



Curriculum Guidance

PSHE Curriculum

Curriculum guidance for years 1 to 6, including learning objectives and whole school curriculum map; and topic long term plans.

Learning Objectives

These are the learning objectives for PSHE. There are relatively few objectives and therefore repeatable, avoiding a 'skimming' approach to teaching whereby many objectives are covered, but not necessarily learned. They encapsulate with clarity exactly what it is that the children are going to 'get better at'.

PSHE Topics	Secrets of Success
<ul style="list-style-type: none">• To understand others• To understand feelings• To be healthy• To understand the concept of money• To understand relationships• To understand what happens as we grow up• To keep safe	<ul style="list-style-type: none">• To work hard• To improve• To imagine• To not give up• To understand others

Whole School Curriculum Map

Although PSHE is taught discretely, conscious connections are made to the wider curriculum to ensure that content is relevant, and opportunities for application and reasoning are consistently planned for.

There are 7 topics which are covered in PSHE lessons in all year groups:

- Back to School
- Getting on with Everyone
- Dealing with Feelings
- Healthy Eating
- Money & Me
- Growing up and Relationships
- Drug Education

Year 1

Back to School	Getting on with Everyone	Dealing with feelings	Healthy Eating
<p><i>To understand others</i></p> <p>Know that they belong to a school community</p> <p>Know why we have school rules and how they help make the class safe, fair and a good place to learn</p> <p>Know how to help themselves and others when they feel scared or upset</p> <p>Know the differences between good and bad choices</p> <p>Listen well to others during discussions and group work</p> <p>Know what being a good friend means</p>	<p><i>To understand others</i></p> <p>Know what bullying is</p> <p>Know what to do if someone is being bullied</p> <p>Know how to peacefully sort out a conflict</p> <p>Know how to share with others</p> <p>Know how actions can make others feel</p>	<p><i>To understand feelings</i></p> <p>Know when they are feeling worried or anxious and how to cope with the feeling</p> <p>Know when they are feeling angry and the effects it has on their body</p> <p>Recognise when they feel jealous</p> <p>Know what it means to be proud</p> <p>Know how they learn best</p> <p>Know that they are special in their own way</p>	<p><i>To be healthy</i></p> <p>Recognise where food comes from (plant/animal/shops/farms)</p> <p>Recognise and taste a range of familiar ingredients and give their opinion</p> <p>Understand that family and friends may eat or avoid certain foods (allergies/faith)</p> <p>Be aware that a balance and variety of food and drinks are needed to be healthy</p> <p>Know that we should all eat 5 portions of fruit and vegetables per day</p> <p>Know that they need to eat, drink and be active regularly throughout the day</p> <p>Be aware that being physically active is good for the body and is enjoyable</p>

Money and Me	Growing Up and Relationships	Drug Education
<p><i>To understand the concept of money</i></p> <p>Explore what they already know about money</p> <p>Understand that most adults have different jobs and that they receive money in return for working</p> <p>Be able to recognise coins and their value</p> <p>Be able to select the safest place to store money</p> <p>Begin to understand that cost is an important factor in deciding what to buy</p> <p>Know how to keep track of the money we have to save up for the things we want</p>	<p><i>To understand relationships</i></p> <p>Know the people who are important to me</p> <p>Know there are different types of families</p> <p>Know who I can ask for help who I can ask and how to ask for help</p> <p>Know that we are all special in different ways</p> <p><i>To understand what happens as we grow up</i></p> <p>Name some differences between boys and girls</p> <p>Know that some changes are natural and happen by themselves</p> <p>Explain how children, change as they grown and how they may change in the future</p> <p>Know how to keep clean and look after myself</p>	<p><i>To understand relationships</i></p> <p>Know that friends don't make each other do things they don't want to do.</p> <p><i>To keep safe</i></p> <p>Know what is safe and what is dangerous to eat and drink at home.</p> <p>Know some ways to get out of a bad situation</p>

Year 2

Back to School	Getting on with Everyone	Dealing with feelings	Healthy Eating
<p><i>To understand others</i></p> <p>Know that they belong to a wider community</p> <p>Know what rules are and why they are needed</p> <p>Understand my own feelings and those of others</p> <p>Know how to make someone feel welcome</p> <p>Recognise different viewpoints and how to come to an agreement</p> <p>Know the qualities of a good friend</p>	<p><i>To understand others</i></p> <p>Know what bullying is and to know how it can make others feel</p> <p>Know what to do if someone is being bullied</p> <p>Know how to help someone that feels lonely</p> <p>Know the importance of working as a team</p> <p>Know that feelings can be shown through actions</p>	<p><i>To understand feelings</i></p> <p>Deal with feelings in a positive way</p> <p>Know how anger can build up lead to being overwhelmed</p> <p>Recognise feelings of loneliness and how to help others that are lonely</p> <p>Know when it is right to stand up for themselves</p> <p>Know how to achieve a goal</p> <p>Know things that make them feel relaxed and stressed</p>	<p><i>To be healthy</i></p> <p>Understand that we all need a balanced and varied diet to grow, be active and maintain health</p> <p>Know that we need to eat more of some foods than others</p> <p>Understand the importance of eating a healthy breakfast</p> <p>Be aware that different settings may impact on food and drink choices</p> <p>Know that an active lifestyle is good for health</p> <p>Be aware of some of the health consequences of spending too much time being inactive</p> <p>Know that different people enjoy different activities</p>

Money and Me	Growing Up and Relationships	Drug Education
<p><i>To understand the concept of money</i></p> <p>Be able to choose the correct value of coins</p> <p>Know and explore the law in relation to lost/found money and personal items</p> <p>Explore their own values about money</p> <p>Explore choices and consequences and develop skills needed to make moral decisions about earning or making money</p> <p>Understand that some items have a sentimental and emotional value</p>	<p><i>To understand feelings</i></p> <p>Recognise a range of feelings in other people</p> <p>Use words to describe a bigger range of feelings</p> <p><i>To understand relationships</i></p> <p>Explain when they feel loved or cared for</p> <p>Know how to love or care for someone</p> <p>Understand that if someone leaves me they still love me</p> <p>Know who to ask for help with big feelings</p> <p>Know the difference between a good secret and a bad secret</p> <p>Know different people to talk to and to know who to ask for help</p> <p><i>To understand what happens as we grow up</i></p> <p>Know that boys and girls are different, but that their things that are the same</p> <p>Know differences between males and females</p> <p>Know the correct name for parts of the body and to understand the importance of the proper names</p>	<p><i>To understand others</i></p> <p>See how being mean can affect other people</p> <p>Understand what a friend should be and act like</p> <p><i>To be healthy</i></p> <p>Know what alcohol is and what it can do to you</p>

Year 3

Back to School	Getting on with Everyone	Dealing with feelings
<p><i>To understand others</i></p> <p>Understand rights and responsibilities in class</p> <p>Recognise own feelings and ways to cope with them</p> <p>Know how to make someone feel welcome and valued</p> <p>See things from someone else's point of view</p> <p>Know strategies to resolve conflict effectively</p>	<p><i>To understand others</i></p> <p>Know what bullying is</p> <p>Know how a victim of bullying might feel</p> <p>Recognise others strengths to make them feel better</p> <p>Know how to how to resolve a conflict in a calm way</p> <p>Know that they are responsible for their own learning and behaviour</p> <p>Make choices based on what the consequences may be</p>	<p><i>To understand feelings</i></p> <p>Discuss different feelings and how they can be expressed</p> <p>Recognise what makes them angry and ways to calm down</p> <p>Recognise when they are worried, who to tell and what they can do about it</p> <p>Recognise what hurts their own and others feelings and how to make others feel better</p> <p>Know different ways to relax</p> <p><i>To not give up</i></p> <p>Set success criteria to know if they have reached their goals</p>

Healthy Eating	Money and Me
<p><i>To be healthy</i></p> <p>Recognise that food can be grown at home or purchased from local farms and markets, shops and supermarkets</p> <p>Know that people choose different types of food, based on seasons and locality</p> <p>Know about local and national food production and how it affects availability</p> <p>Understand the importance of cereals in our diet, with reference to the Eatwell Plate / Plate of Health</p> <p>Be able to show an increased range of food preparation skills</p> <p>Be able to store food safely and reduce food waste</p> <p>Know that increasing the amount of physical activity will result in increased energy needs from food and drinks and vice versa</p> <p>Know that there are body signals that indicate thirst, hunger and fullness</p> <p>Understand that if people eat and drink more/less than they need, over time their bodies will change accordingly</p>	<p><i>To understand the concept of money</i></p> <p>Know a range of money related vocabulary and to explore what they already know about money</p> <p>Have an understanding of the difference between wants and needs and to understand that individuals/families may need/want to spend their money in different ways</p> <p>Know about different ways to gain money including earning it at work</p> <p>Consider the principles of saving, spending and budgeting</p> <p>Be aware of the differences in people's lifestyle</p> <p>Know how money can make a difference to people</p> <p>Understand how the choices we make can impact upon others</p> <p>Understand that there is an ethical dilemma in relation to financial decisions</p> <p>Have developed their skills in preparing and presenting a persuasive argument</p>

Growing Up and Relationships	Drug Education
<p><i>To not give up</i></p> <p>See oneself as special and unique and to identify factors that contribute to their own identity</p> <p>Recognise strengths, abilities and personal characteristics</p> <p>Have begun to build self-esteem and confidence by looking at their skills and achievements</p> <p><i>To understand what happens as we grow up</i></p> <p>Consider similarities and differences between sexes (males and females)</p> <p>Name male and female body parts</p> <p>Know and understand that you have to take extra care with personal hygiene during puberty</p> <p><i>To understand relationships</i></p> <p>Understand that all families are different and have different family members</p> <p>Understand that people sometimes have stereotypes (fixed ideas) about families</p> <p>Identify people who are special to them</p> <p>Be able to identify qualities of a good friend and to understand why we need friends</p> <p>Explore different feelings associated with friendship</p> <p>Be able to identify potential dangers in different environments</p> <p>Recognise that pressure to behave in an acceptable or risky way can come from a variety of sources, including media and people they know</p> <p>Demonstrate basic techniques to resist pressure and to know who they can go to for support and help</p>	<p><i>To be healthy</i></p> <p>Understand some ways smoking can affect people</p> <p>Know some reasons why smoking is not a good decision</p> <p><i>To understand what happens as we grow up</i></p> <p>Know some ways to look and act more grown up <u>positively</u></p>

Year 4

Back to School	Getting on with Everyone	Dealing with feelings	Healthy Eating
<p><i>To understand others</i></p> <p>Understand rights and responsibilities in school</p> <p>Understand why we need different rules in different places</p> <p>Predict how they will feel in a new situation</p> <p>Know why democratic elections are important</p> <p>Contribute effectively to group work</p>	<p><i>To understand others</i></p> <p>Know what bullying is</p> <p>Know when someone is a target of bullying</p> <p>Know how to prevent bullying</p> <p>Know how to deal with the influence of peer pressure</p> <p>Know the importance of co-operation</p>	<p><i>To understand feelings</i></p> <p>Recognise different feelings in different situations</p> <p>Know ways to calm angry situations or conflict considering everyone's needs</p> <p>Know how to overcome feelings of jealousy</p> <p>Share things that they are good at</p> <p>Know how to be assertive and ask for things in a positive way</p> <p><i>To not give up</i></p> <p>Take responsibility for their own learning</p> <p>Persevere when something is difficult</p>	<p><i>To be healthy</i></p> <p>Know that food and drinks provide different substances that are important for health (nutrients, water and fibre)</p> <p>Know that food and drinks can affect their health and understand the advantages of healthy eating and drinking</p> <p>Know that they need different amounts from each food group</p> <p>Be able to explore factors involved in food and drink choice</p> <p>Be able to discuss feelings and attitudes about eating, drinking and being active</p>

Money and Me	Drug Education
<p><i>To understand the concept of money</i></p> <p>Understand what money is and how it works</p> <p>Understand that money has many forms and has done through history</p> <p>Know why currency was designed and produced (link to why the GBP currency came about)</p> <p>Understand why currency must have an agreed worth and must be trusted</p> <p>Understand the uses of currency</p> <p>Have an understanding of the ways in which people are employed and paid in different ways</p> <p>Understand the difference between spending on essential and non-essential items</p> <p>Understand the importance of household budgeting. Understand that individuals/families may need to spend their money in different ways</p> <p>Understand some of the reasons why people are paid different amounts of money for different jobs</p>	<p><i>To keep safe</i></p> <p>Know that if household products are not used properly they can be very dangerous</p> <p>Know some skills to get out of a difficult or dodgy situation</p> <p><i>To be healthy</i></p> <p>Understand what alcohol is and some of its effects and risks</p>

Growing Up and Relationships

To understand feelings

Discuss the feelings associated with change and how these are different for different people

To keep safe

Consider the touches that we like and dislike

Understand that it is ok to tell the person and a trusted adult when we feel uncomfortable

Discuss how we can tell when we feel uncomfortable, scared or unhappy

To understand what happens as we grow up

Consider the changes that can take place in our lives and those of others

Appreciate that as we change we are able to do different things and develop different interests

Describe the main stages of the human lifecycle

Describe the physical and social changes that happen when as we grow and move through this cycle

Understand how we become more independent as we get older

Begin to understand the changes that happen to girls and boys during puberty

Recognise how we and others may feel about these changes and know how to manage these feelings associated with puberty

Know about the physical and emotional changes that happen during puberty

Understand the importance of keeping clean during puberty

Periods (Girls only)

Be aware that periods happen to girls as part of the changes during puberty

Understand that periods start at different times for different girls

Begin to understand how to manage periods

Year 5

Back to School	Getting on with Everyone	Dealing with feelings
<p><i>To understand others</i></p> <p>Understand the need for rules in society and school</p> <p>Know that they are valued at school</p> <p>Know there are different types of relationships</p> <p>Know how to respond appropriately to conflict</p> <p><i>To understand feelings</i></p> <p>Know strategies to cope with uncomfortable feelings</p>	<p><i>To understand others</i></p> <p>Know what bullying is</p> <p>Know the reasons why people may use bullying behaviour</p> <p>Know how my actions and words can affect others (compliments/put-downs)</p> <p>Know how to respond to others in a respectful way</p> <p>Recognise and know how to deal with conflict</p>	<p><i>To understand feelings</i></p> <p>Identify positive and negative feelings and their intensity</p> <p>Take responsibility for their choices</p> <p>Know what causes stress and how to cope with it</p> <p>Know the difference between being proud and boasting and know how boasting can make others feel</p> <p>Know the risks and consequences of acting impulsively</p> <p>Know skills that make an effective learner</p>

Healthy Eating	Money and Me
<p><i>To be healthy</i></p> <p>Know where and how food is produced and sold</p> <p>Understand that people choose different types of food and that this might be influenced by availability, season, need, cost, minimal packaging, where the food is produced, culture, religion and peer pressure</p> <p>Understand and use the main information on food labels to help make a choice</p> <p>Research the issue of food waste in the UK</p> <p>Recognise the problems associated with food waste, and ways of reducing food waste</p> <p>Understand the impact of waste on the environment and investigate ways of reducing, re-using and recycling food packaging</p> <p>Understand that the health effects of the diet come from the diet overall, not from a single food, drink or nutrient</p> <p>Know that different food and drinks provide nutrients in different amounts and have different functions.</p> <p>Be able to use nutrition labels and allergy information to make their own food and drink choices.</p> <p>Know that food and drinks contain different amounts of energy per gram</p> <p>Understand that energy needs are related to the amount of physical activity performed and body composition</p> <p>Understand that different types of physical activity require different amounts of energy</p> <p>Know that a healthy energy balance and body weight results from doing regular physical activity and consuming the right amount of energy from food and drinks</p>	<p><i>To understand the concept of money</i></p> <p>Know that banks are an important business that provides a service</p> <p>Understand the functions of a bank e.g. lending and borrowing</p> <p>Have developed their research skills and practised using the internet</p> <p>Understand the advantages and disadvantages of spending and saving</p> <p>Know that that they have a choice about what they do with their money</p> <p>Know that saving can help with things they want to do in the future to help them to plan for future spending</p> <p>Consider the benefits of setting up a savings account</p> <p>Understand what interest means in relation to savings</p> <p>Know that there are a number of different ways to pay for goods and services</p> <p>Understand some of the advantages and disadvantages of different payment methods</p> <p>Understand the differences between debit cards and credit cards and to know when it is most appropriate to use the different cards</p>

Growing Up and Relationships		Drug Education
<p><i>To understand relationships</i></p> <p>Look at how relationships will change as they grow up</p> <p>Recognise that they all have different types of relationships</p> <p>Be aware of the qualities that make a good friend</p> <p><i>To keep safe</i></p> <p>Become aware of the personal safety issues of giving away personal information online and how it is possible to get into difficulty</p> <p>Be aware of the some of the difficulties associated with communicating with people online</p> <p>Have talked about a range of strategies to deal with difficult situations</p>	<p><i>To understand what happens as we grow up</i></p> <p>Understand that bodies grow and change as they get older and puberty is a natural part of growing up</p> <p>Understand the physical and emotional changes that happen during puberty</p> <p>Have the confidence to ask questions about puberty</p> <p>Understand that puberty can bring about social changes as well as physical and emotional changes</p> <p>Recognise that with new changes come new responsibilities and interests</p> <p>Explore ways to manage changes of puberty</p> <p><i>Boys</i></p> <p>Understand the changes that happen to boys during puberty</p> <p>Understand how puberty affects the reproductive organs</p> <p>Describe how to manage physical and emotional changes</p> <p><i>Girls</i></p> <p>Know how to manage hygiene during a period</p> <p>Understand why it is important to keep themselves clean during puberty</p> <p>Know about products and routines that can help them to do so</p> <p>Understand the feelings and emotions associated with personal hygiene</p>	<p><i>To be healthy</i></p> <p>Know reasons why people, choose to smoke or not to smoke</p> <p>Find out facts about smoking and some of the dangers</p> <p>Practice ways of being assertive</p>

Year 6

Back to School	Getting on with Everyone	Dealing with feelings
<p><i>To understand others</i></p> <p>Know what creates an effective environment to help them learn</p> <p>Know what they can and cannot do to make a difference in school</p> <p>Know that differences can be a barrier to friendship</p> <p>Use appropriate language and actions which do not make conflict situations worse</p> <p>See a situation from another person's perspective</p>	<p><i>To understand others</i></p> <p>Know what bullying is</p> <p>Know different types of bullying behaviour (verbal, physical, emotional)</p> <p>Know how encourage bullies to stop</p> <p>Know how to resolve a conflict in a safe way</p> <p>Know how to keep a positive relationship with others (linked to loss of friendships)</p> <p>Know how to respond respectfully to stereotypes</p>	<p><i>To understand our feelings</i></p> <p>Recognise when they feel overwhelmed and strategies to help them to calm down</p> <p>Recognise when they feel anxious and how to cope</p> <p>Recognise what makes them an individual and to be proud of who they are</p> <p>Use body language and tone of voice in an assertive way</p> <p><i>To not give up</i></p> <p>Persevere even if they do not succeed first time</p> <p>Take responsibility for their own path to success</p>

Healthy Eating		Money and Me
<p><i>To be healthy</i></p> <p>Know that it is important to be aware of portion size when choosing food and drinks</p> <p>Understand that advertising and media can influence what we choose to eat</p> <p>Identify and understand some of the factors that affect their diet and food and drink choice (media)</p> <p>Know that leisure time can be used in different ways with regards to eating, drinking and being active</p> <p>Know that different food and drinks provide different amounts of energy</p> <p>Be able to use current healthy eating advice to choose a balance and variety of food and drinks</p> <p>Know that different food and drinks provide nutrients in different amounts</p> <p>Know that their bodies contain water and that they need fluids from the diet to keep the body working properly</p>	<p><i>To be healthy</i></p> <p>Understand how water is used by the body during physical activity and that extra fluid may be needed before, during and after being physically active</p> <p>Understand that different types of physical activity require different amounts of energy</p> <p>Understand that people's surroundings and neighbourhoods affect food, drink and activity choices</p> <p>Understand the importance of a healthy and balanced diet, good oral health and being physically active for health and wellbeing</p> <p>Understand the short and long term effects of diet on health</p> <p>Understand how nutritional needs change during puberty</p> <p>Understand that the composition of the body (e.g. muscle, fat, bones) changes during childhood and youth and that this differs between boys and girls</p> <p>Be able to recognize and respond to the body's signals of thirst, hunger and fullness</p>	<p><i>To understand the concept of money</i></p> <p>Know that there is a range of salaries for different job</p> <p>Know what is deducted from earnings and understand why</p> <p>Understand that a large number of services are provided by the government and paid for through taxation</p> <p>Understand some of the reasons why services are provided by the government instead of businesses</p> <p>Understand the concept of value for money, and be able to assess it</p> <p>Have practised skills in planning, undertaking and recording a fair test</p> <p>Have developed skills in accurately recording data (linked to Natwest Pocket Money)</p> <p>Understand how changes in demand and supply affect prices</p> <p>Understand the roles of the Bank of England including how it controls interest rates</p> <p>Understand how and why that affects spending across the country</p> <p>Know the definition of inflation and to understand how spending across the country can be used to control inflation</p> <p>Have the skills to plan and manage the use of money</p> <p>Understand that people have different values and feelings about money</p>

Growing Up and Relationships		Drug Education
<p><i>To understand what happens as we grow up</i></p> <p>Be able to use the correct names for body parts, specifically the reproductive system</p> <p>Understand that bodies grow and change as they get older and puberty is a natural part of growing up</p> <p>Have the confidence to ask questions about puberty</p> <p>Understand the process of puberty means we are able to reproduce</p> <p>Know and understand the process of conception</p> <p>Understand how babies are conceived and born</p> <p>Understand the physical and emotional needs of a baby and understand how having a baby impacts life</p> <p><i>To understand relationships</i></p> <p>Look at how relationships will change as they grow up</p> <p>Recognise that they all have different types of relationships</p> <p>Begin to explore love and relationship qualities with a boyfriend/girlfriend</p>	<p><i>To keep safe</i></p> <p>Understand that secrets can be good and bad and to recognise the different feelings associated with these</p> <p>Identify appropriate touches within a variety of relationships</p> <p>Recognise what to do and who they can talk to if in a situation where they feel uncomfortable</p> <p>Become familiar with the NSPCC underwear rule</p> <p>Understand what is personal information</p> <p>Understand why it is important to keep safe online</p> <p>Explain some potential risks on the internet and how to deal with them</p>	<p><i>To keep safe</i></p> <p>Why do people take drugs and what are the effects and risks?</p> <p>Decide what risks there are in taking drugs and pass the information on to others</p> <p>Learn ways to cope and get out of a risky situation</p> <p>Identify reasons why young people may drink alcohol</p> <p>Identify potential dangers and consequences of drinking alcohol</p>