



PSHE

Whole School Curriculum

CARE **ACHIEVE** **BELIEVE**





PSHE Curriculum Rationale



CARE **ACHIEVE** **BELIEVE**

To provide an ambitious, comprehensive, relevant, purposeful and inclusive PSHE curriculum that provides our children with the body of knowledge and skills to have an exceptional character and lead a remarkable life. "We teach PSHE as part of our curriculum, which stands for 'Personal, Social, Emotional and Economic Education.' It is underpinned by British Values and promotes pupils' spiritual, moral and cultural development. The new 'Relationships, Sex and Health Education' (2020) curriculum is now statutory.

At Peover Superior Primary School the intent of our PSHE Curriculum is to deliver a programme of study which is accessible to all and that will maximise the outcomes for every child so that they know more, understand more and remember more over time. Our curriculum is designed around three core PSHE themes:

- **Living in the Wider World** - *Rights and Responsibilities and Money, Work and Aspirations*
- **Relationships** - *Online Safety, Families, Friendships and Safe Relationships, Valuing Difference.*
- **Health and Well-being** - *Healthy Lifestyles and Keeping Safe (drug and alcohol education), Growing and Changing (RSE)*



PSHE Curriculum Rationale



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Intent:

It is our intent that the Personal, Social, Health and Economics curriculum at Peover Superior Primary School should provide our pupils with the knowledge to make informed decisions about their wellbeing, health and relationships. We want them to develop resilience, build their self-efficacy and set goals for themselves which they can achieve and feel proud of. Through a holistic approach to self-awareness, children will learn how to recognise and express a range of emotions linked to various experiences and situations. They will know how to manage these emotions and learn about the importance of mental wellbeing, in the same way as physical health, diet, sleep and exercise. Moreover, they will learn about the importance of self-respect and how this links to their own happiness and wellbeing.

Implementation:

As pupils progress through each year, they will have the opportunity to explore the diversities in today's society, beginning with the school context and then exploring social and cultural differences in the wider environment. This will encourage our pupils to recognise and value differences in people and places, challenge stereotypes and respect others' feelings and opinions. Relationships and Sex Education forms an integral part of our PSHE curriculum to encourage children to develop healthy relationships, both online and face-to-face, and feel empowered to speak out if they are concerned about their own or others' safety. They will understand the concept of privacy; recognise that each person's body belongs to them, and the differences between appropriate, inappropriate or unsafe contact. During their time at Peover Superior, they will develop a clear understanding of the different types of bullying and abuse and know how to report concerns, having the vocabulary and confidence needed to do so. Through understanding more about the wider world, we aim to inform our pupils about their responsibility to take care of the environment and learn how to manage money effectively, including a basic understanding of business and enterprise. They will learn about their rights and responsibilities as members of families and as wider citizens, including the importance of human rights (and the Rights of the Child). Through the many school and charity events, they will learn what it means to be part of a community and the value of volunteering and contributions to society. The children will understand more about the rules and laws to keep people safe and discuss and debate topical issues such as Fairtrade and diversity.

Impact:

The lessons at Peover Superior are taught through creative and practical sessions which provide opportunities to bridge back and activate prior learning, open the platform for debate and discussion and develop children's vocabulary and confidence to share their thoughts, feelings or concerns in a safe environment. PSHE also forms an important part of school assemblies and collective worship where children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured. By the time our children leave Peover Superior Primary School, we want them to have developed a range of skills and strategies to live healthy, safe, fulfilling, responsible and balanced lives.



PSHE Curriculum

British Values



BRITISH VALUES

Everyone Has a Voice • Stay Safe and Fair • Be Yourself • Show Respect • Everyone Is Welcome

Everyone
Has a Voice.

Rules Help
Us Stay Safe
and Fair.

Be Yourself
and Make
Good Choices.

Treat Others
How You Want
to Be Treated.

Everyone
Is Welcome.

— PRIMARY SCHOOL —



Whole school PSHE overview

Cycle A



CARE **ACHIEVE** **BELIEVE**

	Ongoing Online Safety	Autumn Living in the wider world		Spring Relationships		Summer Health and Well-Being (sex, drug & alcohol education)	
	Digital Literacy and Safety (revisited termly)	Responsibilities (British Values) Autumn1	Aspirations Autumn 2	Friendships and Safe Relationships Spring 1	Difference (British Values) Spring 2	Lifestyles and Keeping Safe Summer 1	Changing Summer 2
EYFS	How can we stay safe?	What does it mean to 'belong'?	What is money?	What is a good friend?	What is a family?	What helps us stay healthy?	What are we good at?
KS1 Yr1/2	How can we stay safe online?	How can we look after each other and the world?	What can we do with money?	What is the same and different about us?	Who is special to us?	Who helps us keep safe?	What are our achievements?
LKS2 Yr3/4	How can we make informed choices when online?	What are our responsibilities and duties?	How can we look after our money?	How can we be a good friend?	What does it mean to be polite and respectful?	How can we stay mentally and emotionally healthy?	What skills, strengths and interests do we have?
UKS2 Yr5/6	How can we share data safely?	What are our shared responsibilities within our community?	What jobs would we like to have to help us earn money?	What is peer pressure?	What does it mean to have empathy?	How can we help in an accident or emergency?	How can drugs common to everyday life affect health?



Whole school PSHE overview

Cycle B



CARE **ACHIEVE** **BELIEVE**

	Ongoing <i>Online Safety</i>	Autumn <i>Living in the wider world</i>		Spring <i>Relationships</i>		Summer <i>Health and Well-Being (sex, drug & alcohol education)</i>	
	Digital Literacy and Safety (Revisited termly)	Responsibilities (British Values) Autumn1	Aspirations Autumn 2	Friendships and Safe Relationships Spring 1	Difference (British Values) Spring 2	Lifestyles and Keeping Safe Summer 1	Changing Summer 2
EYFS	How can we stay safe?	What does it mean to 'belong'?	What is money?	What is a good friend?	What is a family?	What helps us stay healthy?	What are we good at?
KS1 Yr1/2	How can we use the internet safely?	What makes a community?	What jobs do people do to earn money?	What makes a good friend?	What is bullying?	Why should we keep active and sleep well?	How do we recognise our feelings?
LKS2 Yr3/4	How does the media and online world differ from reality?	How can our choices make a difference to others and the environment?	What decisions can people make with money?	How can friends communicate safely?	How do we recognise our own and others feelings?	Why should we eat well and look after our teeth?	How will our bodies and emotions change as we get older?
UKS2 Yr5/6	How can the media influence people?	Why are rights, freedom and responsibilities important?	What are the key skills of entrepreneurs?	How do relationships change as we grow?	What is prejudice and discrimination?	How can we keep ourselves safe as we become more independent?	How can we keep healthy as we grow and change?



Curriculum Map

PSHE – Overview EYFS



Yearly Cycle

<u>Autumn 1</u> <u>Living in the Wider World</u> Rights and Responsibilities (British Values)	<u>Autumn 2</u> <u>Living in the Wider World</u> Money, Work and Aspirations	<u>Spring 1</u> <u>Relationships</u> Families, Friends and Safe Relationships	<u>Spring 2</u> <u>Relationships</u> Valuing Difference (British Values)	<u>Summer 1</u> <u>Health & Well-being</u> Lifestyles and Keeping Safe	<u>Summer 2</u> <u>Health & Well-being</u> Growing and Changing	<u>Online Safety</u> <u>Digital Literacy and Safety</u> (revisited termly)
<u>Composite</u> What does it mean to belong?	<u>Composite</u> What is money?	<u>Composite</u> What is a friend?	<u>Composite</u> What is a family?	<u>Composite</u> What helps us stay healthy?	<u>Composite</u> What are we good at?	<u>Composite</u> How can we stay safe?
<u>Components</u> - Know that they belong to a family, class and school. - Know that everyone is special and important. - Know that rules help us to stay safe. - Know how to share and take turns. - Know how to be kind and respectful to others.	<u>Components</u> - Know that we use money to buy things. - Know that we can spend or save money. - Know the difference between things we need and want. - Know that people work to earn money. - Know about different jobs and things they might like to do.	<u>Components</u> - Know what makes a good friend. - Know how to be kind, share and take turns. - Know how to listen and play nicely with others. - Know that friends can disagree and make up. - Know who they can ask for help when they are worried.	<u>Components</u> - Know that families can be different. - Know that people can be different. - Know that everyone is special. - Know how to include others in play. - Know how to be kind and respectful to everyone.	<u>Components</u> - Know that healthy food and drink help our bodies. - Know that exercise keeps us healthy. - Know that sleep and rest are important. - Know how to keep our bodies clean and healthy. - Know how to talk about feelings and ask for help.	<u>Components</u> - Know that we grow and change as we get older. - Know some things they can do now that they could not do before. - Know what they are good at. - Know that practising helps us to improve. - Know that it is okay to make mistakes and keep trying.	<u>Components</u> - Know how to use technology safely. - Know how to follow simple rules when using technology. - Know not to share personal information. - Know what to do if something online makes them worried. - Know to ask a trusted adult for help.
Key Vocabulary: belong, family, class, school, community, rules, safe, kind, share, turn, help, respect, fair, same, different	Key Vocabulary: money, coin, buy, spend, save, cost, need, want, work, job, earn, skill, good, enjoy, future	Key Vocabulary: friend, family, kind, caring, share, turn, listen, play, help, feelings, happy, sad, cross, worried, safe, space, trusted adult	Key Vocabulary: family, different, same, special, kind, respect, include, share, like, dislike, culture, home	Key Vocabulary: healthy, food, drink, water, exercise, sleep, rest, clean, wash, teeth, body, feelings, happy, sad, worried, safe, help	Key Vocabulary: grow, change, baby, child, big, small, learn, practise, try, improve, good at, proud, achievement, feelings, help	Key Vocabulary: technology, device, computer, tablet, safe, unsafe, rules, help, trusted adult



Curriculum Map

PSHE – Overview KS1



Cycle A

Autumn 1 Living in the Wider World Rights and Responsibilities (British Values)	Autumn 2 Living in the Wider World Money, Work and Aspirations	Spring 1 Relationships Families, Friends and Safe Relationships	Spring 2 Relationships Valuing Difference (British Values)	Summer 1 Health & Well-being Lifestyles and Keeping Safe	Summer 2 Health & Well-being Growing and Changing	Online Safety Digital Literacy and Safety (revisited termly)
Composite How can we look after each other and the world?	Composite What can we do with money?	Composite What is the same and different about us?	Composite Who is special to us?	Composite Who keeps us safe?	Composite What are our achievements?	Composite How can we stay safe online?
Components - Know how to be kind, polite and helpful to others. - Know how to play and work well with others. - Know their responsibilities at home and at school. - Know how to care for people, animals and the environment. - Know that people grow and change and may have different needs.	Components - Know that money comes in different forms. - Know that people can earn, receive, spend and save money. - Know the difference between needs and wants. - Know that people make choices about how they use money. - Know some ways to keep money safe.	Components - Know how to use technology safely and responsibly. - Know that they should not share private information online. - Know that they can say “no”, “I’ll ask” or “I’ll tell” if they are unsure. - Know that they should tell a trusted adult if something worries them. - Know how to be kind and respectful when using technology.	Components - Know what they like, dislike and are good at. - Know that everyone has different strengths and qualities. - Know that people can be similar and different. - Know the names of the main parts of the body. - Know that parts of the body covered by underwear are private.	Components - Know that family is one of the groups they belong to. - Know that families can be different. - Know about people who love and care for them. - Know how families show love and care. - Know who to talk to if something about their family worries them.	Components - Know who helps to keep people safe in the community. - Know who their trusted adults are. - Know how to ask for help when they feel unsafe or worried. - Know how to get help when someone is hurt. - Know how to call 999 in an emergency.	Components - Know what they are good at. - Know what they have learned and improved. - Know what they would like to achieve next. - Know that practice and effort can help them reach a goal. - Know how it feels to achieve something and celebrate success.
Key Vocabulary: kind, unkind, polite, helpful, share, cooperate, responsibility, care, environment, world, protect, grow, change, needs, safe	Key Vocabulary: money, coin, note, earn, spend, save, buy, cost, needs, wants, choice, safe, money box	Key Vocabulary: online, technology, device, safe, unsafe, private, share, information, no, ask, tell, trusted adult, kind, respectful, worry, help	Key Vocabulary: same, different, special, unique, like, dislike, strengths, qualities, body, private, body parts, similar	Key Vocabulary: family, special, care, love, support, home, parent, carer, sibling, belong, different, same, worried, trusted adult	Key Vocabulary: safe, unsafe, help, trusted adult, police, doctor, dentist, firefighter, teacher, community, emergency, hurt, worried, 999	Key Vocabulary: achievement, achieve, goal, target, strength, improve, learn, practise, effort, try, success, proud, celebrate, challenge, perseverance



Curriculum Map

PSHE – Overview LKS2



Cycle A

Autumn 1 Living in the Wider World Rights and Responsibilities (British Values)	Autumn 2 Living in the Wider World Money, Work and Aspirations	Spring 1 Relationships Families, Friends and Safe Relationships	Spring 2 Relationships Valuing Difference (British Values)	Summer 1 Health & Well-being Lifestyles and Keeping Safe	Summer 2 Health & Well-being Growing and Changing	Online Safety Digital Literacy and Safety (revisited termly)
Composite What are our responsibilities and duties?	Composite How can we look after our money?	Composite How can we be a good friend?	Composite What does it mean to be polite and respectful?	Composite How can we stay mentally and emotionally healthy?	Composite What skills, strengths and interests do we have?	Composite How can we make informed choices when online?
- Know how to contribute positively to my classroom, school and community. - Know how rules help keep people safe, respected and ready to learn. - Know how to identify my rights and responsibilities at home, school and in the wider world. - Know how to take responsibility for my actions and understand their consequences. - Know how to respect the rights of others and help everyone feel included. Know how to care for the environment and make positive changes locally and globally.	- Know how to identify different types of money and methods of payment. - Know how people earn, receive and use money. - Know how to make sensible choices about spending and saving. - Know how to tell the difference between needs and wants. - Know how to keep track of money through saving and budgeting. - Know how to keep money and personal financial information safe.	- Know how positive friendships support wellbeing. - Know how to demonstrate the qualities of a good friend. - Know how to recognise when someone may be feeling lonely or excluded. - Know how to include and support others. Know how to resolve disagreements respectfully. - Know how to seek help if a friendship feels unhealthy or unsafe.	- Know how to show respect and courtesy towards others. - Know how my behaviour affects other people both online and offline. - Know how rights and responsibilities work together. - Know how to respect personal space, privacy and boundaries. - Know how to recognise discrimination, exclusion and unfair treatment. - Know how to report unsafe, inappropriate or unwanted behaviour.	- Know how to maintain a healthy and balanced lifestyle. - Know how daily choices can affect physical, mental and emotional health. - Know how to identify and describe a range of emotions. - Know how to recognise feelings of different intensity. - Know how to manage strong emotions in positive ways. - Know how to ask for support when needed and support others appropriately.	- Know how to recognise my personal strengths, skills and interests. - Know how to celebrate achievements and develop self-confidence. - Know how my strengths contribute to my self-esteem and success. - Know how to set and work towards achievable goals. - Know how to learn from mistakes and overcome setbacks. - Know how to collaborate effectively with others to achieve a shared goal.	- Know how to follow online safety rules to protect myself and others. - Know how to recognise personal information and keep it private. - Know how to make safe choices when using websites, apps and games. - Know how to recognise when something online feels unsafe or worrying. - Know how to report concerns to a trusted adult. - Know how my online actions can affect myself and others.
Key Vocabulary responsibility, rights, community, contribution, cooperation, respect, rules, consequences, belonging, environment, citizen, independence	Key Vocabulary money, earn, spend, save, budget, value, choice, payment, bank, income, needs, wants	Key Vocabulary friendship, kindness, trust, empathy, respect, inclusion, exclusion, cooperation, compromise, conflict, support, wellbeing	Key Vocabulary respect, courtesy, manners, personal space, boundaries, privacy, equality, fairness, discrimination, inclusion, rights, responsibilities	Key Vocabulary wellbeing, mental health, emotions, feelings, balance, healthy choices, resilience, self-care, coping strategies, support, confidence, wellbeing	Key Vocabulary strengths, skills, interests, achievement, confidence, self-esteem, goals, aspirations, resilience, perseverance, collaboration, teamwork	Key Vocabulary online, internet, privacy, personal information, password, digital footprint, reputation, trusted adult, safe, report, cyberbullying, secure



Curriculum Map

PSHE – Overview UKS2



Cycle A

Autumn 1 <u>Living in the Wider World</u> Rights and Responsibilities (British Values)	Autumn 2 <u>Living in the Wider World</u> Money, Work and Aspirations	Spring 1 <u>Relationships</u> Families, Friends and Safe Relationships	Spring 2 <u>Relationships</u> Valuing Difference (British Values)	Summer 1 <u>Health & Well-being</u> Lifestyles and Keeping Safe	Summer 2 <u>Health & Well-being</u> Growing and Changing	Online Safety <u>Digital Literacy and Safety</u> (revisited termly)
<u>Composite</u> What are our responsibilities within our community?	<u>Composite</u> What jobs would we like to earn money?	<u>Composite</u> What is peer pressure?	<u>Composite</u> What does it mean to have empathy?	<u>Composite</u> How can we help in an accident or emergency?	<u>Composite</u> How can drugs common to everyday life affect health?	<u>Composite</u> How can we share data safely?
<u>Components</u> Know why we have rules and laws and how they help keep people safe. Know what democracy means and how people can have a say in decisions. Know how rules can be challenged or changed appropriately. Know what anti-social behaviour is and how it can affect others. Know how to assess risks and take responsibility for our own safety and the safety of others. Know how we can contribute positively to our school and wider community.	<u>Components</u> Know that there are many different jobs and career pathways. Know that different careers require different skills, qualifications and training. Know about different routes into employment, including apprenticeships, college and university. Know why people choose particular careers and what can influence their choices. Know that people can challenge stereotypes about who can do particular jobs.	<u>Components</u> Know what makes a relationship positive, healthy and respectful. Know how friendships and relationships can change as we grow. Know how people's behaviour and opinions can influence our own choices. Know what peer pressure, dares and challenges are and why people may take part. Know how to respond assertively when we feel pressured to do something. Know when and how to seek help if a relationship or situation feels unsafe.	<u>Components</u> Know how to recognise and interpret a range of emotions in others. Know that people can respond differently to the same situation. Know how our actions and words can affect other people's feelings. Know how to respond appropriately and sensitively to other people's emotions. Know how to manage our own emotional responses in positive ways. Know how to listen respectfully to different opinions and perspectives.	<u>Components</u> Know what first aid is and why it is important. Know how to respond safely to common injuries such as burns, cuts and bleeding. Know how to respond to choking, asthma attacks and allergic reactions. Know when to seek adult help and when to contact the emergency services. Know how to respond safely to a head injury and why the person should not be moved. Know how to give clear information during an emergency and where to find first-aid equipment.	<u>Components</u> Know about common drugs such as nicotine, alcohol, caffeine and medicines. Know how different drugs can affect physical, mental and emotional health. Know the difference between legal and illegal drugs and why laws exist. Know why people may choose to use or not use drugs. Know the risks associated with drug use and ways these risks can be reduced. Know that drug use can become difficult to stop and where to find help and support.	<u>Components</u> Know what personal data is and why some information should remain private. Know how to share images and information responsibly and with consent. Know that images and messages can be copied and shared beyond their intended audience. Know the potential consequences of sharing inappropriate images or information. Know how to respond if someone asks for inappropriate images or personal information.
Key Vocabulary: responsibility, rights, rules, laws, democracy, community, society, vote, council, councillor, parliament, anti-social behaviour, consequence, safety, risk, responsibility, independence, equality, respect	Key Vocabulary: career, occupation, employment, income, salary, wage, qualifications, skills, training, apprenticeship, university, college, experience, strengths, interests, aspirations, ambition, stereotype,	Key Vocabulary: relationship, friendship, healthy, positive, respectful, trust, influence, peer pressure, pressure, persuade, dare, challenge, assertive, boundaries, choice, consent, safe, unsafe, support	Key Vocabulary: empathy, emotion, feelings, perspective, response, behaviour, consequence, compassion, understanding, respect, sensitivity, opinion, viewpoint, disagreement, conflict, self-control, reflection	Key Vocabulary: first aid, accident, emergency, injury, casualty, burn, scald, cut, bleeding, choking, asthma, allergic reaction, head injury, recovery position, emergency services, 999, defibrillator, first aider	Key Vocabulary: drug, substance, medicine, nicotine, tobacco, smoking, vaping, alcohol, caffeine, legal, illegal, law, addiction, dependence, habit, risk, health, physical, mental, emotional, misuse, support, treatment	Key Vocabulary: personal data, private, public, privacy, consent, image, photograph, information, share, screenshot, digital footprint, online reputation, inappropriate, consequence, cyberbullying, report, block, trusted adult



Curriculum Map

PSHE – Overview KS1



Cycle B

Autumn 1 Living in the Wider World Rights and Responsibilities (British Values)	Autumn 2 Living in the Wider World Money, Work and Aspirations	Spring 1 Relationships Families, Friends and Safe Relationships	Spring 2 Relationships Valuing Difference (British Values)	Summer 1 Health & Well-being Lifestyles and Keeping Safe	Summer 2 Health & Well-being Growing and Changing	Online Safety Digital Literacy and Safety (revisited termly)
Composite What makes a community?	Composite What jobs to people do to earn money?	Composite What makes a good friend?	Composite What is bullying?	Composite Why should we keep active and sleep well?	Composite How do we recognise our feelings?	Composite How can we use the internet safely?
Components Know what a community is and identify different communities they belong to. Know how people contribute to their classroom, school and community. Know why we have rules and how they help to keep people safe. Know how to work and play cooperatively with others. Know who helps people in the community and what they do.	Components Know that people work to earn money. Know about different jobs people do in the community. Know that people have different skills and interests. Know that different jobs need different skills. Know that people can use ideas and skills to make or raise money. Know how to talk about jobs and things they would like to achieve in the future.	Components Know what makes someone a good friend. Know how to make friends and include others in play. Know how to share, take turns and cooperate. Know how to manage disagreements and arguments. Know how to recognise when someone may feel lonely. Know who to talk to if a friendship makes them unhappy or worried.	Components Know that words and actions can affect how people feel. Know what bullying is and why it is unacceptable. Know that deliberately leaving someone out or being unkind can hurt them. Know how to respond if someone is being unkind or bullying them. Know that people have the right to feel safe and respected. Know how and when to tell a trusted adult about bullying, including online bullying.	Components Know that regular physical activity helps keep our bodies healthy. Know that being active can help us feel happy and well. Know how to include physical activity in everyday life. Know that too much screen time can affect how active we are. Know why sleep and rest are important for our bodies and feelings. Know some routines that can help us get a good night's sleep.	Components Know how to recognise and name different feelings. Know that different experiences can make us feel different emotions. Know that feelings can affect our bodies and behaviour. Know some ways to manage strong or difficult feelings. Know that it is important to talk about feelings with someone we trust. Know when and how to ask for help with our feelings.	Components Know how to follow rules to stay safe online. Know that passwords and personal information should be kept private. Know when to say “no”, “I’ll ask” or “I’ll tell”. Know that not everything online is suitable or safe. Know how to be kind and respectful online. Know who to tell and where to go for help if something online worries them.
Key Vocabulary: community, belong, rules, responsibility, respect, cooperate, share, fair, safe, help, care, contribute, school, police, doctor, firefighter	Key Vocabulary: job, work, money, earn, pay, skills, interests, job role, community, career, future, goal, ambition, achieve, idea, sell, raise	Key Vocabulary: friend, friendship, kind, caring, sharing, turn, listen, cooperate, include, lonely, feelings, argument, disagreement, sorry, forgive, trust, help	Key Vocabulary: bullying, bully, unkind, hurtful, teasing, exclude, inclusion, respect, safe, unsafe, feelings, words, actions, discrimination, difference, report, trusted adult	Key Vocabulary: healthy, active, exercise, movement, fitness, body, wellbeing, energy, screen time, balance, sleep, rest, routine, bedtime, tired, healthy choice	Key Vocabulary: feelings, emotions, happy, sad, angry, worried, excited, nervous, scared, calm, upset, mood, change, manage, cope, trust, support, help	Key Vocabulary: internet, online, device, tablet, computer, safe, unsafe, password, private, personal information, share, kind, respectful, report, help, trusted adult



Curriculum Map

PSHE – Overview LKS2



Cycle B

Autumn 1 Living in the Wider World Rights and Responsibilities (British Values)	Autumn 2 Living in the Wider World Money, Work and Aspirations	Spring 1 Relationships Families, Friends and Safe Relationships	Spring 2 Relationships Valuing Difference (British Values)	Summer 1 Health & Well-being Lifestyles and Keeping Safe	Summer 2 Health & Well-being Growing and Changing	Online Safety Digital Literacy and Safety (revisited termly)
Composite How can our choices make a difference to others and the environment?	Composite What decisions can people make with money?	Composite How can friends communicate safely?	Composite How do we recognise our own and other's feelings?	Composite Why should we eat well and look after our teeth?	Composite How will our bodies and emotions change as we get older?	Composite How does the media and online world differ from reality?
Components Know that our choices and actions can affect other people, animals and the environment. Know that we have a shared responsibility to care for the world around us. Know how everyday choices, such as what we buy and use, can affect the environment. Know how to show care, kindness and concern for others. Know how to make responsible choices and explain why they are important.	Components Know that money can be used in different ways, including spending, saving and borrowing. Know different ways people can pay for goods and services. Know why it is important to keep track of money. Know how to make choices about spending and saving. Know what makes something good value for money. Know some reasons why people might choose to save or borrow money.	Components Know how friends and family can communicate in different ways. Know how to communicate respectfully face-to-face and online. Know that knowing someone online can be different from knowing them face-to-face. Know what boundaries are and how to respect other people's boundaries. Know what consent means when sharing information, photographs or other content. Know how to respond and seek help if communication makes them feel unsafe.	Components Know and recognise a wider range of feelings and emotions. Know how facial expressions, body language and behaviour can show feelings. Know that people can experience and express feelings differently. Know how our actions and words can affect other people's feelings. Know how to respond with empathy and support when someone is struggling. Know how to manage strong emotions and resolve disagreements peacefully.	Components Know what makes a healthy and balanced diet. Know why our bodies need a variety of nutrients. Know how too much sugar and acidic food and drink can affect our health. Know how to maintain good oral hygiene, including brushing and flossing. Know why regular dental check-ups are important. Know how to make healthy choices about food and drink and where to seek advice.	Components Know that puberty is a natural part of growing up. Know how bodies change during puberty, including menstruation, erections and wet dreams. Know that puberty can affect emotions and feelings. Know how personal hygiene needs change during puberty. Know that feelings can change in strength and over time. Know how to express and manage feelings and where to seek advice and support.	Components Know that information online and in the media is not always true or reliable. Know how images, videos and adverts can be edited or designed to influence us. Know why people and organisations try to influence our choices online. Know how to question information, images and claims before believing or sharing them. Know how to stay safe online and where to go for help when something does not feel right.
Key Vocabulary: choice, responsibility, community, environment, impact, consequence, care, concern, protect, pollution, waste, recycle, reuse,	Key Vocabulary: money, payment, cash, card, digital, spend, save, borrow, budget, cost, price, value, income, needs, wants, choice, decision, bank	Key Vocabulary: communication, relationship, friendship, online, offline, boundaries, consent, respect, privacy, personal information, pressure, safe, unsafe, contact, trusted adult	Key Vocabulary: feelings, emotions, empathy, overwhelmed, support, response, conflict, disagreement, resolve, perspective	Key Vocabulary: healthy, balanced diet, nutrition, nutrients, carbohydrates, protein, vitamins, minerals, sugar, acidic, food, drink, oral hygiene, teeth, brushing, flossing, dentist	Key Vocabulary: puberty, adolescence, growing, changing, hormones, menstruation, period, menstrual wellbeing, erection, wet dream, hygiene, emotions, feelings, mood, intensity, privacy, support	Key Vocabulary: media, online, reality, influence, persuade, advertising, information, reliable, unreliable, misleading, edited, misinformation, fake, source, evidence, digital footprint, report



Curriculum Map

PSHE – Overview UKS2



Cycle B

Autumn 1 <u>Living in the Wider World</u> Rights and Responsibilities (British Values)	Autumn 2 <u>Living in the Wider World</u> Money, Work and Aspirations	Spring 1 <u>Relationships</u> Families, Friends and Safe Relationships	Spring 2 <u>Relationships</u> Valuing Difference (British Values)	Summer 1 <u>Health & Well-being</u> Lifestyles and Keeping Safe	Summer 2 <u>Health & Well-being</u> Growing and Changing	Online Safety <u>Digital Literacy and Safety</u> (revisited termly)
<u>Composite</u> Why are rights, freedoms and responsibilities important?	<u>Composite</u> What are the skills of entrepreneurs?	<u>Composite</u> How do relationships change as we grow?	<u>Composite</u> What is prejudice and discrimination?	<u>Composite</u> How can we keep ourselves safe as we become more independent?	<u>Composite</u> How can we keep healthy as we change and grow?	<u>Composite</u> How can the media influence people?
<u>Components</u> Know that everyone has rights and freedoms, and understand why these are important. Know that rights come with responsibilities towards ourselves and others. Know how laws, rules and agreements help protect people's rights and freedoms. Know that people may have different opinions and beliefs and how to respect these. Know how democracy allows people to have a voice and influence decisions. Know how to take responsibility for contributing positively to our school, community and wider society.	<u>Components</u> Know what an entrepreneur is and what they do. Know the skills and qualities that can help entrepreneurs succeed. Know how entrepreneurs identify problems, opportunities and ideas. Know how creativity, innovation and problem-solving can help develop an idea. Know that entrepreneurs take calculated risks and learn from mistakes. Know how teamwork, communication and perseverance can help turn an idea into a successful enterprise.	<u>Components</u> Know that relationships can change as people grow and circumstances change. Know how friendships and family relationships can develop, strengthen or sometimes end. Know how increasing independence can affect relationships. Know how to communicate openly and respectfully when relationships change. Know how to manage disagreements, conflict and changes within relationships. Know when a relationship may become unhealthy or unsafe and how to seek support.	<u>Components</u> Know what prejudice and discrimination mean and understand the difference between them. Know that people can be treated unfairly because of characteristics such as race, religion, sex, disability or age. Know how stereotypes can influence the way people are treated. Know how prejudice and discrimination can affect individuals and communities. Know how to challenge discriminatory language and behaviour safely and respectfully. Know why equality, inclusion, respect and tolerance are important in a diverse society.	<u>Components</u> Know that becoming more independent brings new responsibilities and risks. Know how to identify potential risks and make safer choices. Know how to manage risks when travelling, spending time independently or using technology. Know how peer pressure and other influences can affect decisions about safety. Know how to respond to unsafe situations and when to seek help. Know how trusted adults, emergency services and other organisations can support us.	<u>Components</u> Know that puberty is a natural part of growing and that everyone's experience is different. Know how physical and emotional changes during puberty can affect health and wellbeing. Know how personal hygiene needs change during puberty. Know how healthy eating, physical activity, sleep and self-care support a growing body. Know how to manage changing emotions and where to seek support. Know that it is important to respect privacy, boundaries and differences as people grow and change.	<u>Components</u> Know that the media includes television, websites, social media, advertising, news and other forms of communication. Know that media content can be created to inform, entertain, persuade or influence people. Know how images, language and algorithms can influence what people think, buy or believe. Know that online content may be edited, manipulated or misleading. Know how to question the reliability and purpose of information and identify trustworthy sources. Know how to make responsible choices about what to view, share and respond to online.
Key Vocabulary: rights, freedoms, responsibilities, equality, fairness, respect, democracy, law, rules, justice, choice, opinion, belief, tolerance, community, society, citizen, representation, responsibility	Key Vocabulary: entrepreneur, enterprise, business, idea, opportunity, innovation, creativity, risk, calculated risk, profit, loss, investment, problem-solving,, teamwork,, resilience, ambition, success	Key Vocabulary: relationship, friendship, family, change, growing, independence, trust, communication, respect, boundaries, conflict, disagreement, compromise, pressure, healthy, unhealthy, safe, unsafe, support	Key Vocabulary: prejudice, discrimination, stereotype, equality, inequality, diversity, inclusion, tolerance, respect, fairness, characteristics, identity, belief, race, religion, disability, sex, community	Key Vocabulary: independence, responsibility, risk, hazard, safety, danger, consequence, decision, choice, influence, peer pressure, boundaries, emergency, trusted adult, emergency services, support, protect, assess	Key Vocabulary: puberty, adolescence, hormones, physical, emotional, development, hygiene, menstruation, period, erection, wet dream, wellbeing, nutrition, exercise, sleep, self-care, privacy, boundaries, support	Key Vocabulary: media, influence, persuade, manipulate, advertise, advertising, algorithm, bias, opinion, fact, misinformation, reliable, unreliable, source, evidence, audience, content, image, edited, digital footprint, online reputation, privacy