

PSHE Long term Curriculum coverage Overview all year groups
Curriculum

Year 3	Year 4	Year 5	Year 6
<p>TEAM (Relationships)</p> <ul style="list-style-type: none"> I can talk about changes and how they might make me feel. I can explain how and why we should work well as a team. I can describe how my actions and behaviour affect my team. I can pay attention to and respond considerately to others. I can describe why disputes might happen and strategies to resolve them. I can talk about my responsibilities towards my team. 	<p>VIPs (Relationships)</p> <ul style="list-style-type: none"> I can explain the importance of respecting my VIPs. I can explain how to make and keep fabulous friends. I can identify my own support network. I can demonstrate strategies for resolving conflicts. I can identify what bullying is. I know what to do if someone is being bullied. 	<p>TEAM (relationships)</p> <ul style="list-style-type: none"> I can talk about the attributes of a good team. I can accept that people have different opinions and know that I can politely disagree with others and offer my own opinion. I can compromise and collaborate to ensure a task is completed. I can reflect on the need to care for individuals within a team. I can identify hurtful behaviour and suggest ways I can help. I can understand the importance of shared responsibilities in helping a team to function successfully 	<p>VIPs (Relationships)</p> <ul style="list-style-type: none"> I can explain how VIPs who love and care for each other should treat each other. I can identify different ways to calm down when I am feeling angry or upset. I understand that people have different opinions that should be respected. I can identify negative influences on my behaviour and suggest ways that I can resist these influences. I can explain when it is right to keep a secret, when it is not and who to talk to about this. I can recognise healthy and unhealthy relationships.
<p>Be yourself (Relationships)</p> <ul style="list-style-type: none"> I can say the things about myself that I am proud of. I can identify the feelings I have and describe how different emotions feel. I can describe different ways to cope with any uncomfortable feelings I may have and understand why this is important. I know how to be assertive. I can explore messages given by the media and decide if they are helpful or harmful. I can identify different strategies I can use if I make a mistake. 	<p>Digital wellbeing (Relationships)</p> <ul style="list-style-type: none"> I can identify the positives and negatives of being online. I can be kind online and I can help make the Internet a safer place. I know how to stay safe when communicating online and what to do if I don't feel safe. I can decide how reliable online information is and know how to share information responsibly online. I can identify things we shouldn't share online and give reasons why we shouldn't share them. I understand how technology can affect our wellbeing in different ways. 	<p>Be yourself (Relationships)</p> <ul style="list-style-type: none"> I can explain why everyone is unique and understand why this should be celebrated and respected. I can explain why I should share my own thoughts and feelings and I know how to do this. I can explore uncomfortable feelings and understand how to manage them. I can understand why we sometimes feel shy or nervous and know how to manage these feelings. I can identify when I might have to make different choices from those around me. I can explore how it feels to make a mistake and describe how I can make amends. 	<p>Digital wellbeing (Relationships)</p> <ul style="list-style-type: none"> I can identify the benefits of the Internet and know how to look after my digital wellbeing. I know how to stay safe, healthy and happy online and when I use digital technology I know how to develop safe, respectful and healthy online relationships and can recognise the signs of inappropriate and harmful online relationships. I know how to use social media responsibly to protect the health, wellbeing and rights of all. I know what online bullying is and what to do if I see or experience it to help make it stop. I understand not all information online is true and know how to assess the reliability of both text and images.
<p>Think positive (Health and well being)</p> <ul style="list-style-type: none"> I understand that having a positive attitude is good for our mental health. I can recognise and manage positive and negative thoughts effectively. I understand that some changes can be difficult but that there are things we can do to cope. I can use mindfulness techniques to keep calm. I can identify uncomfortable emotions and manage them effectively. I can apply a positive attitude towards learning and take on new challenges. 	<p>Safety first(Health and well being)</p> <ul style="list-style-type: none"> I can be responsible for making good choices to stay safe and healthy. I can identify a risky situation and act responsibly. I understand that I can choose not to do something that makes me feel uncomfortable. I know how to stay safe when out and about. I know about dangerous substances and how they affect the human body. I know how to respond in emergency situations. 	<p>Think positive (Health and well being)</p> <ul style="list-style-type: none"> I understand the link between thoughts, feelings and behaviours. I understand the concept and impact of positive thinking. I can recognise and manage uncomfortable feelings. I understand the importance of making good choices. I can use mindfulness techniques in my everyday life. I can apply a growth mindset in my everyday life. 	<p>Safety first (Health and well being)</p> <ul style="list-style-type: none"> I can take responsibility for my own safety I can assess and manage risks in different situations. I can confidently identify and manage pressure to get involved in risky situations. I can act sensibly and responsibly in an emergency. I can identify hazards and reduce risks to keep myself and others safe at home. I know how to stay safe in different outdoor environments.

<p><u>Its my body (Health and well being)</u></p> <ul style="list-style-type: none"> I can choose what happens to my body and I can get help with any concerns. I know how to keep my body healthy. I know why it is important to get enough sleep. I understand the importance of hygiene and what to do if I feel unwell. I know how to take medicine safely and keep safe around drugs. I know how to make better choices and choose healthy habits. 	<p><u>Growing up (Health and wellbeing)</u></p> <ul style="list-style-type: none"> I can describe male and female body parts and explain what these are for. I can describe how boys' bodies will change as they go through puberty. I can describe how girls' bodies will change as they go through puberty. I can describe the feelings that some people experience as they grow up. I understand that there are many different types of relationships and families. I can describe how babies are made and how they are born. 	<p><u>Its my body (Health and well being)</u></p> <ul style="list-style-type: none"> I know that my body belongs to me and that I have control over what happens to it. I understand why getting enough exercise and enough sleep is important. I understand how to take care of my body I understand the harmful effects of using drugs, including alcohol and tobacco. I understand what a positive body image is. I can make informed choices in order to look after my physical and mental health. 	<p><u>Growing up (Health and well being)</u></p> <ul style="list-style-type: none"> I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies. I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings. I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body I understand what a loving relationship is and that there are many types of relationships. I understand what a sexual relationship is and who can have a sexual relationship. I can describe the process of human reproduction, from conception to birth.
<p><u>Diverse Britain (living in the wide world)</u></p> <ul style="list-style-type: none"> I can describe what it is like to live in the British Isles. I can talk about what democracy is and understand why it is important. I can talk about what rules and laws are and identify how they help us. I can talk about what liberty means and I can identify the rights of British people. I can describe a diverse society and talk about why it is important. I can explain what being British means to me and to others. 	<p><u>One world (Living in the wider world)</u></p> <ul style="list-style-type: none"> I can discuss ways in which people's lives are similar and different and give reasons for these differences. I can explore differences of opinion and identify if I feel these are fair. I can think about the lives of people living in other places, make considered decisions and give reasons for my opinions. I can recognise how my actions impact on people living in different countries and can identify things I can do to make the world a fairer place. I can explain what climate change is and how it affects people's lives as well as identify what I can do to help. I can identify different organisations that help people in different countries who are in challenging situations and can explain how they do this. 	<p><u>Diverse Britain (living in the wider world)</u></p> <ul style="list-style-type: none"> I can talk about the range of faiths and ethnicities in our nation and identify ways of showing respect to all people. I can explain what a community is and what it means to belong to one. I can explain why and how laws are made and identify what might happen if laws are broken. I can discuss the terms democracy and human rights in relation to local government. I can discuss the terms democracy and human rights in relation to national government. I can investigate what charities and voluntary groups do and how they support the community. 	<p><u>One world (Living in the wider world)</u></p> <ul style="list-style-type: none"> I can talk about and understand how we can be responsible global citizens. I can describe what global warming is and what we can do to help prevent it from getting worse. I can explain how our energy use can harm the environment and describe what we can do to help. I can describe how we can use water responsibly and understand the importance of doing this. I can understand what biodiversity is and explain the importance of doing all we can to encourage it. I can make choices which make the world a better place and that help people across the world.
<p><u>Aiming high (Living in the wider world)</u></p> <ul style="list-style-type: none"> I can identify achievements and suggest how my actions can help me to achieve I can identify personal goals and suggest actions that I can take to achieve them. I can explain how a positive learning attitude can help me to learn new things I can identify the skills and attributes needed to do certain jobs. I understand that we should all have equal opportunities to follow our career ambitions. I can discuss what job I might like to do when I grow up and what skills I will need to achieve this 	<p><u>Money matters (Living in the wider world)</u></p> <ul style="list-style-type: none"> I can explain what skills are needed for a range of jobs and why people go to work. I can explain the different ways people pay for things. I can discuss financial risk and borrowing and explain some consequences of this. I understand the different decisions people have to make about how to spend their money. I can explain how adverts try to influence our spending and why they do this. I can explain ways I can keep track of what I spend and why it is important to do this. 	<p><u>Aiming high (Living in the wider world)</u></p> <ul style="list-style-type: none"> I can understand how people learn new things and achieve certain goals. I can understand that a helpful attitude towards learning can help us succeed in life. I can identify opportunities that may become available to me in the future and I am aware of how to make the most of them. I can understand that gender, race and social class do not determine what jobs people can do. I can understand there are a variety of routes into different jobs which may match my skills and interests. I can discuss my goals for the future and the steps I need to take to achieve them. 	<p><u>Money matters (Living in the wider world)</u></p> <ul style="list-style-type: none"> I can explain some financial risks and discuss how to avoid them. I understand how retailers try to influence our spending I can discuss the spending decisions people have to make. I can explain why budgeting can be helpful and how a budget can be made. I can discuss the impact money can have on people's emotional wellbeing. I can explain the impact spending has on our environment.