

Hardingstone Academy PSHE Curriculum Overview – Foundation and KS1



	Identity		ty Relationships	Lifestyle	Diversity & Equality	Rights & Responsibilities	Changes Careers				
			Nursery	Receptio	on	Year 1		Year 2			
Autumn 1	Being Me in My World		 Who Me?! How am I feeling today? Being at Nursery/Pre-School Gentle Hands Our Rights (Nursery/Pre-school Charter) Our Responsibilities 	1. Who Me?! 2. How am I feeling today? 3. Being at School 4. Gentle Hands 5. Our Rights 6. Our Responsibilities	2. M 3. Ri 4. Re 5. Co	pecial and Safe ly Class ghts and Responsibilities ewards and Feeling Proud onsequences wning Our Learning Charter	 Hopes and Fears fr Rights and Respon Rewards and Cons Rewards and Cons Rewards and Cons Our Learning Char Owning our Learning 	sibilities equences equences ter			
Autumn 2	Celebrating Difference		 What am I good at? I'm Special, I'm Me! Families Houses and Homes Making Friends Standing Up for Yourself 	 What am I good at? I'm Special, I'm Me! Families Houses and Homes Making Friends Standing Up for Yourself 	2. Di 3. W 4. W 5. M	ne same as ifferent from (hat is 'bullying'? (hat do I do about bullying? laking new friends elebrating difference; celebrating me	1. Boys and girls 2. Boys and girls 3. Why does bullying 4. Standing up for m 5. Making a new frie 6. Celebrating differe	vself and others			
Spring 1	Dreams and Goals		1. Challenge 2. Never Giving Up 3. Setting a goal 4. Obstacles and Support 5. Flight to the Future 6. Footprint Awards	1. Challenge 2. Never Giving Up 3. Setting a goal 4. Obstacles and Support 5. Flight to the Future 6. Footprint Awards	2. St 3. Au 4. St 5. O	y Treasure Chest of Success eps to Goals chieving Together retchy Learning vercoming Obstacles elebrating My Success	1. Goals to Success 2. My Learning Stren 3. Learning with Oth 4. A Group Challenge 5. Continuing Our Gr 6. Celebrating Our Ad	gths ers oup Challenge			
Spring 2	Healthy Me		 Everybody's Body We like to move it, move it! Food, Glorious Food Sweet Dreams Keeping Clean Stranger Danger 	1. Everybody's Body 2. We like to move it, move it! 3. Food, Glorious Food 4. Sweet Dreams 5. Keeping Clean 6. Stranger Danger	2. F 3. C 4. N 5. R	eing Healthy Healthy Choices Clean and Healthy Aedicine Safety Load Safety Happy, Healthy Me	1. Being Healthy 2. Being Relaxed 3. Medicine Safety 4. Healthy Eating 5. Healthy Eating 6. The Healthy Me C	afe			
Summer 1	Relationships		 My Family and Me! Make friends, make friends, never ever break friends Part 1 Make friends, make friends, never ever break friends Part 2 Falling Out and Bullying Part 1 Falling Out and Bullying Part 2 Being the best friends we can be 	 My Family and Me! Make friends, make friends, friends Part 1 Make friends, make friends, friends Part 2 Falling Out and Bullying Part Falling Out and Bullying Part Being the best friends we cat 	1. F , never ever break , never ever break 4. P 5. B t 1 6. C t 2	amilies Aaking Friends Greetings People Who Help Us Being My Own Best Friend Gelebrating My Special Relationships	1. Families 2. Keeping Safe – ex 3. Friends and Confl 4. Secrets 5. Trust and Appreci 6. Celebrating My Sp	ation			
Summer 2	Changing Me		1. My Body 2. Respecting My Body 3. Growing Up 4. Growth and Change 5. Fun and Fears 6. Celebration	1. My Body 2. Respecting My Body 3. Growing Up 4. Fun and Fears Part 1 5. Fun and Fears Part 2 6. Celebration	1. Lif 2. Cr 3. M 4. Bo 5. Le	1. Life Cycles1. Life Cycles in Nature2. Changing Me2. Growing from Young to Old3. My Changing Body3. The Changing Me4. Boys' and Girls' Bodies4. Boys' and Girls' Bodies5. Learning and Growing5. Assertiveness6. Coping with Changes6. Looking Ahead					



Hardingstone Academy PSHE Curriculum Overview – Year 1 to 6



	Id	lenti	ty	Relationsh	nips	Lifestyle		Diversity & Equali	lity Rights & Responsibi		<mark>ies</mark> (Changes	Careers
			Y	'ear 1	Year	2		Year3		Year 4	Ye	ar 5	Year 6
Autumn 1	Being Me in My World		5. Consequenc	esponsibilities d Feeling Proud	 Hopes and Fears for Rights and Respon Rewards and Cons Rewards and Cons Rewards and Cons Our Learning Char Owning our Learni 	sibilities 2 equences 2 equences 4 ter 5	2. Our Night 3. Our Drea 4. Rewards 5. Our Learr	o Know Each other tmare School m School and Consequences ning Charter our Learning Charter	2. Being a S 3. Rights, Re Democra 4. Rewards 5. Our Learn	g a Class 'Team' chool Citizen esponsibilities and cy and Consequences ning Charter our Learning Charter	1. My Year Ahead 2. Being a Citizen 3. Year 5 respons 4. Rewards and C 5. Our Learning C 6. Owning our Le	of My Country sibilities Consequences Charter	 My Year Ahead Being a Global Citizen 1 Being a Global Citizen 2 The Learning Charter Our Learning Charter Owning our Learning Charter
Autumn 2	Jelebrating Difference		 The same as Different fro What is 'bull What do I do Making new Celebrating relebrating relebrating 	om lying'? o about bullying? ı friends difference;	 Boys and girls Boys and girls Why does bullying Standing up for my others Making a new frier Celebrating differed being friends 	happen? 3 vself and 4 nd 6	4. Witness a 5. Words th	and feelings and solutions at harm ng difference:	 2. Understa 3. Understa 4. Problem- 5. Special m 		 Different cultu Racism Rumours and N Types of Bullyi Does Money N Celebrating Difthe world. 	Name-calling ng 1atter?	 Am I Normal? Understanding Difference. Power Struggles Why Bully Celebrating Difference Celebrating Difference
Spring 1	Dreams and Goals		1. My Treasure 2. Steps to Goa 3. Achieving To 4. Stretchy Lea 5. Overcoming 6. Celebrating	ogether Irning Obstacles	1. Goals to Success 2. My Learning Stren 3. Learning with Othe 4. A Group Challenge 5. Continuing Our Gr 6. Celebrating Our Ac	gths 2 ers 2 oup Challenge 5 chievement	3. A new Ch 4. Our New 5. Our New Overcom	ns and Ambitions allenge		reams ing Disappointment New Dreams g Goals	 When I Grow L Investigate Job My Dream Job Dreams and Go Cultures. How can we su Rallying Suppo 	os and Careers oals in Other upport each other?	 Personal Learning Goals Steps to Success My Dreams for the World Helping to Make a Difference Helping to Make a Difference Recognising our Achievements
Spring 2	e		1. Being Healt 2. Healthy Cho 3. Clean and H 4. Medicine Sa 5. Road Safety 6. Happy, Hea	bices Healthy afety /	1. Being Healthy 2. Being Relaxed 3. Medicine Safety 4. Healthy Eating 5. Healthy Eating 6. The Healthy Me C		2. Being Fit	Jnsafe	2. Group D 3. Smoking 4. Alcohol 5. Healthy	•	 Smoking Alcohol Emergency Ai Body Image My Relationsh Healthy Me 		 Taking responsibility for my health Drugs Exploitation Gangs Emotional and Mental health Managing Stress and Pressure
Summer 1	Relationships		1. Families 2. Making Frie 3. Greetings 4. People Who 5. Being My O 6. Celebrating Relationship	o Help Us Iwn Best Friend ; My Special	 Families Keeping Safe – ex physical contact Friends and Confl Secrets Trust and Appreci Celebrating My Sp Relationships 	ploring ict ation	4. Being a (5. Being a (bilities ip myself safe online Global Citizen 1 Global Citizen 2 ing my web of	 Celebrating my Assertiveness Jealousy Love and Loss Memories Getting on and Falling Out Girl Friends and Boy Friends Celebrating my relationships 		 Recognising M Safety with or communities Being in an on Online Gamin, My relationsh technology: So Relationships 	nline nline community g ip with creen time	1. What is Mental Health 2. My Mental Health 3. Love and Loss 4. Power and Control 5. Being Online: Real or fake? Safe or unsafe? Using Technology responsibly
Summer 2	Changing Me		1. Life Cycles 2. Changing N 3. My Changir 4. Boys' and G 5. Learning an 6. Coping with	ng Body Sirls' Bodies nd Growing	1. Life Cycles in Natu 2. Growing from You 3. The Changing Me 4. Boys' and Girls' Bo 5. Assertiveness 6. Looking Ahead	ing to Old odies	1. How Bak 2. Babies 3. Outside	bies Grow Body Changes ody Changes tereotypes	 Unique I Having a Girls and Circles o Acceptin Looking 	baby I Puberty f Change g Change	 Self and Body Puberty for Gi Puberty for Body Conception Looking Ahead Looking Ahead 	Image irls oys d 1	 My Self Image Puberty Babies: Conception to Birth Boyfriends and Girlfriends Real self and Ideal self The Year Ahead



Hardingstone Academy - History Curriculum



Aut							Su	m			
Nι	irsery			12	_	Spr L 2	_		Key Vertical Links	Hori	zontal Links
		v it feels to belong and th	nat we are similar and						Self-confidence and self-awareness		
orld	different	v feeling happy and sad o	an he expressed		-				Children are confident to try new activities and say why they like		
Me in My World		ner and consider other po	-						some activities more than others.		
Ŀ			at it is good to be kind to		_				They are confident to speak in a familiar group, will talk about their		
Me	people								ideas, and will choose the resources		
Being		inderstand children's righ wed to learn and play	nts and this means we						they need for their chosen activities. They say when they do or		
		at being responsible mea	ans						don't need help.		
	I know how it fee	els to be proud of someth	ning I am good at	Π		T			Managing feelings and behaviour		
nce	I can tell vou one	way I am special and un	ique	Ħ					Children talk about how they and others show feelings, talk about		
Difference		milies are different		H					their own and others' behaviour,		
ng D				$\left \cdot \right $					and its consequences, and know that some behaviour is		
Celebrating	I know there are	lots of different houses a	and homes						unacceptable. They work as part of		
Celel	I can tell you hov	v I could make new frien	d						a group or class and understand and follow the rules. They adjust		
	I can use my wor	ds to stand up for mysel	f						their behaviour to different		
	I understand w	hat a challenge means		Π					situations and take changes of routine in their stride.		
S	I can keep tryir	ng until I can do somethir	ng	Π					Making relationships		
Goals	I can set a goal	and work towards it		11					Children play co-operatively, taking		
	l know some ki	nd words to encourage p	eople with						turns with others. They take account of one another's ideas		
Dreams &	I can start to th	ink about the jobs I migh	nt like to do when I'm older						about how to organise their activity. They show sensitivity to		
	I can feel proud	d when I achieve a goal							others' needs and feelings and form positive relationships with adults		
		s for some parts of my b		П	Τ				and other children.		
		I need to be active to be ne of the things I need to	-				H		People and communities		
<u>e</u>		word 'healthy' means an	· · · · · · · · · · · · · · · · · · ·		-		H		Children talk about past and present events in their own lives		
hy Me	healthier than ot								and in the lives of family members.		
Healthy	I know how to he	elp myself go to sleep and	d that sleep is good for me						They know that other children don't always enjoy the same things and		
_	I can wash my ha and after I go to		rtant to do this before I eat						are sensitive to this. They know about similarities and differences		
	I know what to d	o if I get lost and how to	say NO to strangers						between themselves and others, and among families, communities		
	I can tell you abo	ut my family							and traditions.		
bs	I understand hov	v to make friends if I feel	lonely						The world Children know about similarities		
inshi	I can tell you son	ne of the things I like abo	ut my friends						and differences in relation to		
Relationships	I know what to sa	ay and do if somebody is	mean to me						places, objects, materials and living things. They talk about the features		
Å.		e time to manage my fee							of their own immediate		
	I can work toge	ther and enjoy being wit	h my friends						environment and how environments might vary from one		
	l can name par	ts of my body and show	respect for myself						another. They make observations of		
	l can tell you so healthy	ome things I can do and s	ome food I can eat to be						animals and plants and explain why some things occur and talk about		
t D		at we all start as babies	and grow into children and			1	\square		changes.		
Changing Me	then adults			╂┼	+	+	H		Health and self-care Children know the importance for		
angir	I know that I gr	ow and change		\square					good health of physical exercise,		
ch	I can talk about	t how I feel moving to Scl	hool from Nursery	\prod			\square		and a healthy diet, and talk about ways to keep healthy and safe. They		
	l can remembe	r some fun things about	Nursery this year						manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.		
	lala a di C			Di	ver	sity	1&		Rights &		
	Identify	Relationships	Lifestyle			alit			Responsibilities	hanges	Careers



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Number below Number below<	Re	eception			-					Key Vertical Links	Horiz	ontal Links
OWNER Owner years with the sequence and manage my feelings Control of the sequence and manage my feelings Image: market to record the and manage my feelings Image: market to record the and the gene that the sequence and the mans we that head and the add the sequence and			it feels to belong and the second se	hat we are similar and					Τ			
Buildrastand why it is good to be kind and use gentle hands people's feelings. Lan use gentle Build all be allowed to beam and play In an isaring what being regregories in a second wat beams In an isaring what being regregories in a second wat beams Build all be allowed to beam and play In an isaring what being regregories in a second ways In an isaring what being regregories in a second ways In an isaring what being regregories in a second ways Build all be allowed to be able for the same is now ways In an isaring what being regregories in a second ways In an isaring what being regregories in a second ways Build all be allowed to be able for find In an isaring what being regregories in a second ways In an isaring what being regregories and homes. In the second ways is an special and unique. I how what a shallenge Build ways way it being matching ways In an isary ways why it blaik may home is special to me In an isary ways why itak a challenge In an isary ways why itak in an indiver way ways In an isary ways why itak in a second ways ways In a second ways ways ways In an isary ways ways ways ways In an isary ways ways ways ways ways In an isary ways ways ways ways ways ways ways way	Vorld		ognise and manage my fe	eelings			-					
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Number of the second	В М		-	-		-	-					
Understand that being different makes us all special Nursery Celebrating Differences inderstand that being different makes us all special Indexstand that being different makes us all special innow we are all different but the same in some ways Indexstand that being different makes us all special innow we are all different but the same in some ways Indexstand that being different makes us all special ican tell you why think my home is special to me Indexstand that my some is special to me ican tell you why to be a kind freed Indexstand that all fully specers, ican tackle challenges ican tell you about a time i didn't give up until a chieved my goal Indexstand that a chiergen of discomers in the iden't give up until a chieved my goal ican tell you about a time i didn't give up until a chieved my goal Indexstand hat a chiergen of discomers in a chiergen of the sole in a chiergen of discomers in a chiergen of the achieve a lead in a chiergen of the achiergen of the achieve a lead in a chiergen of the ac	Beir									to be kind to people.		
Open of a different thing: Nursery Celebrating Differences i understand that being different makes us all special Inclusion one way i an special i how ware all different but be same in some ways Inclusion one way i an special i can tell you why think my home is special to me Inclusion one way i an special i can tell you how to be a kind fried Inclusion i can tell you how to be a kind fried Inclusion i can tell you how to be a kind fried Inclusion i can tell you how to be a kind fried Inclusion i can tell you how to be a kind fried Inclusion i understand that if i presseere, I can tackle challenges Inclusion i understand that if i presseere, I can tackle challenges Inclusion i can use kind words to encoursage people Wirk towards to incoursage people wirk towards to incoursage people Wirk towards to incoursage people understand that i need to exercise to keep my body Inclusion i landerstand that i need to exercise to keep my body Inclusion i landerstand that i need to exercise to keep my body Inclusion i landerstand that i need to exercise to keep my body Inclusion i landerstand that i need to exercise to k									┛			
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Ye	ar 1				2 1				Key Vertical PSHE	Links	Horizontal	/Diagonal Links	
	I know how to u	use my Jigsaw Journal							Reception Being Me in N	ly World			
þ		e rights and responsibili	ties as a member of my						I understand how it feels t and that we are simila	0			
Wor	class I understand th	e rights and responsibili	ties for being a member of	-		-			different. I can start to re				
Μ	my class								and manage my feel I understand why it is go	-			
Me in My World	l know my view Charter	s are valued and can co	ntribute to the Learning						kind and use gentle ha	ands.			
Being	-	the choices I make and	understand the						I am starting to under children's rights and this n				
ā	consequences I understand m	y rights and responsibili	ties within our Learning			-			should all be allowed to le				
	Charter			Ц		-		-	play.				
a)	I can identify sim	ilarities between people	e in my class	Ц					Reception Celebrating Dir I can identify something I				
Difference	I can identify diff	erences between people	e in my class						at and understand everyor	ne is good			
Diffe	l can tell you wha	at bullying is							at different things. I und that being different mak				
ing	I know some peo being bullied	ple who I could talk to if	I was feeling unhappy or						special. I can tell you hov kind friend. I know which	v to be a			
Celeb	I know how to m	ake new friends							use to stand up for myse someone says or does so				
	l can tell you som	ne ways I am different fr	om my friends						unkind	meaning			
	I can set simple	goals							Reception Dreams and				
S	l can set a goal	and work out how to ac	hieve it						I understand that if I pers can tackle challeng				
Goals	I understand ho	ow to work well with a p	artner						I can set a goal and work to I can use kind words to er				
	I can tackle a ne learning	ew challenge and under	stand this might stretch my						people. I understand the	ne link			
Dreams &		ostacles which make it n	nore difficult to achieve my						between what I learn now job I might like to do wh				
	-	and can work out how to	o overcome them ed in a new challenge and		_	-			older. I can say how I fee	l when I			
	how I celebrate		ed in a new chanenge and						•	hieve a goal and know what it means to feel proud.			
	I understand th and know some	eing healthy and unhealthy,						Reception Healthy					
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Me		se disease/illness	unite a section of the						eating choices. I know how	es. I know how to help		ıtumn 1 Science	
Healthy Me	harmful if not u	nousehold products inclused properly	uding medicines can be						myself go to sleep and un why sleep is good for m			ie senses: sight, taste rn about the senses of	
Hea	I understand th how to use the		ne if I feel poorly and I know						wash my hands thoroug understand why this is in	hly and	hearir	ng and smell.	
		keep safe when crossing	the road, and about						especially before I eat and to the toilet. I know what a	0			
-	· ·	n help me to stay safe hy I think my body is am	azing and can identify						is and how to stay safe if a	•			
	some ways to k	eep it safe and healthy							approaches me.				
		e members of my family rent types of families	y and understand that there						Reception Relations	•			
sd	I can identify w	hat being a good friend	means to me						in my family and how I fe belong. I know how to ma				
Relationships	I know appropr and know whic		ntact to greet my friends						to stop myself from feelin		Year	L Summer RE nportant? What else is	
elatio		help me in my school c	ommunity						I can think of ways to problems and stay friend			the Jewish family?	
æ	I can recognise	my qualities as a persor	and a friend			1			starting to understand th	e impact			
	I can tell you w	hy I appreciate someone	e who is special to me						of unkind words. I know h a good friend.	low to be			
	I am starting to	understand the life cycl	es of animals and human										
	•	ome things about me that e that have stayed the s	at have changed and some ame						Reception Changing I can name parts of the bo	ody. I can			
Me	I can tell you ho	ow my body has changed	d since I was a baby			1			tell you some things I car foods I can eat to be he				
Changing Me	I can identify th	e parts of the body that	makes boys different to						understand that we all gr	ow from			
Char	girls and can us vagina	e the correct names for	these: penis, testicles,						babies to adults. I can talk worries and/or the thin	-			
	I understand th	at every time I learn sor	nething new, I change a	Ħ		1	Ħ		looking forward to about	•			
-	little bit I can tell you about changes that have happened in my life			\mathbb{H}		+	H		Year 1				
					ver	sitv	L , <i>R</i> ,		Rights &				
	Identify	Relationships	Lifestyle		qu	-			Responsibilities	С	hanges	Careers	





Va	~ 7				Aut	: S	pr	Sum	Key Vertica		ntal/Diagonal Linka
re	ar 2				12	2 1	2	12	PSHE Link	B Horizo	ontal/Diagonal Links
	l can identif	fy some of my hopes and	d fears for the year								
þ	I know how	to use my Jigsaw Journa	al								
Being Me in My World		d the rights and respons	sibilities for being a memb	er of my class and					Year 1 Being N in My World	e	
μ	school	d the rights and respons	sibilities for being a memb	per of my class					Rights and		
Mei		=	tribute my own ideas abo	-					Responsibilitie Choices and	5.	
eing	consequence								Consequences		
В		5	rning Charter will help me						_		
	-		and understand the conse	-							
		g to understand that sor rls (stereotypes)	metimes people make ass	umptions about					Year 1		
Celebrating Difference		g to understand that sor rls (stereotypes)	metimes people make ass	umptions about					Celebrating Differences		
g Diff	l understan	d that bullying is someti	mes about difference						Similarities an differences	t	
ating	l can recogr	nise what is right and wr	ong and know how to loo	k after myself					between peop		
elebr	I know som	e ways to make new frie	ends			T			 in class. Bullyir and making 	g	
0	I know som	e ways I am different fro	om friends						friends.		
						-	+	+			
-	I can choose	e a realistic goal and thir	nk about how to achieve i	t					Year 1 Dream		
Goals	l can persev	vere even when I find ta	sks difficult						and Goals		
ø	-		e to work with and who it	is more difficult for					 Setting Goals identifying 		
Dreams		me to work with I can work cooperatively in a group to create an end product							 obstacles and overcoming 		
_	I know how	to share success with o	ther people				H		challenges.		
	I know what I need to keep my body healthy										
-		or tell you what relaxed	hings that make								
-	me feel rela	axed and some that mak	J								
y Me	I understan them safely		n my body and how impo	rtant it is to use					Year 1 Health Me	Understan	DT Year 2 Spring 1 d and use basic principles o
Healthy Me		oods into the correct foo y day to keep me health	d groups and know which y	foods my body					Healthy Lifestyl choices and	dishe	and varied diet to prepare s, including how fruit and
ſ	I can decide	e which foods to eat to g	ive my body energy						- medicines.	vegetables	are part of The Eatwell pla
-	I can make	some healthy snacks and	d explain why they are go	od for my body							
			my family, understand m								
-			portant to share and coop forms of physical contact						 Year 1 Relationships 		
hips	that some c	of this is acceptable and	some is not						- Recognise the		r 1 Computing Spring 2
Relationships	I can identif	fy some of the things that	at cause conflict with my f	riends					qualities in a go friend. Know w		nd use pictures on the web what to do if they encounter
Relat		_	ood to keep a secret and s						can help me in t		ires that cause concern.
	I recognise community		who can help me in my far	nily, school and					school community.		
-			ne people in my special re	lationships					,		
	l can recogr	nise cycles of life in natu	re			1	Π		Y		
ŀ		u about the natural prod that this is not in my co	cess of growing from your	ng to old and		1			Year 1 Changir Me Understand lif	Learn th	ar 2 Autumn 2 Science e life cycle of birth, growth ction and death. Learn how
Me	I can recogr		nanged since I was a baby	and where I am		+			cycles of anima	ls humans g	row by looking at how babi
Changing Me	names for p	parts of the body (penis,	nces between boys and gi testicles, vagina) and kno			+			and humans. Physical differences	Descri a	grow into adults be the stages of life from dulthood to old age.
		d there are different typ	pes of touch and can tell y	ou which ones I like	\vdash	+	+		between boys a girls. Understar	nd Yea	ar 1 Autumn 1 Science
ł	and don't li		ward to when I am in Year	· 3	$\left \right $	+	+		changes in life far.		ut the senses: sight, taste a touch.
		-			Ц			ŀ	Rights &		
Ic	lentity	Relationships	Lifestyle	Diversity & Equ	ıalit	y			ponsibilities	Changes	Careers





						.+	Cor	c					
Ye	ar 3				А 1		Spr 12			Key Vertical PSHE Links	Horizor	ntal/Diagonal Links	
	l can recogr achievemer		dentify positive things ab	oout myself and my				Ē	_	Year 2 Being Me			
orld		rsonal goals.								in My World Understand rights			
۸ V			r, make responsible choid	ces and ask for help						and			
Being Me in My World	when I need I understan responsibili	d why rules are needed	and how they relate to r	ights and						responsibilities of being a class member.			
eing	•	responsible choices and	take action.							Contribute ideas			
Be		•	ers and try to see things f	from their point of						about rewards and consequences.			
	l understan	d that everybody's fami	ly is different and import	tant to them.									
Celebrating Difference	I understan members.	d that differences and c	onflicts sometimes happ	en among family						Year 2 Celebrating Difference			
Diffe	I know wha	t it means to be a witne	ss to bullying.							Understand			
ating	I know that	witnesses can make the	e situation better or wors	se by what they do.						stereotypes, recognise right			
lebra	I recognise	that some words are use	ed in hurtful ways.							and wrong, now			
G	-	u about a time a when r Insequences were.	ny words affected some	one's feelings and						some ways to make friends.			
	I can tell yo successes.	u about a person who h	as faced difficult challen	ges and achieved				Ī					
s	l can identif	y a dream/ambition tha	it is important to me							Year 2 Dreams			
& Goals	I enjoy facir achieve the		ges and working out the	best ways for me to						and Goals Perseverance,			
Dreams	I am motiva	ted and enthusiastic ab	out achieving our new cl	nallenge						working cooperatively and			
Dre	-		ght hinder my achieveme	ent and can take		1				know how to share success with			
		ercome them. Ite my own learning pro	cess and identify how it	can be better next		1				other people.			
		d how exercise affects n	ny body and know why n	ny heart and lungs		1					Year 2 Spring DT		
-	are such important organs. I know that the number of calories, fat and sugar I put inti my body will affect							Н				nd and use basic principles althy and varied diet to	
a	my health.	I know that the number of calories, fat and sugar I put inti my body will affect my health.								Year 2 Healthy Me	prepare d	lishes, including how fruit	
hу М	I can tell yo	u my knowledge and att	titude towards drugs.							Understand about safe medicine use.	and veg	getables are part of The Eatwell plate.	
Healthy Me			ices that I need to keep s vself safe including who t							Healthy foods and snacks.		2 Summer 1 Science	
	I can identif	y when something feels	safe or unsafe.							Sindener		mportance of nutrition fo Know how to keep health	
	l understan	d how complex my body	y is and how important it	is to take care of it							0	ily exercise. Know how to healthy through diet	
		y the roles and responsioned the roles and responsioned to the roles and responsion of the roles and the roles and the roles are roles and the roles are roles and the roles are role	ibilities of each member	of my family and can						Year 2			
	l can identif	y and put into practice	some of the skills of frier	ndship e.g. Taking						Relationships Understand			
Relationships	-	g a good listener.	for keeping myself safe	online			+			acceptable forms	Y	ear 3 Summer RE	
tions		5	ns and work of people a				+			of physical contact within a family.	Islam - Kee	ping the Five Pillars – wha	
Rela	and influen	ce my life.	•••	•						Identify causes of	diffe	rence does it make?	
		d how my needs and rig ntify how our lives may	hts are shared by childre be different.	en around the world						conflict and recognise people			
	I know how	to express my apprecia	tion to my friends and fa	imily						who can help.			
			imans lots of changes ha	ppen between							Year	2 Autumn 2 Science	
	I understan	eption and growing. erstand how babies grow and develop in the mother's uterus and rstand what a baby needs to live and grow.		uterus and		╡	╎	T		Year 2 Changing Me	Learn the	life cycle of birth, growth, ion and death. Learn how	
				that when they grow	┢	┥	+	\square		Recognise life	humans	grow by looking at how	
g Me		nderstand that boys' and girls' bodies need to change so that when they grov their bodies can make babies.								cycles in nature, understand		ies grow into adults e the stages of life from	
Changing Me		can identify how boys' and girls' bodies change on the outside during this growing up process.								natural process of	adı	ulthood to old age.	
Cha		can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that						\square		growing old. Physical		3 Autumn 2 Science	
		can makes babies whe		necessary so tridt						differences between boys and		generations of families to rstand how characteristics	
	I can start to family roles		al ideas I might have abo	ve parenting and		T				girls.		are inherited.	
ŀ	•	• at I am looking forward [•]	to next year.		┢	╡	+	Π					
10	dentity	Relationships	Lifestyle	Diversity & Equ	ual	ity		Re		ights & (Changes	Careers	





					۸.	.+	Cor	c.	m			llevine	ntel/Die se nel
Ye	ar 4				Αυ 1		Spr 12			Key Vertical PS Links	HE	Horizo	ntal/Diagonal Links
	I know my attit	udes and actions make a	difference to the class tea		_			T		21110			Links
Me in My World	-		unity, the role they play ar					1		Year 3 Being Me in	Му		
Ň		•	ough the School Council.							World Setting goals and fa	icing		
Ź-		-	self and others; I care abou	t other		-				challenges positive	ely.		
Mei		gs and try to empathise								Make responsibl choices and unders			
Being	I understand ho	ow groups come togethe	er to make decisions							that my actions af			
Be	I understand ho community.	ow democracy and havir	g a voice benefits the scho	ol						others.			
	look like		e assumptions based on wh							Year 3 Celebratiı	ng		3 Summer RE
Celebrating Difference	look.		ke assumptions based on h							Difference Understand differe	ence	Islam - Keeping the Fiv Pillars – what difference it make?	
Ē	I know that son is going on but		to spot and I know what to	do if I think it						and conflicts somet			it make:
brating	<u> </u>		join in with bullying and so	ometimes						happen. Know wh means to be a witne bullying. Recognise	ess to	What hav	4 Autumn RE e we learned fro
Cele	I can identify w	hat is special about me	and value the ways in which	n I am unique.						some words are use		•	r4), Christians ar Yr3) about the
	I can tell you a to know them.	time when my first impr	ession of someone changed	d when I got						hurtful ways.			olism of light?
	I can tell you at	pout some of my hopes a	and dreams.							Year 3 Dreams a	nd		
Ī		nat sometimes hopes and	d dreams do not come true	and that this					Π	Goals Identify a			r 3 Spring RE Why is Jesus an
SIBUD			appy experiences can help	me to						dream/ambition th important to me			nal leader for som people?
ă Ci	counteract disa		t new goals even if I have b	een	_					Recognise obstacles		Veer	2 C DC
הוכמוווס	disappointed.									take steps to overc them. Evaluate my			3 Summer RE Keeping the Five
נ		work out the steps to tal part of a group.	ke to achieve a goal and ca	n do this						learning process a	ind	Pillars – wl	nat difference d
-			y myself and others to the g	group's		1				identify how it car better next time			it make?
	-		oups are formed, how I fit in	nto them and									
_	the friends I va			C - 11				_		Year 3 Healthy N	1e		
	group.	iere are people who take	e on the roles of leaders or	followers in a						Understand how			
D N	v .	ne facts about smoking a	nd its effects on health and	also some of						exercise, calories, fa sugar will affect r			
חפמונווץ ואופ		me people start to smok		ioularlu tha		_				health. Tell you n	-		
		ome of the reasons peop	d its effects on health, part ble drink alcohol.	icularly the						knowledge and atti			
Ē	•		g me under pressure and ca	an explain						towards drugs. Iden when something for			
-	ways to resist t		ear picture of what I believe	ic right and		_		-	-	safe or unsafe.			
	wrong.												
	I can recognise	situations which can cau	use jealousy in relationship	S.						Year 3 Relationsh Identify and put ir			
, ,	I can identify so	omeone I love and can e	press why they are special	to me.						practice some of t			
d	I can tell you at	bout someone I know th	at I no longer see.							skills of friendship. H			
	•		, know how to make new fi	riends and						and use strategies keeping myself sa			
		e when I fall out with my hat having a boyfriend/g	irlends. girlfriend might mean and t	hat it is a		-			Н	online. Understand	how		
		ship for when I am older								my needs and right shared by childre			
		show love and appreciat	ion to the people and anim	als who are						around the work			
┥	special to me.	hat some of my nersonal	characteristics have come	from my hirth	\square	+				Year 3 Changing I	Vle		
			I am made from the joining							Understand how ba			
ļ	and sperm.							_		grow and develop in		Voor 2 4	utuma 3 Calara
	bodies that are	e necessary for making a	-							mother's uterus a understand what a needs to live and g	baby	Compar	utumn 2 Scienc e generations o o help understa
20			s in order for her to be able enstruation is a natural par							Understand that b			aracteristics are
Ĵ.			and can apply it changes I			╡				and girls' bodies cha Recognise stereoty	pical	i	nherited.
ľ	·	hanges outside of my co	ntrol that I learnt to accept		T	T		T		ideas about parent and family roles	-		
	Identity	Relationships	Lifestyle	Diversity &			~/i+			Rights &	· · · · ·	anges	Careers





۷۵	ar 5						Key Vertical PSHE		tal/Diagona
16		1	2	1 2	1	2	Links		Links
_	I can face new challenges positively and know how to set personal goals.								
Being Me in My World	I understand my rights and responsibilities as a citizen of my country.						Year 4 Being Me in My World		
۸ V	I understand my rights and responsibilities as a citizen of my country and as a member of my school.						Understand how		
in N	I can make choices about my own behaviour because I understand how rewards						democracy works through the School		
g Me	and consequences feel.	_			_		Council. Understand that		
Bein	I understand how an individual's behaviour can impact on a group.						my actions affect myself and others.		
	I understand how democracy and having a voice benefits the school community and know how to participate in this.								
e	I understand that cultural differences sometimes cause conflict.								
renc	I understand what racism is						Year 4 Celebrating		
Diffe	I understand how rumour-spreading and name-calling can be bullying behaviours.						Difference		
Celebrating Difference	I can explain the difference between direct and indirect types of bullying.						Understand that, sometimes, we make		
ebra	I can compare my life with people in the developing world.						assumptions based on		
Cel	I can understand a different culture from my own.						what people look like.		
	Lunderstand that Luill need manay to halp me achieve some of my drosses	┢			+	\square	Year 4 Dreams and		
-	I understand that I will need money to help me achieve some of my dreams.	_	Ц				Goals		
Goals	I know about a range of jobs carried out by people how much people earn in different jobs.						Understand that sometimes hops and	N	Contra DE
ø	I can identify a job I would like to do when I grow up and understand what						dreams do not come		5 Spring RE n we learn from
Dreams	motivates me and what I need to do to achieve it. I can describe the dreams and goals of young people in a culture different to						true and that this can hurt. Know how to work	0	on Christian, Sil Islim wisdom?
Dre	mine.	_		_			out the steps to take to		
	I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could						achieve a goal and can do this successfully as		
	support each other.						part of a group.		
	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.						Year 4 Healthy Me Understand there are		
·	I know some of the risks of misusing alcohol, including anti-social behaviour, and	1					people who take the		
	how it affects the liver and heart. I know and can put into practice basic emergency aid procedures (including	-		_	-		roles of leaders or followers in a group.		3 Spring DT
y Me	recover position) and know how to get help in emergency situations.						Understand the facts		it a range of fre ssed ingredient
Healthy Me	I understand how the media, social media and celebrity culture promotes certain body types.						about smoking and alcohol and their effects	approp	riate for their
Η	I can describe the different roles food can play in people's lives and can explain	-					on health. Recognise		nd whether the reared or caug
ŀ	how people develop eating problems relating to body image pressures.	_		_	-		when people are putting me under pressure and	,	
	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.						explain ways to resist this.		
	I have an accurate picture of who I am in terms of my characteristics and personal qualities.						Year 4 Relationships Recognise how		
·	I understand that belonging to an online community can have positive and	1					friendships change,		
bs	negative consequences.				_		know how to make new friends and how to		nputing Spring
Relationships	I understand there are rights and responsibilities in an online community or social network.						manage when I fall out		eir understand and responsib
elatio	I know are rights and responsibilities when playing games online.						with my friends. Understand what having		f technology
Å	I can recognise when I am spending too much time using devices (screen time)						a boyfriend/girlfriend		
	I can explain how to stay safe when using technology to communicate with my friends.						might mean and this it is a special relationship for when I am older.		
	I am aware of my own self-image and how my body image fits into that.	T	Ħ				Year 4 Changing Me Correctly label the		
	I can explain how a girl's body changes during puberty and understand the	T	\square	╞	1		internal and external	Year 5 S	pring 1 Science
٩	importance of looking yourself physically and emotionally.		Ц				parts of the male and female bodies that are	Know ab	out the humar
Changing Me	I can describe how boys' and girls' bodies change during puberty.		\square				necessary for making a		uctive organs. estation perio
angi	I understand that sexual intercourse can lead to conception.		\square				baby. Describe how a girl's	Describe t	ne changes wh
5	I understand that sometimes people need IVF.						body changes in order		in childhood. d changes wh
ŀ	I can identify what I am looking forward to about becoming a teenager and		\square		1		for he to have babes when she is an adult and		n adolescence
-	understand this brings growing responsibilities. (age of consent) I can identify what I am looking forward to when I move to my next class.	-	\vdash		+		that menstruation is a		
		<u> </u>				P	natural part of life.		
1-	lentity Relationships Lifestyle Diversity & Equ	alit	ty		_		onsibilities Cho	anges	Careers





Year 6						Spr	Sum	Key Vertica	/ertical PSHE		
Ye	ear 6				12	12	12	Links		Horizo	ontal/Diagonal Links
		fy my goals for this year, and know how to expres	, understand my fears an	d worries about							
þ			its for all children but for	many these				Year 5 Being N World	•		
Being Me in My World	rights are n							Understand n			Voor E Caring DE
My		-	other people locally and					and responsibi		What ca	Year 5 Spring RE n we learn from reflecting
1e in		•	pehaviour because I unde d I understand how these					citizen of my and a membe	-	on Ch	ristian, Sikh and Muslim
ing N		responsibilities.		,				school. Unders			wisdom?
Be			ehaviour can impact on a					an individual's l can impact on			
	l understan community	-	naving a voice benefits th	e school					0.00		
	l understan	nd there are different pe	rceptions about what no	rmal means				Year 5 Celek	-		
ence			ould affect someone's life			Ш		Differen Understand tha			
iffer	l can explai power over		hich one person or a gro	up can have				differences so			
Celebrating Difference			eople use bullying behavior	ours				cause con Understand wh			
orati						\vdash		is. Explain	the		
Celel	, in the second s		disabilities who lead ama nce can be a source of co	5		\vdash		differences b direct and indir			
	cause for co	•						of bullyi			
		learning strengths and ca	an set challenging but re	alistic goals for				Year 5 Drear Goals			
	myself. I can work	out the learning steps I r	need to take to reach my	goal and				Understand t			
Goals	understand	how to motivate mysel	f to work on these.	-				need money to			
& Gc	l can identi people abo		d that concern me and ta	lk to other				achieve som dreams. Identi			
Dreams &			p make the world a bette	er place.				would like to d	lo when I		
Drea	I can descri	ibe some ways in which I	I can work with other peo	ople to help				grow up. Desc dreams and g			
		vorld a better place.						young peop	le in a		
-	I know wha accept thei		ss like or admire about n	he and can				culture diffe mine.	rent to		
	I can take n health and		Ith and make choices tha	t benefit my				Year 5 Healt	hv Me		
		0	gs and their uses and the	ir effects on the			H	Know the healt smoking. Knov	th risks of v some of		ar 6 Spring 2 Science he what affects your heart
ealthy Me	l understan are against		be exploited and made t	o do things that				the risks of m alcohol, includ	ling anti-	rate. E	xplore the different food and identify ways to eat a
Heal	-	v some people join gangs						social behavio and put into			nced diet. Describe the
		nd what it means to be e owards mental health an	motionally well and can on the second s	explore people's				basic emerge		conse	quences of an unhealthy lifestyle.
	I can recog		ers that cause this and I u	inderstand how				procedures. Kr makes a health			
	-	v	care of my mental health.		$ \uparrow$			Year 5 Relati	•		
	I know how	v to take care of my men	ntal health.					picture of who			
hips			nt stages of grief and that	t there are				terms of characterist	•		
Relationships		pes of loss that cause pe						personal qua			
Relat	-		ying to gain power or con					understand belonging to a			
-			ine is safe and helpful for					community c			
	I can use te and family.		safely to communicate v	with my friends				positive and r consequer	-		
	l am aware	of my own body and se	lf-image					Year 5 Chang I can explain h			
			odies change during pube ing after yourself physica					and girls' bodie	es change		
e	emotionally		ing arter yoursen privsie					during pub understand th	-		ar 5 Spring 1 Science ow about the human
ng M	I can descri months of		s from conception throug	h the nine				intercourse ca	n lead to	reproc	luctive organs. Exploring
Changing Me			attracted to someone cha	anges the	\vdash			conception identify what		-	ion periods. Describe the nges which happen in
сh		-	t it means having a girlfri	-	\vdash	\vdash	$\left \right $	looking forward	l to about	childho	ood. Understand changes
	I am aware develop it.	or the importance of a p	positive self-esteem and	what i can do to				becoming a to and understa		which	happen in adolescence.
	I can identi	fy what I am looking forv o secondary school/or m	ward to and what worrie noving to my next class.	s me about the				brings gro responsibi	wing		
lo	dentity	Relationships	Lifestyle	Diversity & Ed	qual	ity		Rights & ponsibilities	Char	nges	Careers