

# Key stage 1 and 2 PSHE Curriculum

Year	Autumn	Spring	Summer
1	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>Being part of a class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning the Learning Charter</li> </ul> <p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> <li>Similarities and differences</li> <li>Understanding bullying and knowing how to deal with it</li> <li>Making new friends</li> <li>Celebrating the differences in everyone</li> </ul>	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> <li>Setting goals</li> <li>Identifying successes and achievements</li> <li>Learning styles</li> <li>Working well and celebrating achievement with a partner</li> <li>Tackling new challenges</li> <li>Identifying and overcoming obstacles</li> <li>Feelings of success</li> </ul> <p><u>Healthy Me</u></p> <ul style="list-style-type: none"> <li>Keeping myself healthy and healthier lifestyle choices</li> <li>Keeping clean</li> <li>Medicine safety/safety with household items</li> <li>Road safety</li> <li>Knowing what money is and choices we have over spending</li> <li>Linking health and happiness</li> </ul>	<p><u>Relationships</u></p> <ul style="list-style-type: none"> <li>Belonging to a family</li> <li>Making friends/being a good friend</li> <li>Physical contact preferences</li> <li>People who help us</li> <li>Qualities as a friend and person</li> <li>Self-acknowledgement</li> <li>Being a good friend to myself</li> <li>Celebrating special relationships</li> </ul> <p><u>Changing Me</u></p> <ul style="list-style-type: none"> <li>Life cycles – animal and human</li> <li>Changes in me</li> <li>Changes since being a baby</li> <li>Differences between female and male bodies (correct terminology)</li> <li>Linking growing and learning</li> <li>Coping with change</li> <li>Transition</li> </ul>
2	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> <li>Hopes and fears for the year</li> <li>Rights and responsibilities linked to the Oakridge Way</li> <li>Rewards and consequences</li> <li>Safe and fair learning environment</li> <li>Valuing contributions Choices</li> <li>Recognising feelings</li> </ul>	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> <li>Achieving realistic goals</li> <li>Perseverance</li> <li>Learning strengths</li> <li>Learning with others</li> <li>Group co-operation</li> <li>Contributing to and sharing success</li> </ul>	<p><u>Relationships</u></p> <ul style="list-style-type: none"> <li>Different types of family</li> <li>Physical contact boundaries</li> <li>Friendship and conflict</li> <li>Secrets</li> <li>Trust and appreciation</li> <li>Expressing appreciation for special relationships</li> </ul>

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	<p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> <li>Assumptions and stereotypes about gender</li> <li>Understanding bullying</li> <li>Standing up for self and others</li> <li>Making new friends</li> <li>Gender diversity</li> <li>Celebrating difference and remaining friends</li> </ul>	<p><u>Healthy Me</u></p> <ul style="list-style-type: none"> <li>Motivation</li> <li>Healthier choices</li> <li>Relaxation</li> <li>The Difference between needs and wants</li> <li>Knowing that money needs to be looked after</li> </ul>	<p><u>Changing Me</u></p> <ul style="list-style-type: none"> <li>Increasing independence</li> <li>Differences in female and male bodies (correct terminology)</li> <li>Assertiveness</li> <li>Preparing for transition</li> </ul>
3	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> <li>Setting personal goals</li> <li>Self-identity and worth</li> <li>Positivity in challenges</li> <li>Rules, rights and responsibilities</li> <li>Rewards and consequences</li> <li>Responsible choices</li> <li>Seeing things from others' perspectives</li> </ul> <p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> <li>Families and their differences</li> <li>Family conflict and how to manage it (child-centred)</li> <li>Witnessing bullying and how to solve it</li> <li>Recognising how words can be hurtful</li> <li>Giving and receiving compliments</li> </ul>	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> <li>Difficult challenges and achieving success</li> <li>New challenges</li> <li>Motivation and enthusiasm</li> <li>Recognising and trying to overcome obstacles</li> <li>Evaluating learning processes</li> <li>Managing feelings</li> <li>Simple budgeting</li> </ul> <p><u>Healthy Me</u></p> <ul style="list-style-type: none"> <li>Exercise Fitness challenges</li> <li>Food labelling and healthy swaps</li> <li>Attitudes towards drugs</li> <li>Respect for myself and others</li> <li>Healthy and safe choices</li> </ul>	<p><u>Relationships</u></p> <ul style="list-style-type: none"> <li>Friendship and negotiation</li> <li>Keeping safe online and who to go to for help</li> <li>Being a global citizen Being aware of how my choices affect others</li> <li>Awareness of how other children have different lives</li> <li>Expressing appreciation for family and friend</li> <li>Different ways to pay for things and choices</li> </ul> <p><u>Changing Me</u></p> <ul style="list-style-type: none"> <li>Family roles and responsibilities</li> <li>Family stereotypes</li> <li>Preparing for transition</li> </ul>
4	<p><u>Being me in my world</u></p> <ul style="list-style-type: none"> <li>Being part of a class team</li> <li>Being a school citizen Rights, responsibilities and democracy</li> <li>Rewards and consequences</li> <li>Group decision-making</li> </ul>	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> <li>Hopes and dreams</li> <li>Overcoming disappointment</li> <li>Creating new, realistic dreams</li> <li>Achieving goals</li> <li>Working in a group</li> </ul>	<p><u>Relationships</u></p> <ul style="list-style-type: none"> <li>Healthier friendships</li> <li>Group dynamics</li> <li>Jealousy</li> <li>Love and loss with memories of loved ones</li> <li>Getting on and Falling Out</li> </ul>

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	<p>Having a voice What motivates behaviour</p> <p><u>Celebrating difference</u></p> <p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Celebrating contributions Resilience Positive attitudes</p> <p><u>Healthy Me</u></p> <p>Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Attitudes to spending and saving money Value for money</p>	<p>Showing appreciation to people and animals</p> <p><u>Changing Me</u></p> <p>Being unique Confidence in change Accepting change Preparing for transition Environmental change</p>
5	<p><u>Being me in my world</u></p> <p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p> <p><u>Celebrating difference</u></p> <p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures</p>	<p><u>Dreams and Goals</u></p> <p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p> <p><u>Healthy Me</u></p> <p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices</p>	<p><u>Growing up: Part one</u></p> <p>Body parts – male and female Periods Boys – What happens to boys during puberty? Girls – What happens to girls during puberty? Increasing responsibility with money and understanding the risks associated with money</p> <p><u>Relationships</u></p> <p>Self-recognition and self-worth Building self-esteem Online safety via Computing learning</p>

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		Motivation and behaviour	
6	<p><u>Being me in my world</u></p> <p>Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p> <p><u>Celebrating difference</u></p> <p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p><u>Dreams and Goals</u></p> <p>Emotions in success and learning to 'fail well' Making a difference in the world Motivation Recognising achievements Compliments</p> <p><u>Healthy Me</u></p> <p>Taking personal responsibility Exploitation, including 'county lines' and gang culture Emotional and mental health and sources of support Managing stress Risks associated with gambling</p>	<p><u>Growing up: Part two</u></p> <p>Recap Year 5 learning Conception Consent Pregnancy</p> <p><u>Relationships</u></p> <p>Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>