

Personal, Social and Health Education Curriculum Overview

Cycle A	Autumn		Spring		Summer	
Hodder Year 1/2	<p>Year 1 Me and My Relationships</p> <ul style="list-style-type: none"> I know a variety of different feelings and can explain how these might make me behave. I know some different ways of dealing with 'not so good' feelings. I know when I need help and who to go to for help. I know some different classroom rules. 	<p>Year 1 Valuing Difference</p> <ul style="list-style-type: none"> I know ways in which people are similar as well as different. I know why things sometimes seem unfair, even if they are not. 	<p>Year 1 Keeping Safe</p> <ul style="list-style-type: none"> I know what I can do if I have strong, but not so good feelings, to help me stay safe. I know examples of how I keep myself healthy. I know when medicines might be harmful. 	<p>Year 1 Rights and Respect</p> <ul style="list-style-type: none"> I know some examples of how I look after myself and my environment - at school or at home. I know some ways that we look after money. 	<p>Year 1 Being my Best</p> <ul style="list-style-type: none"> I know a few different ideas of what I can do if I find something difficult. I know why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day. 	<p>Year 1 Growing and Changing</p> <ul style="list-style-type: none"> I know an adult that I can talk to at both home and school. If I need help. I know some things I can do now that I couldn't do when I was a toddler. I know what some of my body parts do.
Ribble Year Y3/4	<p>Year 3 Me and My Relationships</p> <ul style="list-style-type: none"> I know that we don't always agree with each other and can usually accept the views of others. I know lots of ideas about what I do to be a good friend. I know some different ideas for how I make up with a friend if we've fallen out. 	<p>Year 3 Valuing Difference</p> <ul style="list-style-type: none"> I know examples of different community groups and know what is good about having different groups. I know examples in our classroom where respect and tolerance have helped to make it a happier, safer place. 	<p>Year 3 Keeping Safe</p> <ul style="list-style-type: none"> I know what I could do to make a situation less risky or not risky at all. I know why medicines can be helpful or harmful. I know a few things about keeping my personal details safe online. I know why information I see online might not always be true. 	<p>Year 3 Rights and Respect</p> <ul style="list-style-type: none"> I know some ways of checking whether something is a fact or just an opinion. I know how I can help the people who help me, and how I can do this. 	<p>Year 3 Being my Best</p> <ul style="list-style-type: none"> I know a few examples of things that I can do to take ownership of my health. I know and can give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it. 	<p>Year 3 Growing and Changing</p> <ul style="list-style-type: none"> I know a few things that make a positive relationship and some things that make a negative relationship. I know what happens to the woman's body when the egg isn't fertilised, recognising that it is the lining of the womb that comes away. I know when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable.

<p>Wyre Year 5/6</p>	<p>Year 5 Me and My Relationships</p> <ul style="list-style-type: none"> • I know a range of examples of our emotional needs and can explain why they are important. • I know why these qualities are important. • I know a few examples of how to stand up for myself (be assertive) and can say when I might need to use assertiveness skills. 	<p>Year 5 Valuing Difference</p> <ul style="list-style-type: none"> • I know examples of different faiths and cultures. • I know positive things about having these differences. • I know how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this. 	<p>Year 5 Keeping Safe</p> <ul style="list-style-type: none"> • I know examples of things that might influence a person to take risks online. • I know that I have a choice. • I know the percentage of people aged 11-15 years old that smoke in the UK (3%) • I know reasons why some people think it's a lot more than this. 	<p>Year 5 Rights and Respect</p> <ul style="list-style-type: none"> • I know examples of some of the rights and respect of others' rights I have as I grow older, at home and school. I know real examples of each that relate to me. • I know a few different examples of things that I can take ownership of to keep myself healthy. • I know that local councils have to make decisions about how money is spent on things we need in the community. I know examples of some of the things they have to allocate money for. 	<p>Year 5 Being my Best</p> <ul style="list-style-type: none"> • I know an example of when I have had increased independence and how that has also helped me to show that I can take ownership of something. • I know several qualities that make people attractive that are nothing to do with how they look, but about how they behave. 	<p>Year 5 Growing and Changing</p> <ul style="list-style-type: none"> • I know what resilience is and how it can be developed. • I know ways that I can prepare for changes • I know when I need help and can identify trusted adults in my life who can help me.
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Cycle B	Autumn		Spring		Summer	
Hodder Year 1/2	<p style="text-align: center;">Year 2</p> <p style="text-align: center;">Me and My Relationships</p> <ul style="list-style-type: none"> I know some ways that I can get help, if I am being bullied and what I can do if someone teases me. I know some rules that will help to keep us happy and friendly. I know about our classroom rules which we have made together. I know what makes a good friend and know how to be a good friend. I know some ways to express my feelings in a safe, controlled way. 	<p style="text-align: center;">Year 2</p> <p style="text-align: center;">Valuing Difference</p> <ul style="list-style-type: none"> I know how I could help myself if I was being left out. I know a few examples of good listening skills and I know why listening skills help you to understand a different point of view. 	<p style="text-align: center;">Year 2</p> <p style="text-align: center;">Keeping Safe</p> <ul style="list-style-type: none"> I know some examples of safe and unsafe secrets. I know safe people who can help if something feels wrong. I know examples of touches that are ok or not ok (even if they haven't happened to me) I know a safe person to tell if I felt 'not OK' about something. I know that there can be helpful or harmful medicines, and know some examples of how they can be used safely. 	<p style="text-align: center;">Year 2</p> <p style="text-align: center;">Rights and Respects</p> <ul style="list-style-type: none"> I know examples of things that help me to be settled and calm in the classroom. I know when I've used some of these to help me when I am not settled. 	<p style="text-align: center;">Year 2</p> <p style="text-align: center;">Being my Best</p> <ul style="list-style-type: none"> I know different parts of my body that are <i>inside</i> me and help to turn food into energy. I know what I need to get energy. I know how to explain how setting a goal or goals will help me to achieve what I want to be able to do. 	<p style="text-align: center;">Year 2</p> <p style="text-align: center;">Growing and Changing</p> <ul style="list-style-type: none"> I know some things that help us grow. I know people who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger. I know examples of how it feels when you have to say goodbye to someone or something I know how to give feedback to someone.
Ribble Year Y3/4	<p style="text-align: center;">Year 4</p> <p style="text-align: center;">Me and My Relationships</p> <ul style="list-style-type: none"> I know a lot of examples of how I can tell a person is feeling worried just by their body language. I know what I could do if someone was upsetting me or if I was being bullied. I know what being 'assertive' means and can give a few examples of ways of being assertive. 	<p style="text-align: center;">Year 4</p> <p style="text-align: center;">Valuing Difference</p> <ul style="list-style-type: none"> I know a lot of ways that people are different, including religious or cultural differences. I know why it's important to challenge stereotypes that might be applied to me or others. 	<p style="text-align: center;">Year 4</p> <p style="text-align: center;">Keeping Safe</p> <ul style="list-style-type: none"> I know examples of people or things that might influence someone to take risks. I know that people have choices about whether they take risks. I know a few of the risks of smoking or drinking alcohol on a person's body and can give reasons for why most people choose not to smoke, or drink too much alcohol. I know examples of positive and negative influences, including things that could 	<p style="text-align: center;">Year 4</p> <p style="text-align: center;">Rights and Respects</p> <ul style="list-style-type: none"> I know how as a 'bystander' I can have a positive effect on negative behaviour they witness by working together to stop or change that behaviour. I know that things I see on TV, in newspapers or their websites might not give all the facts or might be biased. I know how these reports (TV, newspapers or their websites) can give messages that might influence how people think about things and why this might be a problem. 	<p style="text-align: center;">Year 4</p> <p style="text-align: center;">Being my Best</p> <ul style="list-style-type: none"> I know a few examples of different things that I do that help to keep me healthy. I know different examples of some of the things that I do to help look after my environment. 	<p style="text-align: center;">Year 4</p> <p style="text-align: center;">Growing and Changing</p> <ul style="list-style-type: none"> I know some parts of the body that only boys have and only girls have. I know some of the difficult feelings someone might have as they go through puberty. I know some of the reasons why a teenager might have difficult feelings I know why people get married.

			influence me when I am making decisions.	<ul style="list-style-type: none"> I know examples these decisions and how they might relate to me. 		
Wyre Year 5/6	<p>Year 6 Me and My Relationships</p> <ul style="list-style-type: none"> I know what bystander behaviour is by giving examples of what bystanders do when someone is being bullied. I know examples of negotiation and compromise. I know what inappropriate touch is and give examples. 	<p>Year 6 Valuing Difference</p> <ul style="list-style-type: none"> I know and can give reasons why some people show prejudiced behaviour and sometimes bully for this reason. I know the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations. 	<p>Year 6 Keeping Safe</p> <ul style="list-style-type: none"> I know why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met. I know some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this. I know why some people believe that more young people drink alcohol than actually do (misperceive the norm). 	<p>Year 6 Rights and Respect</p> <ul style="list-style-type: none"> I know how people's social media profiles often give a biased view of them. I know why people might do this (why they are showing certain aspects of themselves) and how social media can affect how some people feel about themselves I know what 'environmentally sustainable' living means and give an example of how we can live in a more 'sustainable' way. I know the advantages and disadvantages of different ways of saving money. 	<p>Year 6 Being my Best</p> <ul style="list-style-type: none"> I know how I can overcome problems and challenges on the way to achieving my goals. I know examples of an emotional risk and a physical risk. I know an example of a secret that should be shared with a trusted adult. 	<p>Year 6 Growing and Changing</p> <ul style="list-style-type: none"> I know some emotional changes associated with 'puberty' and how people may feel when their bodies change. I know examples of other ways in which the way some people feel about themselves can be affected.