

BGA PSHE Curriculum Overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year N	Focus Areas		Making Relationships		Self Confidence/ Awareness		
	Learning Objectives	<ul style="list-style-type: none"> • play in a group, extending and elaborating play ideas. • initiate play, offering cues to peers to join in. • respond to what others do and keep play going. 	<ul style="list-style-type: none"> • demonstrate friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults. • select and use activities and resources with help. • enjoy the responsibility of carrying out small tasks. 	<ul style="list-style-type: none"> • talk confidently to other children when playing. • communicate freely about our own home and community. • show confidence in asking adults for help. 	<ul style="list-style-type: none"> • welcome and value praise for what we have done. • be more outgoing towards unfamiliar people. • be more confident in new social situations. • begin to accept the needs of others. 	<ul style="list-style-type: none"> • take turns and share resources, sometimes with support. • adapt our behaviour to different events, social situations and changes in routine. 	<ul style="list-style-type: none"> • be aware of our own feelings and know that some actions and words can hurt others' feelings. • usually be able to tolerate delay when our needs are not immediately met. • understand that our wishes may not always be met.

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Year R	Focus Areas	Making Relationships	Making Relationships	Making Relationships	Making Relationships	Making Relationships	Making Relationships
		Self Confidence/ Awareness	Self Confidence/ Awareness	Self Confidence/ Awareness	Self Confidence/ Awareness	Self Confidence/ Awareness	Self Confidence/ Awareness
	Managing Feelings/ Behaviour	Managing Feelings/ Behaviour	Managing Feelings/ Behaviour		Managing Feelings/ Behaviour	Managing Feelings/ Behaviour	
	Learning Objectives	<ul style="list-style-type: none"> • show sensitivity • form positive relationships • talk about feelings. • give explanations • be confident to speak • take steps to resolve conflicts • play cooperatively and take turns • begin to be able to negotiate and solve problems 	<ul style="list-style-type: none"> • be confident • say when we do or don't need help. • initiate conversations, • show sensitivity to others' needs • form positive relationships • describe ourselves in positive terms • work as part of a group 	<ul style="list-style-type: none"> • take account of one another's ideas • talk about our ideas. • be confident to speak in a familiar group • ask appropriate questions of others. • talk about our own and others' behaviour and its consequences. 	<ul style="list-style-type: none"> • describe ourselves in positive terms and talk about our abilities. • explain our own knowledge and understanding. • say when we do and don't need help. 	<ul style="list-style-type: none"> • ask appropriate questions • choose resources • talk about how we and others show feelings. 	<ul style="list-style-type: none"> • explain our own knowledge and understanding. • form positive relationships • play cooperatively, taking turns with others. • talk about our own and others' behaviour • be confident to speak to others • begin to be able to negotiate and solve problems
Year 1	Core Areas	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
		Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
		Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World

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	Learning Objectives	<ul style="list-style-type: none"> • understand the reason why we have rules, • know about internet harms • know the characteristics of friendships • develop positive relationships • recognise respect • understand the importance of making friends. • take turns. 	<ul style="list-style-type: none"> • learn courtesy and manners. • know about a range of emotions. • making positive choices • recognise, name, manage and express feelings • take part in discussions 	<p>understand germs and diseases.</p> <ul style="list-style-type: none"> • make positive, simple choices.. • understand the need for physical activity • know the importance of respecting others 	<ul style="list-style-type: none"> • To know about bullying • take part in discussions • recognise how their behaviour affects other people • know the difference between secrets and surprises. • understand when not to keep adults' secrets. • understand that it is acceptable to say no • know who to go to for help and advice. 	<ul style="list-style-type: none"> • recognise kind and unkind behaviour. • understand family and friends • identify our special people • understand responsibility • understand the importance of borrowing and sharing. 	<ul style="list-style-type: none"> • understand sun safety • know rules for basic road safety • develop an awareness of the Green Cross Code. • understand money

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Year 2	Core Areas	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
		Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
		Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World
	Learning Objectives	<ul style="list-style-type: none"> ● know the importance of respecting others, ● know of different cultures ● recognise what is fair and unfair. ● take part in discussions with the whole class. ● understand our role in the class ● understand that we belong to various groups and communities.' ● know how to respond safely and appropriately to adults 	<ul style="list-style-type: none"> ● understand the difference between right and wrong. ● know that friends and families are important ● think about themselves ● recognise choices and set goals ● understand working cooperatively. ● take part in a simple debate ● communicate feelings. ● share opinions and explain their views. 	<ul style="list-style-type: none"> ● understand personal hygiene. ● make simple choices that improve their health and well-being ● learn about the importance of medicine safety. ● know that all household products, including medicines, can be harmful if not used properly. 	<ul style="list-style-type: none"> ● identify and respect similarities and differences between boys and girls. ● the process of growing from young to old. ● know the names for different parts of the body. ● know about the physical and emotional changes in our bodies as we grow. 	<ul style="list-style-type: none"> ● know how to ask for advice or help ● know about different types of bullying ● understand family and friends ● understand strategies to cope with unfair teasing. ● understand all communities. ● take and be responsible 	<ul style="list-style-type: none"> ● understand a range of different feelings and emotions ● understand the importance of love. ● recognise, name and deal with our feelings in a positive way. ● managing money. ● gain a basic understanding of enterprise.

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Year 3	Core Areas	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
		Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
		Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World
	Learning Objectives	<ul style="list-style-type: none"> ● know the rules for keeping safe online, and the concept of privacy ● know how to consider the effect of our online actions on others. ● use ICT safely. ● understand why rules are needed ● understand why it is important to behave responsibly. 	<ul style="list-style-type: none"> ● know the features of a good friend. ● understand positive / healthy relationships /friendships ● know how to strengthen and repair friendships ● know friendship boundaries 	<ul style="list-style-type: none"> ● understand mental wellbeing ● understand physical, emotional and mental health. ● become more self-aware. ● understand why setting goals is important. ● know the importance of sufficient, good quality sleep 	<ul style="list-style-type: none"> ● recognise that there are many ways to communicate. ● understand the need to communicate clearly. ● understand why it is important to listen to others. ● understand why it is important to be part of a community. 	<ul style="list-style-type: none"> ● understand how we grow differently ● understand dental health ● understand the importance of 'First Aid'. ● know how to make calls to emergency services ● know the importance of a paramedic. 	<ul style="list-style-type: none"> ● understand 'healthy'. ● know the risks associated with an inactive lifestyle ● know guidelines for physical activity ● know the benefits of physical exercise on mental wellbeing ● understand why it is important to listen to others and work collaboratively.

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Year 4	Core Areas	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
		Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
		Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World
	Learning Objectives	<ul style="list-style-type: none"> • use ICT safely • know how information and data is shared and used online. • know the internet is an integral part of life and has many benefits. • know why online usage can be age restricted. • know where and how to report concerns • understand the terms 'discrimination' and 'stereotype'. 	<ul style="list-style-type: none"> • understand hostile incidents and bullying. • understand self-esteem • know how to communicate • understand 'resilience' and 'persistence' • know about / to recognise different types of bullying 	<ul style="list-style-type: none"> • know what constitutes a healthy diet • know where different foods come from. • understand the function of different food groups for a balanced diet. • know the principles of healthy meals. • learn to prepare and cook 	<ul style="list-style-type: none"> • understand why it is important to listen and communicate with others. • know that isolation and loneliness can affect children • know that others' families, sometimes look different from our family, but that we should respect those differences 	<ul style="list-style-type: none"> • understand others strengths and weaknesses. • learn about self-respect • know how to set realistic targets. • understand how to achieve a goal. • identify and talk about my own and others' strengths and weaknesses • reflect on the range of skills needed in different jobs. 	<ul style="list-style-type: none"> • understand how we are all connected by our similarities. • know that stable, caring relationships are at the heart of happy families, • understand and appreciate different cultures and religions and learn about the need for tolerance • understand the term 'diversity'. • understand why financial management and planning is important from a young age.

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Year 5	Topic	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
		Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
		Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World
	Learning Objectives	<ul style="list-style-type: none"> know and understand the meaning of: - anarchy, democracy, sovereignty, dictatorship, government, monarchy. Know about organisations such as the United Nations and their role. know that the same principles apply to online relationships as to face-to-face relationships, know how to critically consider our online friendships and sources of information know that the internet can also be a negative place know the facts about legal and illegal harmful substances and associated risks, 	<ul style="list-style-type: none"> know how to recognise and talk about our emotions, understand the cycle of life and how death is an inevitable part of this cycle. know how to recognise if family relationships are making us feel unhappy or unsafe, understand the need for empathy. understand the benefits of living in a diverse community 	<ul style="list-style-type: none"> know key facts about puberty and the changing adolescent body know the characteristics and mental and physical benefits of an active lifestyle. 	<ul style="list-style-type: none"> know about physical, emotional and mental health. know the importance of permission-seeking and giving in relationships recognise the many ways to communicate. understand the need for confidentiality know how to recognise who to trust and who not to trust, understand the role of the listener in any relationship. recognise that there are many ways to communicate. 	<ul style="list-style-type: none"> develop an awareness of our own dietary needs the principles of nutrition and healthy eating. know that each person's body belongs to them know the difference between appropriate and inappropriate touches. know how to recognise and report feelings of being unsafe or feeling bad about any adult. 	<ul style="list-style-type: none"> understand when collaboration is necessary. understand the need to develop teamwork skills. recognise the roles within a community. understand the need to collaborate know concepts of basic first-aid

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Year 6	Core Areas	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
		Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
		Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World
	Learning Objectives	<ul style="list-style-type: none"> ● understand having aspirations and goals. ● reflect on past achievements. ● recognise achievements of others ● recognise behaviour that influences people positively and negatively. 	<ul style="list-style-type: none"> ● know the importance of self-respect ● understand gender and racial discrimination ● know the characteristics of healthy family life, ● understand the importance of family within different cultures. 	<ul style="list-style-type: none"> ● know how to recognise early signs of physical illness ● know the facts and science relating to allergies, immunisation and vaccination.' ● know how to recognise if family relationships are making us feel unhappy or unsafe, ● understand the need for empathy. 	<ul style="list-style-type: none"> ● know how and when to seek support ● know that it is common for people to experience mental ill health ● know that mental wellbeing is a normal part of daily life ● know that bullying has a negative impact on mental wellbeing. ● know that relationships can change as a result of growing up. 	<ul style="list-style-type: none"> ● know about budgeting ● understand financial management and planning. ● know and understand financial terms such as loan, interest, tax and discount. ● understand why aspirations are important in helping to plan for the future. 	<ul style="list-style-type: none"> ● know and understand the principles of enterprise. ● understand profit and loss ● know and understand the principles of charity work.