



Moorgate Primary School



PSHCE INTENT

Overview 2020/2021

Subject Lead: David Buchanan

Date Completed: July 2020



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

Whole School Overview					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
<b>Mini Moorgate</b>	Feelings	Mini Me Yoga	Mini Massage	Toileting/ Developing personal hygiene skills	Snack time: Eating and drinking skills
<b>Nursery</b>	New Beginnings Getting on and falling out	Going for goals	Good to be me	Relationships	Changes
<b>Reception</b>	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
<b>Year 1</b>	Respecting ourselves and others Keeping safe	Safe relationships Media literacy and digital resilience Keeping safe	Belonging to a community Money and work Families and friendships	Growing and changing	Physical health and mental well being
<b>Year 2</b>	Keeping safe Physical health and mental well being	Safe relationships Media literacy and digital resilience	Money and work Families and friendships Respecting ourselves and others	Belonging to a community	Growing and changing
<b>Year 3</b>	Families and Friendships Safe relationships	Respecting ourselves and others Belonging to a community	Media Literacy and Digital resilience Money and Work	Physical health and mental wellbeing Growing and Changing	Keeping Safe
<b>Year 4</b>	Families and Friendships Safe relationships	Respecting ourselves and others	Belonging to a community Media Literacy and digital resilience Money and Work	Physical health and mental wellbeing	Growing and Changing Keeping Safe
<b>Year 5</b>	Family and Friendships Safe Relationships	Respecting Ourselves and Others	Belonging to a community Media Literacy and digital resilience	Money and Work Physical health and mental wellbeing	Growing and Changing Keeping Safe
<b>Year 6</b>	Media Literacy and digital resilience Families and friendships	Respecting ourselves and others Belonging to a community	Money and Work	Physical health and mental wellbeing Keeping Safe	Growing and Changing Safe relationships



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Mini Moorgate					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
	Under the EYFS Framework, we would primarily follow the children’s interests. Therefore, the research project titles below are subject to change and only to be used as a guide.				
National Curriculum Area	<u>Feelings</u>	<u>Mini Me Yoga</u>	<u>Mini Massage</u>	<u>Toileting/ Developing personal hygiene skills</u>	<u>Snack time: Eating and drinking skills</u>
Enquiry Question	How do you feel today?	How does yoga make me feel?	How does mini massage make me feel?	Why do we wash our hands?	Why do we need healthy snacks?
<b>Throughout the year, the children will be assessed against these EYFS statements</b>	<p><b><u>Personal, social and Emotional Development - 22-36 Months</u></b></p> <ul style="list-style-type: none"> <li>• Interested in others’ play and starting to join in.</li> <li>• Seeks out others to share experiences.</li> <li>• Shows affection and concern for people who are special to them.</li> <li>• May form a special friendship with another child.</li> <li>• Separates from main carer with support and encouragement from a familiar adult.</li> <li>• Expresses own interests and preferences</li> <li>• Seeks comfort from familiar adults when needed.</li> <li>• Can express their own feelings such as sad, happy, cross, scared, worried.</li> <li>• Responds to the feelings and wishes of others.</li> <li>• Aware that some actions can hurt or harm others.</li> <li>• Tries to help or give comfort when others are distressed.</li> <li>• Shows understanding and cooperates with some boundaries and routines.</li> <li>• Can inhibit own actions/behaviours, e.g. stop themselves from doing something they shouldn’t do.</li> </ul> <p><b><u>Communication and Language - 22-36 Months</u></b></p> <ul style="list-style-type: none"> <li>• Uses language as a powerful means of widening contacts, sharing feelings, experiences and thoughts.</li> <li>• Holds a conversation, jumping from topic to topic.</li> <li>• Learns new words very rapidly and is able to use them in communicating.</li> </ul> <p><b><u>Physical Development -22-36 Months</u></b></p> <ul style="list-style-type: none"> <li>• Feeds self competently with spoon.</li> <li>• Drinks well without spilling.</li> <li>• Clearly communicates their need for potty or toilet.</li> </ul>				



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	<ul style="list-style-type: none"> <li>• <i>Beginning to recognise danger and seeks support of significant adults for help.</i></li> <li>• <i>Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt.</i></li> <li>• <i>Beginning to be independent in self-care, but still often needs adult support.</i></li> </ul>				
Key Vocabulary	Myself Feelings Being gentle Rights Responsibilities	Talents Families Home Friends Standing up for myself	Challenges Perseverance Jobs Help	Exercise Healthy food Physical activity Sleep Clean	Bodies Respecting my body Fun Fears Growth Family life Friendship Falling out



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Nursery					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
	Under the EYFS Framework, we would primarily follow the children’s interests. Therefore, the research project titles below are subject to change and only to be used as a guide.				
National Curriculum Area	<u><b>New Beginnings</b></u> <u><b>Getting on and falling out</b></u>	<u><b>Going for goals</b></u>	<u><b>Good to be me</b></u>	<u><b>Relationships</b></u>	<u><b>Changes</b></u>
Enquiry Question	Can you name your new friends? How can we help our friends?	When you grow up what would you want to be?	What is special about me?	What makes a kind friend?	What do you want to do in your new school/class?
<b>Throughout the year, the children will be assessed against these EYFS statements</b>	<p><b><u>Personal, Social and Emotional: 30-50 months</u></b></p> <ul style="list-style-type: none"> <li>• To select and use activities and resources with help.</li> <li>• To welcome and value praise for what they have done.</li> <li>• To enjoy the responsibility of carrying out small tasks.</li> <li>• To be more outgoing towards unfamiliar people and more confident in new social situations.</li> <li>• To be confident talking to other children when playing and communicate freely about home and community.</li> <li>• To show confidence in asking adults for help.</li> <li>• To be aware of own feelings and know that some actions and words can hurt others’ feelings.</li> <li>• To begin to accept the needs of others and to take turns and share resources, sometimes with support from others.</li> <li>• To usually tolerate delay when needs are not immediately met and understand wishes may not always be met.</li> <li>• To usually adapt behaviour to different events, social situations and changes in routine.</li> <li>• To play in a group, extending and elaborating play ideas, e.g. building up a role-play activity with other children.</li> <li>• To initiate play, offering cues to peers to join them.</li> <li>• To keep play going by responding to what others are saying or doing.</li> <li>• To demonstrate friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults.</li> </ul> <p><b><u>Physical Development: 30-50 months</u></b></p> <ul style="list-style-type: none"> <li>• To tell adults when hungry or tired, or when they want to rest or play.</li> <li>• To gain more bowel and bladder control and can attend to toileting needs most of the time themselves.</li> <li>• To usually manage washing and drying hands.</li> <li>• To dress with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.</li> </ul> <p><b><u>Understanding the World: 30-50 months</u></b></p> <ul style="list-style-type: none"> <li>• To show interest in the lives of people who are familiar to them.</li> <li>• To remember and talk about significant events in their own experiences.</li> </ul>				



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	<ul style="list-style-type: none"> <li>To recognise and describe special times or events for family or friends.</li> <li>To show interest in different occupations and ways of life.</li> <li>To know some of the things that make them unique and talk about some of the similarities and differences in relation to friends or family.</li> </ul>				
Key Vocabulary	Friends Myself Feelings Being gentle Rights Responsibilities Help	Talents Families Home Standing up for myself Jobs	Challenges Perseverance Myself Feelings Being gentle Rights Responsibilities Help	Exercise Healthy food Physical activity Sleep Clean Family life Friendship Falling out	Bodies Respecting my body Fun Fears Growth



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Reception					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
	Under the EYFS Framework, we would primarily follow the children’s interests. Therefore, the research project titles below are subject to change and only to be used as a guide.				
National Curriculum Area	<u>Being Me in My World</u>	<u>Celebrating Difference</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>
Enquiry Question	Who is important to me?	What makes me special?	What do I want to be when I grow up?	How can I keep myself healthy?	What makes a good friend?
<b>Throughout the year, the children will be assessed against these EYFS statements</b>	<p><b><u>Personal, Social and Emotional Development – 40-60 Months</u></b></p> <ul style="list-style-type: none"> <li>To be confident to speak to others about own needs, wants, interests and opinions.</li> <li>To describe self in positive terms and talk about abilities.</li> <li>To explain own knowledge and understanding and ask appropriate questions of others.</li> <li>To take steps to resolve conflicts with other children, e.g. finding a compromise.</li> <li>To understand that own actions affect other people. For example, becomes upset or tries to comfort another child when they realise they have upset them.</li> <li>To be aware of the boundaries set and of behavioural expectations in the setting.</li> <li>To begin to be able to negotiate and solve problems without aggression, e.g. when someone has taken their toy.</li> </ul> <p><b><u>Physical Development – 40-60 Months</u></b></p> <ul style="list-style-type: none"> <li>To eat a healthy range of foodstuffs and understand a need for variety in food.</li> <li>To usually be dry and clean during the day.</li> <li>To show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</li> <li>To show understanding of the need for safety when tackling new challenges and consider and manage some risks.</li> <li>To practice some appropriate safety measures without direct supervision.</li> </ul> <p><b><u>Personal, Social and Emotional Development – Early Learning Goal</u></b></p> <ul style="list-style-type: none"> <li>To be confident to try new activities and say why they like some activities more than others.</li> <li>They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities.</li> <li>They say when they do or don’t need help.</li> <li>To talk about how they and others show feelings, talk about their own and others’ behaviour and its consequences, and know that some behaviour is unacceptable.</li> <li>They work as part of a group or class and understand and follow the rules.</li> <li>They adjust their behaviour to different situations, and take changes of routine in their stride.</li> </ul>				



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	<ul style="list-style-type: none"> <li>• <i>To play cooperatively, taking turns with others.</i></li> <li>• <i>They take account of one another's ideas about how to organise their activity.</i></li> <li>• <i>They show sensitivity to others' needs and feelings and form positive relationships with adults and other children.</i></li> </ul> <p><b><u>Physical Development – Early Learning Goal</u></b></p> <ul style="list-style-type: none"> <li>• <i>To know the importance for good health of physical exercise and a healthy diet and talk about ways to keep healthy and safe.</i></li> </ul>				
Key Vocabulary	Friends Myself Feelings Being gentle Rights Responsibilities Help	Talents Families Home Standing up for myself Jobs	Challenges Perseverance Myself Feelings Being gentle Rights Responsibilities Help	Exercise Healthy food Physical activity Sleep Clean Family life Friendship Falling out	Bodies Respecting my body Fun Fears Growth



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Year 1					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
National Curriculum Area	<u>Respecting ourselves and others</u>  <u>Keeping safe</u>	<u>Safe relationships</u>  <u>Media literacy and digital resilience</u>  <u>Keeping safe</u>	<u>Belonging to a community</u>  <u>Money and work</u>  <u>Families and friendships</u>	<u>Growing and changing</u>	<u>Physical health and mental well being</u>
Enquiry Question	Why is important to show respect?	What makes me feel safe?	What is community?	How have I changed this year?	Why is it important to keep myself healthy?
Skills Taught	<ul style="list-style-type: none"> <li>• Being respectful</li> <li>• Being kind and helpful</li> <li>• Following instructions and rules</li> <li>• Taking turns</li> <li>• Behaving safely</li> </ul>	<ul style="list-style-type: none"> <li>• Being respectful</li> <li>• Being kind and helpful</li> <li>• Following instructions and rules</li> <li>• Taking turns</li> <li>• Behaving safely</li> <li>• Identifying different types of touch</li> <li>• Who to go to for help</li> <li>• Asking permission</li> <li>• Responding appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Caring for others</li> <li>• Behaving kindly</li> <li>• Recognising strengths</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising strengths</li> <li>• Managing difficult situations</li> <li>• Recognising feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping healthy</li> <li>• Taking care of ourselves</li> <li>• Basic hygiene</li> </ul>
Knowledge Taught	Children will learn: <ul style="list-style-type: none"> <li>• What kind and unkind behaviour mean in and out school</li> <li>• How kind and unkind behaviour can make people feel</li> <li>• About what respect means</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• About situations when someone's body or feelings might be hurt and whom to go to for help</li> <li>• About what it means to keep something private, including parts of the body that are private</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• About people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers</li> <li>• The role these different people play in children's lives and how they care for them</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• To recognise what makes them special and unique including their likes, dislikes and what they are good at</li> <li>• How to manage and whom to tell when finding things difficult, or when things go wrong</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• What it means to be healthy and why it is important</li> <li>• Ways to take care of themselves on a daily basis</li> </ul>



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	<ul style="list-style-type: none"> <li>• About class rules, being polite to others, sharing and taking turns</li> <li>• How rules can help to keep us safe</li> <li>• Why some things have age restrictions, e.g. TV and film, games, toys or play areas</li> <li>• Basic rules for keeping safe online</li> <li>• Whom to tell if they see something online that makes them feel unhappy, worried, or scared</li> </ul>	<ul style="list-style-type: none"> <li>• To identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</li> <li>• How to respond if being touched makes them feel uncomfortable or unsafe</li> <li>• When it is important to ask for permission to touch others</li> <li>• How to ask for and give/not give permission</li> <li>• What kind and unkind behaviour mean in and out school</li> <li>• How kind and unkind behaviour can make people feel</li> <li>• About what respect means</li> <li>• About class rules, being polite to others, sharing and taking turns</li> </ul>	<ul style="list-style-type: none"> <li>• What it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.</li> <li>• About the importance of telling someone — and how to tell them — if they are worried about something in their family</li> <li>• What kind and unkind behaviour mean in and out school</li> <li>• How kind and unkind behaviour can make people feel</li> <li>• About what respect means</li> <li>• About class rules, being polite to others, sharing and taking turns</li> <li>• That everyone has different strengths, in and out of school</li> <li>• About how different strengths and interests are needed to do different jobs</li> <li>• About people whose job it is to help us in the community</li> <li>• About different jobs and the work people do</li> </ul>	<ul style="list-style-type: none"> <li>• How they are the same and different to others</li> <li>• About different kinds of feelings</li> <li>• How to recognise feelings in themselves and others</li> <li>• How feelings can affect how people behave</li> </ul>	<ul style="list-style-type: none"> <li>• About basic hygiene routines, e.g. hand washing</li> <li>• About healthy and unhealthy foods, including sugar intake</li> <li>• About physical activity and how it keeps people healthy</li> <li>• About different types of play, including balancing indoor, outdoor and screen-based play</li> <li>• About people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors</li> <li>• How to keep safe in the sun</li> </ul>
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Key Vocabulary	Special Safe Community Consequences Rewards	Similarities Differences Bullying Celebrating	Belonging Physical contact Preferences Celebrations	Success Achievement Learning styles Overcoming obstacles	Medicine Medication Road safety
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Year 2					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
National Curriculum Area	<u>Keeping safe</u>  <u>Physical health and mental well being</u>	<u>Safe relationships</u>  <u>Media literacy and digital resilience</u>	<u>Money and work</u>  <u>Families and friendships</u>  <u>Respecting ourselves and others</u>	<u>Belonging to a community</u>	<u>Growing and changing</u>
Enquiry Question	Why are certain people special to us?	What is bullying?	How can you make up with your friends if you've fallen out?	What are my rights and responsibilities?	Are you ready to move to Year 3?
Skills Taught	<ul style="list-style-type: none"> <li>• Keeping healthy</li> <li>• Sleep and rest</li> <li>• Routines</li> <li>• Describing feelings</li> <li>• How to calm down, feel good etc.</li> <li>• How to manage big feelings</li> <li>• When and how to ask for help</li> <li>• Recognising risk</li> <li>• Keeping safe</li> <li>• Responding to an accident</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise hurtful behaviour</li> <li>• Dealing with hurtful behaviour</li> <li>• Dealing with bullying</li> <li>• Resisting pressure</li> <li>• Asking for help</li> <li>• Accessing the internet safely</li> </ul>	<ul style="list-style-type: none"> <li>• Being a good friend</li> <li>• Listening</li> <li>• Kindness</li> <li>• Honesty</li> <li>• Positive play strategies</li> <li>• Playing cooperatively</li> <li>• Recognising when they need help</li> <li>• Looking after money</li> <li>• Saving money</li> </ul>	<ul style="list-style-type: none"> <li>• How to be part of a group</li> <li>• Responsibility</li> <li>• Recognising equality</li> </ul>	<ul style="list-style-type: none"> <li>• Preparing for change</li> </ul>
Knowledge Taught	Children will learn: <ul style="list-style-type: none"> <li>• About routines and habits for maintaining good physical and mental health</li> <li>• Why sleep and rest are important for growing and keeping healthy</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• How to recognise hurtful behaviour, including online</li> <li>• What to do and whom to tell if they see or experience hurtful behaviour, including online</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• How to be a good friend, e.g. kindness, listening, honesty</li> <li>• About different ways that people meet and make friends</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• About being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups</li> <li>• About different rights and responsibilities that they</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• About the human life cycle and how people grow from young to old</li> <li>• How our needs and bodies change as we grow up</li> <li>• To identify and name the main parts of the body</li> </ul>



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	<ul style="list-style-type: none"> <li>• To identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger</li> <li>• How to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products</li> <li>• About things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel</li> <li>• How to respond if there is an accident and someone is hurt</li> <li>• About whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say</li> </ul>		<ul style="list-style-type: none"> <li>• That people are paid money for the job they do</li> <li>• How to recognise the difference between needs and wants</li> <li>• How people make choices about spending money, including thinking about needs and wants</li> </ul>		
Key Vocabulary	Relaxation Nutrition Lifestyle Boundaries Secrets Trust Appreciation Young	Relaxation Nutrition Lifestyle Boundaries Secrets Trust Appreciation	Assumptions Stereotypes Gender Gender diversity Realistic Strengths cooperation Contributing	Valuing Contributions Choices	Life cycles (animal/human) Male Female Changes Life cycles (plants) Young Old Independence



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	Old Independence				Main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
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Year 3					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
National Curriculum Area	<u>Families and Friendships</u>  <u>Safe relationships</u>	<u>Respecting ourselves and others</u>  <u>Belonging to a community</u>	<u>Media Literacy and Digital resilience</u>  <u>Money and Work</u>	<u>Physical health and Mental wellbeing</u>  <u>Growing and Changing</u>	<u>Keeping Safe</u>
Enquiry Question	Are there different types of families?	Why do we have laws and rules?	Can a female be a builder? Can a male be a beautician?	What is a healthy, balanced diet?	What is a hazard?
Skills Taught	<ul style="list-style-type: none"> <li>• Safely responding to others</li> <li>• Being part of a family</li> <li>• Identify when someone is worried or upset</li> <li>• Strategies to keep safe online</li> <li>• How to recognise bullying</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising respectful behaviour</li> <li>• Self-respect</li> <li>• Courtesy</li> <li>• Politeness</li> <li>• Responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Setting personal goals</li> <li>• Recognising personal interests</li> <li>• Job skills</li> <li>• Recognising adapted images online</li> <li>• Recognising true/untrue information online</li> <li>• Evaluating</li> <li>• Making safe choices</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying feelings</li> <li>• Expressing feelings</li> <li>• Managing and reframing setbacks</li> <li>• Recognise strengths and interests</li> <li>• Recognise common challenges</li> <li>• Identify healthy and unhealthy choices</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying risks and hazards</li> <li>• Keeping safe in the local environment and unfamiliar places</li> <li>• Following rules</li> </ul>
Knowledge Taught	Children will learn: <ul style="list-style-type: none"> <li>• To recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents</li> <li>• That being part of a family provides support, stability and love</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• To recognise respectful behaviours e.g. helping or including others, being responsible</li> <li>• How to model respectful behaviour in different situations e.g. at home, at school, online</li> <li>• The importance of self-respect and their right to be</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• How the internet can be used positively for leisure, for school and for work</li> <li>• To recognise that images and information online can be altered or adapted and the reasons for why this happens</li> <li>• Strategies to recognise whether something they see online is true or accurate</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• About the choices that people make in daily life that could affect their health</li> <li>• To identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)</li> <li>• What can help people to make healthy choices and</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• How to identify typical hazards at home and in school</li> <li>• How to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen</li> <li>• About fire safety at home including the need for smoke alarms</li> </ul>



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

	<ul style="list-style-type: none"> <li>• About the positive aspects of being part of a family, such as spending time together and caring for each other</li> <li>• About the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty</li> <li>• To identify if/when something in a family might make someone upset or worried</li> <li>• What to do and whom to tell if family relationships are making them feel unhappy or unsafe</li> <li>• What is appropriate to share with friends, classmates, family and wider social groups including online</li> <li>• About what privacy and personal boundaries are, including online</li> <li>• Basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision</li> <li>• That bullying and hurtful behaviour is unacceptable in any situation</li> </ul>	<p>treated respectfully by others</p> <ul style="list-style-type: none"> <li>• What it means to treat others, and be treated, politely</li> <li>• The ways in which people show respect and courtesy in different cultures and in wider society</li> <li>• The reasons for rules and laws in wider society</li> <li>• The importance of abiding by the law and what might happen if rules and laws are broken</li> <li>• What human rights are and how they protect people</li> <li>• To identify basic examples of human rights including the rights of children</li> <li>• About how they have rights and also responsibilities</li> <li>• That with every right there is also a responsibility e.g. the right to an education and the responsibility to learn</li> </ul>	<ul style="list-style-type: none"> <li>• To evaluate whether a game is suitable to play or a website is appropriate for their age-group</li> <li>• To make safe, reliable choices from search results</li> <li>• How to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</li> <li>• About jobs that people may have from different sectors e.g. teachers, business people, charity work</li> <li>• That people can have more than one job at once or over their lifetime</li> <li>• About common myths and gender stereotypes related to work</li> <li>• To challenge stereotypes through examples of role models in different fields of work e.g. women in STEM</li> <li>• About some of the skills needed to do a job, such as teamwork and decision-making</li> <li>• To recognise their interests, skills and achievements and how these might link to future jobs</li> </ul>	<p>what might negatively influence them</p> <ul style="list-style-type: none"> <li>• About habits and that sometimes they can be maintained, changed or stopped</li> <li>• The positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle</li> <li>• What is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally</li> <li>• That regular exercise such as walking or cycling has positive benefits for their mental and physical health</li> <li>• About the things that affect feelings both positively and negatively</li> <li>• Strategies to identify and talk about their feelings</li> <li>• About some of the different ways people express feelings e.g. words, actions, body language</li> <li>• To recognise how feelings can change overtime and become more or less powerful</li> <li>• That everyone is an individual and has unique</li> </ul>	<ul style="list-style-type: none"> <li>• The importance of following safety rules from parents and other adults</li> <li>• How to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety</li> </ul>
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## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

	<ul style="list-style-type: none"> <li>• About the effects and consequences of bullying for the people involved</li> <li>• About bullying online, and the similarities and differences to face-to-face bullying</li> <li>• What to do and whom to tell if they see or experience bullying or hurtful behaviour</li> </ul>		<ul style="list-style-type: none"> <li>• How to set goals that they would like to achieve this year e.g. learn a new hobby</li> </ul>	<p>and valuable contributions to make</p> <ul style="list-style-type: none"> <li>• To recognise how strengths and interests form part of a person's identity</li> <li>• How to identify their own personal strengths and interests and what they're proud of (in school, out of school)</li> <li>• To recognise common challenges to self -worth e.g. finding school work difficult, friendship issues</li> <li>• Basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again</li> </ul>	
Key Vocabulary	<p>Diverse families Family conflict Child-centred Compliments Witness Solutions Diverse families Family conflict Child-centred Compliments</p>	<p>Goals self-worth Positivity Challenges Perspectives Diverse families Family conflict Child-centred Compliments Witness Solutions</p>	<p>Ambitions Enthusiasm Managing feelings Budgeting Food labelling Healthy choices Online safety</p>	<p>Food labelling Healthy choices Online safety</p>	<p>Internal External Needs Goals Self-worth Positivity Challenges Perspectives Hazard</p>



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

Year 4					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
National Curriculum Area	<b><u>Families and Friendships</u></b>  <b><u>Safe relationships</u></b>	<b><u>Respecting ourselves and others</u></b>	<b><u>Belonging to a community</u></b>  <b><u>Media Literacy and digital resilience</u></b>  <b><u>Money and Work</u></b>	<b><u>Physical health and mental wellbeing</u></b>	<b><u>Growing and Changing</u></b>  <b><u>Keeping Safe</u></b>
Enquiry Question	What is mutual respect?	Is it right to judge people based on their likes and dislikes?	How can I contribute to my community?	How do certain food affect my teeth?	What is puberty?
Skills Taught	<ul style="list-style-type: none"> <li>• Responding to hurtful behaviour</li> <li>• Managing confidentiality</li> <li>• Recognising risks online</li> <li>• Building positive friendships</li> <li>• Seeking support</li> <li>• Communicate respectfully</li> <li>• Differentiate between playful teasing and bullying</li> <li>• Manage pressures</li> <li>• Recognise online risks</li> </ul>	<ul style="list-style-type: none"> <li>• Respecting differences and similarities</li> <li>• Discussing difference sensitively</li> <li>• Recognise differences</li> </ul>	<ul style="list-style-type: none"> <li>• Making decisions about money</li> <li>• Using and keeping money safe</li> <li>• Show compassion to others</li> <li>• Recognise online adverts</li> <li>• Compare online content</li> <li>• Keeping track of money</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining a balanced lifestyle</li> <li>• Identify factors that maintain and healthy lifestyle</li> <li>• Maintaining good oral hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Mental wellbeing</li> <li>• Healthy sleep habits</li> <li>• Recognising individuality</li> <li>• Identify genitalia</li> <li>• Manage changes during puberty</li> <li>• Maintaining personal hygiene</li> <li>• Gathering information</li> <li>• Identify risks and effects of drugs</li> </ul>
Knowledge Taught	Children will learn: <ul style="list-style-type: none"> <li>• About the features of positive healthy friendships such as mutual respect, trust and sharing interests</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• To recognise differences between people such as gender, race, faith</li> <li>• To recognise what they have in common with</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• The meaning and benefits of living in a community</li> <li>• To recognise that they belong to different</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• To identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally</li> </ul>	Children will learn: <ul style="list-style-type: none"> <li>• How to identify external genitalia and reproductive organs</li> </ul>



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

	<ul style="list-style-type: none"> <li>• Strategies to build positive friendships</li> <li>• How to seek support with relationships if they feel lonely or excluded</li> <li>• How to communicate respectfully with friends when using digital devices</li> <li>• How knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know</li> <li>• What to do or whom to tell if they are worried about any contact online</li> <li>• To differentiate between playful teasing, hurtful behaviour and bullying, including online</li> <li>• How to respond if they witness or experience hurtful behaviour or bullying, including online</li> <li>• Recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable</li> <li>• How to manage pressures associated with dares</li> </ul>	<p>others e.g. shared values, likes and dislikes, aspirations</p> <ul style="list-style-type: none"> <li>• About the importance of respecting the differences and similarities between people</li> <li>• A vocabulary to sensitively discuss difference and include everyone</li> </ul>	<p>communities as well as the school community</p> <ul style="list-style-type: none"> <li>• About the different groups that make up and contribute to a community</li> <li>• About the individuals and groups that help the local community, including through volunteering and work</li> <li>• How to show compassion towards others in need and the shared responsibilities of caring for them</li> <li>• That everything shared online has a digital footprint</li> <li>• That organisations can use personal information to encourage people to buy things</li> <li>• To recognise what online adverts look like</li> <li>• To compare content shared for factual purposes and for advertising</li> <li>• Why people might choose to buy or not buy something online e.g. from seeing an advert</li> <li>• That search results are ordered based on the popularity of the website and that this can affect what information people access</li> </ul>	<ul style="list-style-type: none"> <li>• What good physical health means and how to recognise early signs of physical illness</li> <li>• That common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary</li> <li>• How to maintain oral hygiene and dental health, including how to brush and floss correctly</li> <li>• The importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</li> </ul>	<ul style="list-style-type: none"> <li>• About the physical and emotional changes during puberty</li> <li>• Key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams</li> <li>• Strategies to manage the changes during puberty including menstruation</li> <li>• The importance of personal hygiene routines during puberty including washing regularly and using deodorant</li> <li>• How to discuss the challenges of puberty with a trusted adult</li> <li>• How to get information, help and advice about puberty</li> <li>• The importance of taking medicines correctly and using household products safely</li> <li>• To recognise what is meant by a 'drug'</li> <li>• That drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing</li> <li>• To identify some of the effects related to different</li> </ul>
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## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

	<ul style="list-style-type: none"> <li>• When it is right to keep or break a confidence or share a secret</li> <li>• How to recognise risks online such as harmful content or contact</li> <li>• How people may behave differently online including pretending to be someone they are not</li> <li>• How to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</li> </ul>		<ul style="list-style-type: none"> <li>• How people make different spending decisions based on their budget, values and needs</li> <li>• How to keep track of money and why it is important to know how much is being spent</li> <li>• About different ways to pay for things such as cash, cards, e-payment and the reasons for using them</li> <li>• That how people spend money can have positive or negative effects on others e.g. charities, single use plastics</li> </ul>		<p>drugs and that all drugs, including medicines, may have side effects</p> <ul style="list-style-type: none"> <li>• To identify some of the risks associated with drugs common to everyday life</li> <li>• That for some people using drugs can become a habit which is difficult to break</li> <li>• How to ask for help or advice</li> </ul>
Key Vocabulary	<p style="text-align: center;">Jealousy Love/loss Memories Girlfriends Boyfriends Healthy friendships</p>	<p style="text-align: center;">Judgment Appearance Acceptance Influences Impressions</p>	<p style="text-align: center;">Democracy Motivation Class Citizen Voice Peer pressure Inner strength Assertiveness Disappointment Overcoming Resilience Positive attitude</p>	<p style="text-align: center;">Healthy friendships Smoking Alcohol Inner strength Assertiveness</p>	<p style="text-align: center;">Self-image Media influence Puberty Conception IVF Vaping Emergency aid Body image Relationships with food Healthy choices</p>



# PSHCE INTENT

## PSHCE Overview 2020/21 – Subject Lead: David Buchanan

Year 5					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
National Curriculum Area	<u>Family and Friendships</u> <u>Safe Relationships</u>	<u>Respecting Ourselves and Others</u>	<u>Belonging to a community</u> <u>Media Literacy and digital resilience</u>	<u>Money and Work</u> <u>Physical health and mental wellbeing</u>	<u>Growing and Changing</u> <u>Keeping Safe</u>
Enquiry Question	What is peer influence?	What is prejudice and discrimination?	In what ways can I protect the environment?	What is stereotyping in the workplace?	What is my personal identity?
Skills Taught	<ul style="list-style-type: none"> <li>Managing friendships and peer influence.</li> <li>Feeling safe</li> <li>Communicating assertively</li> <li>Managing peer influences</li> <li>Strategies to positively resolve disputes</li> <li>Identify inappropriate physical touch</li> <li>Responding to unwanted or unacceptable physical contact</li> <li>How to ask for, give and not give permission for physical contact</li> </ul>	<ul style="list-style-type: none"> <li>Responding respectfully to a wide range of people</li> <li>Recognising prejudice and Discrimination</li> <li>Recognising that everyone should be treated equally</li> <li>Listening and responding respectfully</li> <li>Identify online bullying</li> <li>Safely challenging and reporting online bullying</li> </ul>	<ul style="list-style-type: none"> <li>Protecting the environment</li> <li>Compassion towards others</li> <li>Express opinions</li> <li>Identify different types of media</li> <li>Basic strategies to assess whether content online based on fact, opinion, or is biased</li> <li>Assessing which search results are more reliable than others</li> <li>Recognising unsafe or suspicious content online</li> </ul>	<ul style="list-style-type: none"> <li>Identifying job interests and aspirations</li> <li>Healthy sleep strategies and how to maintain them</li> <li>How to manage risk in relation to sun exposure, including skin damage and heat stroke</li> <li>Recognising the shared responsibility of keeping a clean environment</li> </ul>	<ul style="list-style-type: none"> <li>Personal hygiene routines</li> <li>Recognising, respecting and expressing their individuality and personal qualities</li> <li>Ways to boost their mood and improve emotional wellbeing</li> <li>Identifying when situations are becoming risky, unsafe or an emergency</li> <li>Identifying occasions where they can help take responsibility for their own safety</li> <li>Differentiating between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour</li> <li>Dealing with common injuries using basic first aid techniques</li> <li>Responding in an emergency, including when</li> </ul>



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

					and how to contact different emergency services
Knowledge Taught	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• What makes a healthy friendship and how they make people feel included</li> <li>• Strategies to help someone feel included</li> <li>• About peer influence and how it can make people feel or behave</li> <li>• The impact of the need for peer approval in different situations, including online strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication</li> <li>• That it is common for friendships to experience challenges</li> <li>• Strategies to positively resolve disputes and reconcile differences in friendships</li> <li>• That friendships can change over time and the benefits of having new and different types of friends</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• To recognise that everyone should be treated equally</li> <li>• Why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own</li> <li>• What discrimination means and different types of discrimination e.g. racism, sexism, homophobia</li> <li>• To identify online bullying and discrimination of groups or individuals e.g. trolling and harassment</li> <li>• The impact of discrimination on individuals, groups and wider society</li> <li>• Ways to safely challenge discrimination</li> <li>• How to report discrimination online</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• About how resources are allocated and the effect this has on individuals, communities and the environment</li> <li>• The importance of protecting the environment and how everyday actions can either support or damage it</li> <li>• How to show compassion for the environment, animals and other living things</li> <li>• About the way that money is spent and how it affects the environment</li> <li>• To express their own opinions about their responsibility towards the environment</li> <li>• To identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise</li> <li>• Basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased</li> <li>• That some media and online content promote stereotypes</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• To identify jobs that they might like to do in the future</li> <li>• About the role ambition can play in achieving a future career</li> <li>• How or why someone might choose a certain career</li> <li>• About what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values</li> <li>• The importance of diversity and inclusion to promote people's career opportunities</li> <li>• About stereotyping in the workplace, its impact and how to challenge it</li> <li>• That there is a variety of routes into work e.g. college, apprenticeships, university, training</li> <li>• How sleep contributes to a healthy lifestyle</li> <li>• Healthy sleep strategies and how to maintain them</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• About personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes</li> <li>• That for some people their gender identity does not correspond with their biological sex</li> <li>• How to recognise, respect and express their individuality and personal qualities</li> <li>• Ways to boost their mood and improve emotional wellbeing</li> <li>• About the link between participating in interests, hobbies and community groups and mental wellbeing</li> <li>• To identify when situations are becoming risky, unsafe or an emergency</li> <li>• To identify occasions where they can help take responsibility for their own safety</li> <li>• To differentiate between positive risk taking (e.g. trying a challenging new</li> </ul>



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

	<ul style="list-style-type: none"> <li>• How to recognise if a friendship is making them feel unsafe, worried, or uncomfortable</li> <li>• When and how to seek support in relation to friendships</li> <li>• To identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations</li> <li>• How to ask for, give and not give permission for physical contact</li> <li>• How it feels in a person's mind and body when they are uncomfortable that it is never someone's fault if they have experienced unacceptable contact</li> <li>• How to respond to unwanted or unacceptable physical contact</li> <li>• That no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about</li> </ul>		<ul style="list-style-type: none"> <li>• How to assess which search results are more reliable than others</li> <li>• To recognise unsafe or suspicious content online</li> <li>• How devices store and share information</li> </ul>	<ul style="list-style-type: none"> <li>• About the benefits of being outdoors and in the sun for physical and mental health</li> <li>• How to manage risk in relation to sun exposure, including skin damage and heat stroke</li> <li>• How medicines can contribute to health and how allergies can be managed</li> <li>• That some diseases can be prevented by vaccinations and immunisations</li> <li>• That bacteria and viruses can affect health</li> <li>• How they can prevent the spread of bacteria and viruses with everyday hygiene routines</li> <li>• To recognise the shared responsibility of keeping a clean environment</li> </ul>	<ul style="list-style-type: none"> <li>• sport) and dangerous behaviour</li> <li>• How to deal with common injuries using basic first aid techniques</li> <li>• How to respond in an emergency, including when and how to contact different emergency services</li> <li>• That female genital mutilation (FGM) is against British law<sup>1</sup></li> <li>• What to do and whom to tell if they think they or someone they know might be at risk of FGM</li> </ul>
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# PSHCE INTENT

## PSHCE Overview 2020/21 – Subject Lead: David Buchanan

	<ul style="list-style-type: none"> <li>Whom to tell if they are concerned about unwanted physical contact</li> </ul>				
Key Vocabulary	Aspirations Conflict Vote Participation Cultural diversity Self-recognition Self-esteem	Cultural diversity Racism Rumours Material wealth Respecting culture	Online communities Gaming Gambling Grooming	Financial success Long-term Charity	Being unique Body changes Transition Accepting change Having a baby



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

Year 6					
	Research Project 1	Research Project 2	Research Project 3	Research Project 4	Research Project 5
National Curriculum Area	<u>Media Literacy and digital resilience</u>  <u>Families and friendships</u>	<u>Respecting ourselves and others</u>  <u>Belonging to a community</u>	<u>Money and Work</u>	<u>Physical health and Mental wellbeing</u>  <u>Keeping Safe</u>	<u>Growing and Changing</u>  <u>Safe relationships</u>
Enquiry Question	How and why are online images manipulated, altered, or faked?	How can I be a positive role model?	How do I know if something is value for money?	Is mental health as important as physical health?	Are you ready to move to Secondary school?
Skills Taught	<ul style="list-style-type: none"> <li>• Recognising when images have been altered</li> <li>• Recognising what is appropriate to share online</li> <li>• How and where to report forced marriage or ask for help if they are worried</li> </ul>	<ul style="list-style-type: none"> <li>• Discussing issues respectfully</li> <li>• Listening to and respecting other points of view</li> <li>• Constructively challenging points of view they disagree with</li> <li>• Participating effectively in discussions online and managing conflict or disagreements</li> <li>• Recognising acts of discrimination</li> <li>• Strategies to safely respond to and challenge discrimination</li> <li>• Recognising stereotypes in different contexts and the influence they have on attitudes and understanding of different groups.</li> </ul>	<ul style="list-style-type: none"> <li>• Getting help if they are concerned about gambling or money worries</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support</li> <li>• Managing feelings</li> <li>• Recognising that if someone experiences feelings that are not so good help and support is available</li> <li>• Identifying where they and others can ask for help and support with mental wellbeing in and outside school</li> <li>• Identifying how to ask for help and support with loss, grief or other aspects of change</li> <li>• Strategies to manage time spent online and foster positive habits</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising some of the changes as they grow up e.g. increasing independence</li> <li>• Practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school</li> <li>• Identifying the links between love, committed relationships and conception</li> <li>• Basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision</li> <li>• What to do and whom to tell if they see or experience bullying or hurtful behaviour</li> </ul>



## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

				<ul style="list-style-type: none"><li>• What to do and whom to tell if they are frightened or worried about something they have seen online</li><li>• How to protect personal information online</li><li>• Identifying potential risks of personal information being misused</li><li>• Strategies for dealing with requests for personal information or images of themselves</li><li>• Identifying types of images that are appropriate to share with others and those which might not be appropriate</li><li>• Identifying types of images that are appropriate to share with others and those which might not be appropriate</li><li>• How to report the misuse of personal information or sharing of upsetting content/ images online</li><li>• Recognising why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs</li><li>• How to ask for help if they have concerns about drug use</li></ul>	
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## PSHCE INTENT

### PSHCE Overview 2020/21 – Subject Lead: David Buchanan

<b>Knowledge Taught</b>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• About the benefits of safe internet use e.g. learning, connecting and communicating</li> <li>• How and why images online might be manipulated, altered, or faked</li> <li>• How to recognise when images might have been altered</li> <li>• Why people choose to communicate through social media and some of the risks and challenges of doing so</li> <li>• That social media sites have age restrictions and regulations for use</li> <li>• The reasons why some media and online content is not appropriate for children</li> <li>• How online content can be designed to manipulate people's emotions and encourage them to read or share things</li> <li>• About sharing things online, including rules and laws relating to this</li> <li>• How to recognise what is appropriate to share online</li> <li>• How to report inappropriate online content or contact</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• About the link between values and behaviour and how to be a positive role model</li> <li>• How to discuss issues respectfully</li> <li>• How to listen to and respect other points of view</li> <li>• How to constructively challenge points of view they disagree with</li> <li>• Ways to participate effectively in discussions online and manage conflict or disagreements</li>   <li>• What prejudice means</li> <li>• To differentiate between prejudice and discrimination</li> <li>• How to recognise acts of discrimination</li> <li>• Strategies to safely respond to and challenge discrimination</li> <li>• How to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• About the role that money plays in people's lives, attitudes towards it and what influences decisions about money</li> <li>• About value for money and how to judge if something is value for money</li> <li>• How companies encourage customers to buy things and why it is important to be a critical consumer</li> <li>• How having or not having money can impact on a person's emotions, health and wellbeing</li> <li>• About common risks associated with money, including debt, fraud and gambling</li> <li>• How money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk</li> <li>• How to get help if they are concerned about gambling or other financial risks</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• That mental health is just as important as physical health and that both need looking after</li> <li>• To recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support</li> <li>• How negative experiences such as being bullied or feeling lonely can affect mental wellbeing</li> <li>• Positive strategies for managing feelings</li> <li>• That there are situations when someone may experience mixed or conflicting feelings</li> <li>• How feelings can often be helpful, whilst recognising that they sometimes need to be overcome</li> <li>• To recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available</li> <li>• Identify where they and others can ask for help and support with mental wellbeing in and outside school</li> <li>• The importance of asking for support from a trusted adult</li> </ul>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>• To recognise some of the changes as they grow up e.g. increasing independence</li> <li>• About what being more independent might be like, including how it may feel</li> <li>• About the transition to secondary school and how this may affect their feelings</li> <li>• About how relationships may change as they grow up or move to secondary school</li> <li>• Practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school</li> <li>• Identify the links between love, committed relationships and conception</li> <li>• What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults</li> <li>• How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</li> <li>• That pregnancy can be prevented with contraception</li> <li>• About the responsibilities of being a parent or carer and</li> </ul>
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	<ul style="list-style-type: none"> <li>• What it means to be attracted to someone and different kinds of loving relationships</li> <li>• That people who love each other can be of any gender, ethnicity or faith</li> <li>• The difference between gender identity and sexual orientation and everyone’s right to be loved</li> <li>• About the qualities of healthy relationships that help individuals flourish</li> <li>• Ways in which couples show their love and commitment to one another, including those who are not married or who live apart</li> <li>• What marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults</li> <li>• That people have the right to choose whom they marry or whether to get married</li> <li>• That to force anyone into marriage is illegal</li> <li>• How and where to report forced marriage or ask for help if they are worried</li> </ul>	<ul style="list-style-type: none"> <li>• How stereotypes are perpetuated and how to challenge this</li> </ul>		<ul style="list-style-type: none"> <li>• About the changes that may occur in life including death, and how these can cause conflicting feelings</li> <li>• That changes can mean people experience feelings of loss or grief</li> <li>• About the process of grieving and how grief can be expressed</li> <li>• About strategies that can help someone cope with the feelings associated with change or loss</li> <li>• To identify how to ask for help and support with loss, grief or other aspects of change</li> <li>• How balancing time online with other activities helps to maintain their health and wellbeing</li> <li>• Strategies to manage time spent online and foster positive habits e.g. switching phone off at night</li> <li>• What to do and whom to tell if they are frightened or worried about something they have seen online</li> <li>• How to protect personal information online</li> <li>• To identify potential risks of personal information being misused</li> </ul>	<p>how having a baby changes someone’s life</p> <ul style="list-style-type: none"> <li>• What is appropriate to share with friends, classmates, family and wider social groups including online</li> <li>• About what privacy and personal boundaries are, including online</li> <li>• Basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision</li> <li>• That bullying and hurtful behaviour is unacceptable in any situation</li> <li>• About the effects and consequences of bullying for the people involved</li> <li>• About bullying online, and the similarities and differences to face-to-face bullying</li> <li>• What to do and whom to tell if they see or experience bullying or hurtful behaviour</li> </ul>
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				<ul style="list-style-type: none"><li>• Strategies for dealing with requests for personal information or images of themselves</li><li>• To identify types of images that are appropriate to share with others and those which might not be appropriate</li><li>• That images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be</li><li>• What to do if they take, share or come across an image which may upset, hurt or embarrass them or others</li><li>• How to report the misuse of personal information or sharing of upsetting content/ images online</li><li>• About the different age rating systems for social media, T.V, films, games and online gaming</li><li>• Why age restrictions are important and how they help people make safe decisions about what to watch, use or play</li><li>• About the risks and effects of different drugs</li><li>• About the laws relating to drugs common to everyday life and illegal drugs</li></ul>	
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				<ul style="list-style-type: none"> <li>• To recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs</li> <li>• About the organisations where people can get help and support concerning drug use</li> <li>• How to ask for help if they have concerns about drug use</li> <li>• About mixed messages in the media relating to drug use and how they might influence opinions and decisions</li> </ul>	
Key Vocabulary	<p style="text-align: center;">Group dynamics Role-modelling Anti-social behaviour</p>	<p style="text-align: center;">Perceptions of normality Disability Empathy Inclusion Exclusion</p>	<p style="text-align: center;">Success criteria Recognition Evaluating Personal responsibility Substances Exploitation County Lines/Gangs</p>	<p style="text-align: center;">Managing stress Mental health Sources of support</p>	<p style="text-align: center;">Power Body image Physical attraction Consent Sexting</p>