

PSHE Knowledge and Skills Overview



health and
well-being



emotional
literacy



personal
development



relationships



the wider
world

Year 1

Term 1 – Aiming High

Pupils will:

- talk about their star qualities and those of others
- think about how they could develop certain qualities
- talk about what a positive learning attitude is
- complete a challenge with a positive learning attitude
- discuss how they felt when they found something challenging and then succeeded
- discuss different jobs that people do and think about what skills and interests help people do their jobs
- think about what they might need to do to achieve their goal
- discuss their goals for the future and explain why they are important to them
- show respect to others who have different goals



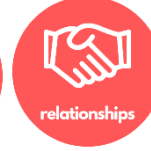
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Term 2 – Be Yourself

Pupils will:

- identify their favourite things and what they are good at
- understand we are all different and what makes everyone special
- tell others what they think is special about them and understand that this can make them feel happy
- think about ways to deal with feels that don't feel good
- identify how they can help others when they are feeling unhappy or cross
- decide if something makes them feel happy or sad
- identify other good feelings other than happiness
- identify if a feeling is comfortable or uncomfortable
- describe what makes them feel cross or unhappy
- describe a time of change in their life
- recognise that their thoughts and feelings are important
- speak confidently and respectfully to their peers



Term 3 – Diverse Britain

Pupils will:

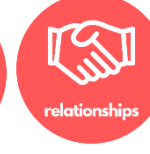
- understand that they belong to the school community
- identify things that are helpful and not helpful to the school community
- describe features that make an environment a nice place
- describe features that harm an environment
- draw pictures about living in Britain and say what they like best about it
- understand that it is important to treat all people with kindness and respect
- identify what makes Britain a diverse country
- explain why it is important to have differences and show respect to others
- discuss what it means to them to be British
- identify what makes them feel proud to live in the British Isles



Term 4 – Safety First

Pupils will:

- identify everyday dangers and explain that rules are there to keep us safe
- identify dangers in the home, considering household products, including medicines, can be harmful
- identify ways to stay safe in their home
- understand how to stay safe around roads and other busy areas
- identify other dangers they might face when outside and know who can help them if they are in danger
- understand ways they can stay safe from strangers online
- know that some secrets and surprises are safe
- list things they should keep private to keep themselves or others safe
- identify people who help to keep them safe and explain how they do so
- know what to do if they feel unsafe or uncomfortable



Term 5 – Online Safety

(Cross-curricular links with computing)

Pupils will:

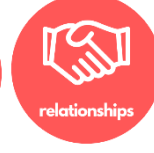
- know to speak to a trusted adult if they see, hear or read something online that upsets them
- explain what each letter of SMART stands for
- spot when something online might not be safe
- explain what to do if something online is not safe or upsets them
- make links between the offline and online world
- talk about their own personal information
- recognise what personal information can affect their safety
- know who to tell if someone asks for their personal information
- understand how quickly an email can go from one place to another
- explain what to do if they receive an email from someone they don't know
- recognise potential dangers online



Term 6 – Think Positive

Pupils will:

- describe different emotions and consider how to deal with different feelings
- identify positive and negative thoughts
- understand they can't always choose what happens and identify ways to respond to these situations
- understand that the choices they make can affect how they feel
- understand that positive thoughts can help them achieve their goals
- understand that resilience means trying again and not giving up
- identify what they would like to get better at or achieve
- discuss what causes negative emotions and name some strategies to cope with them
- name things which they are thankful for
- show their gratitude to others in different ways
- understand that being thankful is a type of positive thinking, which can help to make us happy
- remain still and quiet when concentrating on a task, blocking out distractions



Year 2

Term 1 – Teamwork

Pupils will:

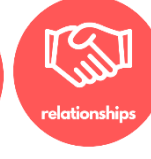
- say what makes a team special and how it feels to be part of a team
- explain how to be a good listener and why it is important to be one
- list ways they can be kind and give reasons why it is important
- identify if behaviour is joking, teasing or bullying
- describe what to do if they see teasing or bullying
- explain what to do if they find learning difficult
- describe choices they make about their own behaviour
- explain some consequences of making good and not-so-good choices



Term 2 – Important People

Pupils will:

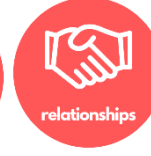
- identify how people show each other that they care
- write the characteristics of important people to explain why they are special to them
- think about how they can be an important person to others
- identify who is in their family and explain how their family helps them
- think of ways families can show each other they care
- identify that not all families are the same and respect those families that are different to their own
- know why it is important to have good friends
- explain what we can do to be a good friend to others
- reflect on qualities they have which makes them a good friend and those they would like to get even better at
- discuss different scenarios where people have fallen out
- identify bullying and teasing and know what to do if it happens
- explain what cooperation is and the skills needed to cooperate well with others
- reflect upon how well their group was able to cooperate
- think of one skill they are good at and one they would like to get better at
- reflect on how they can help others in their class to feel good



Term 3 – Healthy Choices

Pupils will:

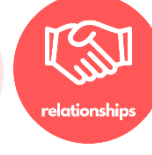
- know how to deal with little and tricky problems
- know what a serious problem is and identify who they can ask for help
- understand the need to exercise to keep healthy and know simple ways to do so
- know why they need to get enough sleep and what they can do to help themselves sleep well
- sort healthy and less healthy foods, recognizing ways to have a healthier diet
- know how often to clean different parts of their body
- wash their hands thoroughly and explain why they need to keep clean
- list substances that are not safe to consume, identifying household products that can cause harm
- know why we have rules and why we sometimes have to ask permission



Term 4 – Money Matters

Pupils will:

- discuss why we need money and talk about the different forms money comes in
- discuss different jobs of some people they know and understand that they get paid for doing a job
- explain ways we can keep money safe and understand why it is important to save money
- understand what influences people's spending
- discuss why it is helpful to keep track of what is spent
- understand the difference between what they want and what they need
- explain how offers and advertising affect our choices



Term 5 – Online Safety

(Cross-curricular links with computing)

Pupils will:

- explain what 'digital footprint' means
- explain how people might use the information they put online
- explain how a digital footprint contains information about a person
- think about how to identify possible dangers or things which might make them uncomfortable online
- identify websites that are suitable for their age
- identify when to ask an adult for advice about accessing a website
- know what to do if a website makes them uncomfortable in any way
- use clues to decide who a website is aimed at
- identify unkind online behaviour
- know what to do if they think someone is being unkind to me online
- choose a sensible course of action if they feel uncomfortable online
- explain how to safely search for information online



Term 6 – Growing Up

Pupils will:

- use scientific names for parts of the body
- name the differences between girls' and boys' bodies
- understand what 'no' and 'stop' mean
- know that people's bodies and feelings can be hurt
- know who to tell if they are worried that the rules about respecting people's bodies have been broken
- understand what a stereotype is
- know that you need to find out about a person to really know them
- respect others' likes and dislikes, even if they are not the same as theirs
- discuss similarities and differences between families
- know who to tell if they have any worries about their family
- discuss what they would like to do as they get older
- name differences between children and adults
- understand that as they get older, they will have more responsibilities
- understand how changes in life can affect a person's emotions
- suggest ways to help someone who is finding change difficult

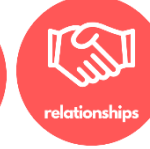


Year 3

Term 1 – Aiming High

Pupils will:

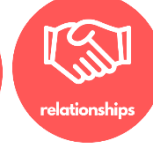
- discuss their own personal achievements and how it makes them feel
- identify steps they have taken to achieve some of their goals
- identify actions and behaviours that help to achieve goals
- identify their own personal goals for the future
- explain what a positive learning attitude is
- identify skills that would be important for different jobs
- discuss what could influence a person's career choices
- identify and challenge stereotypes relating to jobs people do
- create a job advertisement based on the skills needed for a role
- understand how applying a growth mindset can help achieve goals
- talk about their strengths and how they might use these in the future
- set goals for themselves to help them succeed



Term 2 – Be Yourself

Pupils will:

- identify the difference between being proud and showing off
- reflect on how they use their achievements to help others
- explore different times they might experience certain feelings
- identify how emotions felt on the inside might look on the outside
- explain the importance of telling others how they feel
- understand what 'being assertive' means and what it involves
- know where to go for advice or support if they feel worried about their safety
- identify some of the ways that the media try to influence the way they feel
- reflect on the reality of the messages given by the media
- understand the importance of learning from mistakes they have made
- recognise the importance of saying sorry



Term 3 – Diverse Britain

Pupils will:

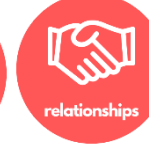
- discuss the range of identities in the British Isles
- describe the benefits on living in a diverse and multicultural society
- understand the importance of showing kindness and respect to all people and celebrating differences
- identify that humans are equal in terms of the rights they have to live happy, safe and healthy lives
- understand what the word 'democracy' means
- explore why and how rules are made, considering what life would be like without them
- discuss how British laws are enforced
- explore human rights and share their thoughts about them, showing an understanding of their role in protecting people
- interpret a diversity data table
- discuss why showing respect and being tolerant is important
- explain what discrimination is, describe behaviour that is prejudice and know what to do if they see it happening



Term 4 – Safety First

Pupils will:

- identify who is responsible for helping to keep them safe
- understand the terms 'risk', 'hazard' and 'danger'
- explain how to get help in a risky or dangerous situation
- explain what dare is and recognise when they are being pressured into doing something
- know how to get help if they are being pressured into doing something they don't feel comfortable with
- understand what drugs, cigarettes and alcohol are, recognizing the impact they have on the body
- identify hazards and dangers in emergency situations
- know ways to make themselves and others safe in emergency situations
- learn basic first aid procedures to help others in need
- advise others on how to give first aid



Term 5 – Online Safety

(Cross-curricular links with computing)

Pupils will:

- recognise cyberbullying
- identify a safe person to tell if they encounter cyberbullying
- know that cyberbullying can happen via a range of devices
- identify adverts online
- identify a targeted advert
- create a strong password
- explain why a strong password is important
- explain what privacy settings are
- identify an email that they should not open
- know how to safely send and receive an email
- identify online communities they are a part of
- identify different forms of online communication
- discuss the positive and negative aspects of online communities
- discuss the differences between communication in real life and online



Term 6 – Think Positive

Pupils will:

- understand how having a positive attitude can make a difference to their lives
- identify helpful and unhelpful thoughts, building coping strategies to help deal with them
- name big changes that could happen in a person's life, showing an understanding of how they can make people feel
- understand why it is important to relax and be calm, listing ways and activities to help them be mindful
- understand that mistakes are part of learning
- list strategies they could use when something is challenging
- know what it takes to be a 'good learner'



Year 4

Term 1 – Teamwork

Pupils will:

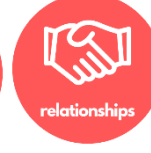
- describe the skills that are needed for good teamwork
- list ways that good teamwork can help them achieve more
- give examples of how a team can be affected by one person's actions
- work in a team for a shared goal and reflect upon their own teamwork skills
- read an emotion by looking at a person's body language
- suggest ideas for how to respond to different emotions
- identify the reasons why people might fall out with their team members
- list strategies they could use to resolve a dispute
- list responsibilities that they have towards a team and describe why they are important



Term 2 – Important People

Pupils will:

- give examples of ways to show respect to important people
- consider the consequences for not showing respect to others
- identify healthy and unhealthy behaviours within relationships
- understand when secrets are ok and not ok to keep
- know how to access their support network if a relationship doesn't exist
- explain positive resolution techniques to use to solve disputes
- identify how their support network can support their conflict resolutions
- identify different ways people can be bullied
- describe the impact that bullying can have on the victim and the bully
- know strategies to respond to bullying and identify people they would speak to



Term 3 – Healthy Bodies

Pupils will:

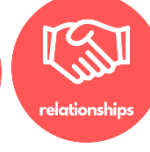
- know what sort of touch they are happy and not happy with
- identify the difference between a little and serious problem
- know how to get help for myself or others
- understand that a healthy diet and regular exercise helps their body and mind
- know that sometimes products can be advertised as healthy when they are not
- explain how to do to keep their head, heart, teeth and muscles healthy
- identify how much sleep they need to be healthy
- explain what to do and avoid to ensure they sleep well
- understand how allergies can be managed
- identify ways of preventing infections and diseases from spreading
- know what do if they are worried about their health
- find ways to deal with habits that are unhelpful and recognise habits that will help them



Term 4 – Money Matters

Pupils will:

- understand that people get money from work and some other sources
- discuss what skills might be needed for certain jobs
- identify other reasons why people might go to work
- name three ways that people can pay for things
- explain some reasons people might use these ways to pay
- explain reasons why people might need to borrow money
- understand the risks there can be with borrowing money
- explain possible consequences of borrowing money on emotional wellbeing
- understand that spending decisions can be affected by what people need and what people want
- identify that people have different priorities in how they spend their money
- discuss how adverts try to influence our spending, giving reasons as to why they do this
- discuss ways of keeping track of their spending, explaining why is it important to do so

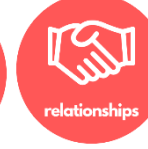


Term 5 – Online Safety

(Cross-curricular links with computing)

Pupils will:

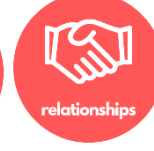
- know how to respond to a hurtful message or comment online
- edit their own messages and comments to make sure they are not being unkind
- explain why other people may be hurt by messages or comments
- identify the information that they shouldn't share online
- know why it is dangerous to share certain information
- understand why some websites ask for registration information
- explain what digital citizenship is
- explain how to be a good citizen in real life and online
- design a character that represents at least one aspect of online safety
- write a 'top tip' for online safety



Term 6 – Think Positive

Pupils will:

- discuss and describe a range of thoughts, feeling and behaviours
- discuss the impact negative thoughts can have on ourselves and others
- turn negative thoughts into positive thoughts
- generate their own positive affirmations
- identify when a choice or decision needs to be made
- consider the consequences of different choices
- understand what it means to make an 'informed decision'
- recognise when different mindfulness techniques might be useful
- identify challenges as a positive thing and overcome difficulties using a range of strategies
- understand the impact a positive attitude can have on their learning



Year 5

Term 1 – Aiming High

Pupils will:

- identify what they have learnt or achieved since starting school
- identify attitudes and behaviours which help us learn new knowledge and skills
- identify how they learn best and apply this knowledge to learning and acquiring new skills
- learn about others who have successfully overcome challenges
- discuss educational and career opportunities that may be available to them in the future
- discuss how gender equality has improved over the years
- understand the negative impact stereotypes can have on people
- identify their personal goals, taking responsibility for working towards them



Term 2 – Be Yourself

Pupils will:

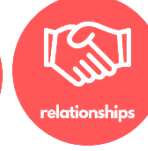
- identify why they are unique and reflect on the importance of individuality
- identify uncomfortable feelings and discuss situations where they may arise
- describe ways to manage uncomfortable feelings
- identify situations where they may feel shy or nervous, and discuss how to respond at these times
- identify strategies that may help them feel confident
- identify the emotions they feel when they make a mistakes



Term 3 – Diverse Britain

Pupils will:

- explain that human rights are there to protect people
- discuss how to show respect to others who are different to them and why this is important
- talk about what a community is and identify who makes a community
- discuss how the actions of people affect the community they are a part of
- list ways they can make a positive contribution to their community
- explain what laws are and how laws help them
- understand that there are consequences to breaking laws
- explain what democracy means and reflect on actions which discriminate and show prejudice, identifying what they can do if they experience or witness this
- discuss what a local government is and does, reflecting on how it affects them and how they could be involved in it
- discuss what a national government is and how it works
- explore the roles of different community charities and voluntary groups
- recognise that people in their community have different needs to them
- list ways to support local charities and voluntary groups



Term 4 – Safety First

Pupils will:

- understand what being responsible means
- assess a situation to see whether it might be dangerous
- identify when and how to get help from others
- understand what a dare is and know how to handle being dared to do something
- understand and follow rules in school to stay safe and healthy
- identify an emergency and know how to give first aid
- identify where and how to get help in an emergency
- identify hazards in the home and explain how to reduce the risks
- identify hazards in outdoor environments and explain strategies for keeping safe outdoors



Term 5 – Online Safety

(Cross-curricular links with computing)

Pupils will:

- look at the sender and subject to spot a spam email
- identify the potential dangers of spam email
- know what to do with a spam email and take steps to avoid receiving one
- explain the rules for creating a strong password
- create a strong password using a set of rules
- explain why having a strong password is important
- recognise changes that have been made to an original photograph
- digitally alter a photograph
- understand that not everything online is true
- explain how false photographs can make people feel bad about themselves
- explain how to stay safe online and give an example of unsafe online behaviour



Term 6 – Growing Up

Pupils will:

- use scientific vocabulary when talking about the human body
- discuss changes their body will go through during puberty
- understand emotional changes they may experience during puberty
- know where to get help and advice if they need it
- understand the term 'body image'
- appreciate that people have different bodies and can look very different from one another
- understand that images we see on social media can be misleading
- understand the terms associated with love, relationships and sexual orientation
- appreciate that people differ in terms of sexual orientation and who they love
- describe what makes a loving relationship



Year 6

Term 1 – Teamwork

Pupils will:

- find examples of team they admire
- identify the attributes needed to make a good team
- offer their opinion on a subject and on other people's thoughts
- compromise to take on board the views of others
- collaborate to achieve a shared goal
- explain the importance of compromise and collaboration in a team
- explain how it feels to be valued and cared for
- investigate the responsibilities shared by a team
- work in a group to create a roleplay about classroom responsibilities
- explain what would happen within a team if people did not carry out their shared responsibilities



Term 2 – Important People

Pupils will:

- identify features of positive family life
- understand ways to access support if a relationship ever makes them feel unhappy or unsafe
- understand the consequences of unkind behaviour
- try out techniques for calming down and identify which works best for them
- express an opinion while being polite and respectful
- work with others to explore ways of resolving a disagreement without falling out
- identify the different influences in their life and understand that some of these are hidden influences
- suggest techniques to use if they are feeling under pressure to behave in a way that makes them feel uncomfortable
- identify times when it is appropriate to share someone's secret
- spot signs of an unhealthy relationship and suggest different ways to end it if necessary responsibilities



Term 3 – Healthy Bodies

Pupils will:

- understand that they can make choices about what happens to their body
- understand the difference between wanted and unwanted contact
- know what to do if they are worried about themselves or a friend
- make informed choices about their exercise and sleep habits
- identify the physical, emotional and mental consequences of not getting enough exercise or sleep
- use mindfulness and meditation to aid a good night's sleep
- understand the need for good personal hygiene
- identify what a drug is and discuss how different drugs affect the body
- suggest where pressure might come from to try drugs, including alcohol and tobacco
- know what to do if they feel pressured to try a harmful substance
- challenge stereotypes of 'the perfect body'
- understand that the images in media and online do not always reflect reality
- understand the importance of celebrating individuality and identify their own personal qualities
- understand what contributes to a balanced lifestyle



Term 4 – Money Matters

Pupils will:

- explain what a financial risk is, giving examples and discussing ways to avoid them
- explain some of the ways retailers try to influence our spending
- discuss how to be a 'critical consumer'
- discuss what it means to get 'value for money'
- explain how we know if things are good value for money
- discuss fair trade and ethical spending
- explain what a budget is and know how to make one
- discuss what a tax is used for



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Term 5 – Online Safety

(Cross-curricular links with computing)

Pupils will:

- say what bullying and cyberbullying are
- suggest ways in which people could deal with cyberbullying
- know why cyberbullying can be as harmful as in-person bullying
- identify what their personal information is and explain the dangers of revealing personal information to an online friend
- explain why someone might have an online friendship
- explain what to do if they are asked or told something online which makes them feel uncomfortable
- know what a stereotype is and understand how a stereotype can be harmful
- compare gender stereotypes and identify examples in an online media message
- identify a situation they should be careful in online
- choose an appropriate action online to stay safe
- know what the SMART acronym means



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Term 6 – Growing Up

Pupils will:

- use scientific names for parts of the body
- explain why both males and females are needed in human reproduction
- explain why humans reproduce
- understand and use terms such as gay, lesbian, single parent, fostered, adopted, married and civil partnership
- identify elements of a healthy, loving relationship