Hilton Lane Primary School
PSHE Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
National Curriculum						
Being Me in My World	Know how it feels to be special and safe. Understand the rights and responsibilities as a member of my class. Know their views are valued and can contribute to the class. Recognise the choices they make and understand the consequences. Understand rights and responsibilities.	Identify hopes and fears for the year ahead. Understand the rights and responsibilities of class members. Understand the importance of making school contributions. Know that it is important to listen to other people and contribute their ideas about rewards and consequences. Understand that following school rules will help them and others learn. Know that positive choices impact positively on self-learning and the learning of others.	Recognise their worth and can identify positive things about themselves and their achievements. Know what a personal goal is and how to set a goal. Know why rules are needed and how these relate to rights and responsibilities. Know that actions can affect others' feelings. Know that others may hold different views. Understand their actions affect others.	Know how individual attitudes and actions make a difference to a class. Know about different roles in the school community. Know their place in the school community. Know what democracy is. Know that their own actions affect themselves and others. Know how groups work together to reach a consensus. Know that having a voice and democracy benefits the school community.	Know how to face challenges positively and understand how to set personal goals. Understand the rights and responsibilities associated with being a citizen in the wider community and their country. Make choices about their own behaviour because they understand how rewards and consequences feel. Know how an individual's behaviour can affect a group and the consequences of this. Understand how democracy and having a voice benefits the school community. Understand how to contribute towards the democratic process.	Know how to set goals for the year ahead and understand what fears and worries are and how to express them. Know about the children's universal rights (United Nations Convention on the Rights of the Child) but for many children these rights are not met. Know about the lives of children in other parts of the world. Understand that their actions affect other people locally and globally. Understand that they can make choices about their behaviour, how rewards and consequences feel and understand how these relate to rights and responsibilities. Understand how an individual's behaviour can impact on a group. Understand how democracy and having a voice benefits the school community.
Sticky vocab	Safe, belonging, proud, consequences	Worries, hopes, fears, co-operate	Valued, achievement, goal, acknowledge, solution	Included, excluded, democracy, authority	Obstacles, collaboration, illegal	Empathise, rights
Celebrating Difference	Identify similarities and differences between people in their class. Know what is meant by the term 'bullying'	Know that there are stereotypes about boys and girls. Know that it is ok not to conform to gender stereotypes. Understand that bullying is sometimes about difference.	Know why families are important. Know that everybody's family is different.	Know that sometimes people make assumptions about a person because of the way they look or act.	Know what culture means and that differences in culture can sometimes be a source of conflict. Know what racism is and why it is unacceptable.	Know that there are different perceptions of 'being normal' and where these might come from. Know that being different could affect someone's life.

	Know who they could talk to if they were feeling unhappy or being bullied. *Know how to make new friends.* *Know some of the ways they are different to their friends.*	*Recognise what is right and wrong and know how to look after themselves.* *Understand that it is ok to be different from other people and to be friends with them.* *Identify some ways that they are different from their friends.*	*Know that sometimes family members don't get along for some reasons for this.* *Know that conflict is a normal part of relationships.* *Know what it means to be a witness to bullying and that a witness can make a situation worse or better by what they do.* *Know that some words are used in hurtful ways and that this can have consequences.*	*Know there are influences that can affect how we judge a person or situation.* *Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying.* *Know what to do if they think bullying is, or might be taking place.* *Know the reasons why witnesses sometimes join in with bullying and don't tell anyone.* *Identify what is special about themselves and value the ways in which they are unique.* *Know that first impressions can change.*	*Know that rumour spreading and name-calling is a form of bullying on and offline.* *Know external forms of support regarding bullying e.g. Childline.* *Know that bullying can be direct and indirect.* *Compare their life with people in the developing world.* *Understand a culture different to their own.*	*Explain some of the ways in which one person or a group can have power over another.* *Know some of the reasons why people use bullying behaviours.* *Give examples of people with disabilities who lead amazing lives.* *Explain ways in which difference can be a source of conflict and a source of conflict and a cause for celebration.*
Sticky Vocab	*Similarity, difference, bullying, deliberate, unique*	*Assumptions, stereotypes, purpose, bystander*	*Resolve, witness, hurtful, tale, compliment*	*Character, influence, impression*	*Culture, direct, indirect, homophobic, racist,*	*Admiration, imbalance, harassment*
Dreams and Goals	*Know how to set simple goals and how to achieve a goal.* *Know how to work well with a partner.* *Know that tackling a challenge can stretch their learning.* *Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them.* *Know when a goal has been achieved.*	*Know how to choose a realistic goal and think about how to achieve it.* *Know that it is important to persevere, even when they find tasks difficult.* *Recognise who they work well with and who it is more difficult for them to work with.* *Know how to recognise what working well together looks like.* *Know what good group working looks like.* *Know how to share success with other people.*	*Know about specific people who have overcome difficult challenges to achieve success.* *Know what dreams and ambitions are important to them.* *Know how they can best overcome learning challenges.* *Know that they are responsible for their own learning.* *Know what their own strengths are as a learner.* *Know what an obstacle is and how they can hinder achievement.*	*Know what their own hopes and dreams are.* *Know that hopes and dreams don't always come true.* *Know that reflecting on positive and happy experiences can help them to counteract disappointment.* *Know how to make a new plan and set new goals even if they have been disappointed.* *Know how to work out the steps they need to take to achieve a goal.*	*Know that they will need money to help them to achieve some of their dreams.* *Know about a range of jobs that are carried out by people I know.* *Know that different jobs pay more money than others.* *Know the types of jobs they might like to do when they are older.* *Know that young people from different cultures may have different dreams and goals.*	*Know their own learning strengths.* *Know how to set realistic and challenging goals for themselves.* *Know what the learning steps are they need to take to achieve their goal.* *Understand how to motivate themselves to work on achieving their goals.* *Know a variety of problems that the world is facing.* *Know how to work with other people to make the world a better place.*

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			Know how to take steps to overcome obstacles. Know how to evaluate their own learning progress and identify how it can be better next time.	Know how to work as part of a successful group. Identify the contributions made by themselves and others to the group's achievement.	Know that communicating with someone from a different culture means that they can learn from them and vice versa. Know ways that they can support young people in their own culture and abroad.	Know some ways in which they could work with others to make the world a better place. Know what their classmates like and admire about them and accept their praise.
Sticky Vocab	Obstacle, overcome, challenge, achieve	Realistic, success, persevere	Aspirations, cooperation, strengths	Resilience, motivation, commitment	Profession, contribution, society	Global issue, suffering, concern, hardship
Healthy Me	Know the difference between being healthy and unhealthy. Know some ways to keep healthy. Know how to make healthy lifestyle choices. Know how to keep themselves clean and healthy. Know that germs cause disease / illness. Know that all household products, including medicines, can be harmful if not used properly. Know that medicines can help them if they feel poorly. Know how to keep safe when crossing the road. Know about people who can keep them safe.	Know what their body needs to stay healthy. Know what relaxed means and what makes them feel relaxed / stressed. Know how medicines work in their bodies. Know that it is important to use medicines safely. Understand which food their bodies need every day to keep them healthy. Know how to make some healthy snacks. Know why healthy snacks are good for their bodies. Know which foods give their body energy.	Understand how exercise affects their bodies and know why their hearts and lungs are such important organs. Know that the amount of calories, fat and sugar that they put into their bodies will affect their health. Know that there are different types of drugs. Know that there are things, places and people that can be dangerous. Know a range of strategies to keep themselves safe, who to go to for help and how to call the emergency services. Know when something feels safe or unsafe. Know that their bodies are complex and need taking care of.	Recognise how different friendship groups are formed and how they fit into them. Know which friends they value most. Know that there are leaders and followers in groups. Know that they can take on difference roles according to the situation. Know the facts about smoking and its effects on health. Know some of the reasons some people start to smoke. Know the facts about alcohol and its effects on health, particularly the liver. Know some of the reasons some people drink alcohol. Know ways to resist when people are putting pressure on them. Know what they think is right and wrong.	Know the health risks of smoking and how smoking tobacco affects the lungs, liver and heart. Know some of the risks linked to misusing alcohol, including antisocial behaviour, and how it affects the liver and heart. Know basic emergency procedures including the recovery position. Know how to get help in emergency situations. Know that the media, social media and celebrity culture promotes certain body types. Understand and describe the different attitudes people have to food and how these can be affected by external influences. Know what makes a healthy lifestyle including healthy eating.	Know how to take responsibility for their own health. Know how to make choices that benefit their own health and well-being. Know about different types of drugs and their uses. Know how these different types of drugs can affect people's bodies, especially their liver and heart. Know that some people can be exploited and made to do things that are against the law. Know why some people join gangs and the risk that this involves. Know what it means to be emotionally well. Explore people's attitudes towards mental health an illness. Recognise stress and the triggers that cause this Understand how stress can cause drug and alcohol misuse.
Sticky Vocab	Healthy, balanced, hygiene	Motivation, relaxation, nutritious	Advice, harmful, risk	Assertive, pressure, guilt	Informed decision, pressure, media influence, altered	Vulnerable, exploited, reputation

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Relationships	*Identify the members of their family and understand there are different types of families.* *Identify what being a good friend means to them.* *Know appropriate ways of physcial contact to greet friends and know which they prefer.* *Know who can help them in their school community.* *Recognise qualities as a person and a friend.* *Know why they appreciate someone who is special to them.*	*Identify different family members.* *Understand their relationship with different family members and know why it is important to share and cooperate.* *Know that there are lots of forms of physical contact within a family.* *Know that some physical contact is acceptable, and some is not.* *Know some reasons why friends have conflicts.* *Know there are good secrets and worry secrets and why it is important to share worry secrets.* *Recognise and appreciate people who can help them in their family, school and community.* *Know how to express appreciation for the people in their special relationships.*	*Know that different family members carry out different roles or have different responsibilities within the family.* *Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc.* *Know some of the skills of friendship, e.g. taking turns, being a good listener.* *Know some strategies for keeping themselves safe online.* *Know how some of the actions and work of people around the world help and influence my life.* *Know that they and all children have rights (UNCRC).* *Know the lives of children around the world can be different from their own.* *Know how to express their appreciation for their friends and family.*	*Recognise situations which can cause jealousy in relationships.* *Know that jealousy can be damaging to relationships.* *Identify someone they love and express why they are special.* *Know that loss is a normal part of relationships.* *Recognise how friendships change, know how to make new friends and how to manage change during fall outs.* *Understand what having a boyfriend / girlfriend might mean and that it is a special relationship for when I am older.* *Know how to show love and appreciation to the people and animals who are special to them.*	*Understand who they are as a person and have an accurate picture of themselves in terms of their characteristics and personal qualities.* *Understand that belonging to an online community can have positive and negative consequences.* *Understand there are rights and responsibilities in an online community or social network.* *Know there are rights and responsibilities when playing a game online.* *Recognise where they are spending too much time using devices (screen time).* *Explain how to stay safe when using technology to communicate with their friends.*	*Know that it is important to take care of their own mental health.* *Know ways that they can take care of their own mental health.* *Understand that there are different types of grief and that there are different types of loss that cause people to grieve.* *Recognise when people are trying to gain power or control.* *Identify whether something online is safe and helpful for them.* *Know how to use technology safely and positively to communicate with their friends and family.*
Sticky Vocab	*Belong, qualities, community, proud*	*Communication, acceptable, good secret, frightened*	*Inequality, justice, equality, deprivation, hardship, appreciation*	*Jealousy, empathy, betrayal, amicable*	*Qualities, characteristics, comparison*	*Ashamed, stigma, influences*
Changing Me	*Begin to understand the life cycles of animals and humans.* *Describe some things about themselves that have changed and some things that have stayed the same.*	*Know that life cycles exist in nature.* *Know that aging is a natural process including old-age.* *Know how their bodies have changed from when they were a baby and that they will continue to change as they age.*	*Know that in animals and humans lots of changes happen between birth and growing up.* *Know that in nature it is usually the female who carries the baby.* *Know that babies need love and care from their parents.*	*Understand that some of their personal characteristics have come from their birth parents.* *Know the correct names for external parts of the body.* *Understand what responsibilities there are in*	*Show they understand their own self-image and how their body image fits into that.* *Understand the importance of looking after themselves physically and emotionally.* *Describe how boys' and girls' bodies change during puberty.*	*Recognise their own self-image and how their body image fits into that.* *Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.*

	Describe how their body has changed since they were a baby. *Identify parts of the body that make boys different to girls and use the correct names for them.* *Understand that every time they learn something new, they change a little bit.* *Identify some of the changes that have happened in their life.*	*Recognise the physical differences between boys and girls and use the correct names for parts of the body.* *Know that some parts of their bodies are private.* *Understand there are different types of touch and can tell others which ones they don't like.*	*Know some of the changes that happen between being a baby and a child.* *Identify how their bodies change on the inside.* *Identify what they are looking forward to when they move to their next class.*	*parenthood and the joy it can bring.* *Consider what has influenced their life and what might influence the lives of other people.* *Know that personal hygiene is important during puberty and as an adult.* *Know how the circle of change works and can apply it to changes I want to make in my life.* *Know that change is a normal part of life and that some cannot be controlled and has to be accepted.* *Know that change can bring about a range of different emotions.* *Identify what they are looking forward to when they move to a new class.*	*Identify what they are looking forward to about becoming a teenager and understand that this brings growing responsibilities (age of consent).* *Identify what they are looking forward to when they move to their next class.*	*Know how a baby develops from conception through the nine months of pregnancy and how it is born.* *Know how being physically attracted to someone changes the nature of the relationship.* *Know how to maintain positive relationships with others whilst still keeping their own identity.* *Know the importance of positive self-esteem and what they can do to develop it.* *Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class.*
Sticky Vocab	*Mature, male, female, vagina, penis*	*Independent, timeline, public, private*	*Nutrients, survive, affection*	*Personal, control, acceptance*	*Body-image, self-image, perception, self-esteem*	*Opportunities, independence, transition*