be able to ask questions about puberty to seek clarification.</p> <p>To identify what I am looking forward to about becoming a teenager.</p> <p>To be confident that I can cope with the changes that growing up will bring.</p> <p>To identify what I am looking forward to when I move to my next class.</p> <p>To think about changes I will make next year and know how to go about this.</p>
Age Group	Being Me In My World Autumn 1	Celebrating Difference Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2
Year Six	<p>PSHE Knowledge</p> <p>To identify my goals for the year.</p> <p>To understand my fears and worries about the future and know how to express them.</p> <p>To know that there are universal rights for all children but for many children these rights are not met.</p> <p>I understand that my actions affect other people locally and globally.</p> <p>To know that choices I make about my behaviour result in different rewards and consequences.</p> <p>To know how these relate to my rights and responsibilities.</p>	<p>PSHE Knowledge</p> <p>I understand that there are different perceptions about what normal means.</p> <p>I understand how being different could affect people's lives.</p> <p>I can explain some of the ways in which one person or a group can influence another.</p> <p>I know some of the reasons for bullying behaviour.</p> <p>I can give examples of people with disabilities who lead amazing lives.</p> <p>I can explain ways in which difference can be a source of conflict and a cause for celebration.</p>	<p>PSHE Knowledge</p> <p>To identify my learning strengths.</p> <p>To set challenging but realistic goals.</p> <p>To know the learning steps I need to take to reach my goal.</p> <p>To identify problems in the world that concern me and talk to other people about them.</p> <p>To know that I can work with other people to help make the world a better place.</p> <p>To know ways in which I can work with other people.</p> <p>To know what some people in my class like or admire about me and can accept their praise.</p>	<p>PSHE Knowledge</p> <p>To take responsibility for my health and make choices that benefit my health and well-being.</p> <p>To know about different types of drugs and their uses.</p> <p>To know the effects of these upon the body particularly the liver and heart.</p> <p>To understand that people can be exploited and made to do things that are against the law.</p> <p>To know why some people join gangs and the risks this involves.</p> <p>To understand what it means to be emotionally well.</p>	<p>PSHE Knowledge</p> <p>To know that it is important to take care of my own mental health.</p> <p>To know ways that I can take care of my mental health.</p> <p>To know the stages of grief and that there are different types of loss that cause people to grieve.</p> <p>To know that sometimes people can try to gain power or control over them.</p> <p>To know some of the dangers of being online.</p> <p>To know how to use technology safely and positively to communicate with my friends and family.</p>	<p>PSHE Knowledge</p> <p>I am aware of my own self-image and how my body image fits into that.</p> <p>I can explain how girls' and boys' bodies change during puberty.</p> <p>I understand the importance of looking after myself physically and emotionally.</p> <p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary</p>

	<p>To know that an individual's behaviour can impact on a group.</p> <p>To understand how democracy works and how having a voice can affect the school community.</p>			<p>To recognise stress and the triggers that cause this.</p> <p>To understand the link between stress and drug and alcohol misuse.</p>		<p>school /or moving to my next class.</p>
	<p>Social and Emotional Skills</p> <p>To feel welcome and valued and know how to make others feel welcome and valued.</p> <p>To understand my own wants and needs and can compare these with children in different communities.</p> <p>To understand that my actions affect myself and others.</p> <p>To empathise with others.</p> <p>To contribute to the group and understand how we can function best as a whole.</p> <p>To understand why our school community benefits from a learning charter.</p>	<p>Social and Emotional Skills</p> <p>To empathise with people who are different.</p> <p>I am aware of my attitude towards people who are different.</p> <p>To know how it feels to be excluded or treated badly for being different in some way.</p> <p>I can give and use strategies for managing my feelings in bullying situations.</p> <p>I can problem solve when I am part of a bullying situation.</p> <p>I can appreciate people for who they are.</p> <p>I can show empathy with people in either situation.</p>	<p>Social and Emotional Skills</p> <p>To understand that boundaries of existing learning need to be stretched.</p> <p>To set success criteria so that I know when I have reached my goal.</p> <p>To know that I experience emotions when I consider people in the world who are suffering or living in difficult situations.</p> <p>To empathise with people who are suffering or who are living in difficult situations.</p> <p>To understand why I am motivated to try to bring about change.</p> <p>To be able to give praise and compliments to other people when I recognise their contributions and achievements.</p>	<p>Social and Emotional Skills</p> <p>To be motivated to care for my own physical and emotional health.</p> <p>To know ways of being happy and cope with life's situations without using groups.</p> <p>To suggest ways that someone who is being exploited can help themselves.</p> <p>To know strategies that someone could use to avoid being pressured.</p> <p>To know how to help myself feel emotionally healthy.</p> <p>To recognise when I need help with my emotional health.</p> <p>To know and use different strategies to manage stress and pressure.</p>	<p>Social and Emotional Skills</p> <p>To recognise that people can get problems with their mental health and that it is nothing to be ashamed of.</p> <p>To help myself and others when worried about a mental health problem.</p> <p>To recognise when I am feeling grief and have strategies to manage them.</p> <p>To demonstrate ways I can stand up for myself and others in situations where others are trying to gain power or control.</p> <p>To resist pressure to do something online that might hurt others or myself.</p> <p>To take responsibility for their own safety and well-being.</p>	<p>Social and Emotional Skills</p> <p>To know how to develop my own self-esteem.</p> <p>To express how I feel about the changes that will happen to me during puberty.</p> <p>I am aware of the importance of a positive self-esteem and what I can do to develop it express how I feel about my self-image and know how to challenge negative 'body-talk'</p> <p>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.</p> <p>To know how to prepare myself emotionally for the changes next year</p>