**Overview of PSHE Content 2020\_2021**

Basic Knowledge  Advanced Knowledge Deepened Knowledge

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|  | Autumn 1 | Autumn 2 | Spring 1  | Spring 2 | Summer 1 | Summer 2 |
| Nursery | **Mental & Emotional Health** what makes us happy, how we can make others happy **Bereavement Curriculum**I know what makes me happy.Knows what are good emotions and what are negative emotionsI know ways to communicate with someone what emotion I am feeling I know the difference between a good and bad secretKnow bad secrets - things that make us feel uncomfortableKnow the difference and know to talk about bad secrets to an adult they trust - recap the 5 on their hands | **Relationships Education** families, who we are & kindness* Know the things I like and share these
* Know that my friends can like different things to me
* Know that we can still be friends even though we like different things
* Know that everyone in my class is different
* Know that I can make friends with anyone
* Know who is in my family
* Know that all families are different
* Know that the people in my family are special
* Know who loves me and share this.
 | **Living in the wider world**class rules, caring for our classKnow what class rules areKnow why rules are important.  | **Keeping safe - school**how we stay safe in school, being kindKnow and identify dangers in the classroom.eg. Scissors, cables, trip and slip hazards. Know and talk about the dangers around school out of the classroom including the playground. Know who the trusted adults are in school and who they can talk to if they feel unsafe or worried.Know that speaking to an adult about something they are worried or scared about is a positive thing to do.Know what unkind behaviour is.Know where they feel safe and unsafe.Know how to report to someone if they feel unsafe.Know that if they feel unsafe out of school they can still report this to the adults at school. | **Healthy Lifestyles**what foods we eat, washing our handsTo know that plants are grown for food and that fruit and vegetables help us stay healthy To know how to look after our teethTo know the importance of washing our hands after using the toilet and before eatingTo know how to wash hands properly | **Keeping safe - drugs and alcohol**rules at schoolKnow about rules for keeping safe in different situationsKnow about who in their community helps keep them safe.Know what to say or do if I feel unsafe or think something is not safeKnow who to speak to if they aren't feeling well and who can give us medicines. Know who gives us medicines and who they could speak to if they weren’t feeling well. Know people who look after meKnow what is an emergency |
| Reception | **Mental & Emotional Health** what makes us happy, how we can make others happy I know what makes me happy.Knows what are good emotions and what are negative emotionsI know ways to communicate with someone what emotion I am feeling I know the difference between a good and bad secretKnow good secrets that we may keep eg: surprises Know bad secrets - things that make us feel uncomfortableKnow the difference and know to talk about bad secrets to an adult they trust - recap the 5 on their hands**Bereavement Curriculum** | **Relationships Education** families, who we are & kindness* Know the things I like and share these
* Know how to make my own mind up
* Know how to ask others what they think
* Know that my friends can like different things to me
* Know that we can still be friends even though we like different things
* Know that everyone in my class is different
* Know that I can make friends with anyone
* Know who is in my family
* Know that all families are different
* Know that the people in my family are special
* Know who loves me and share this.

  | **Living in the wider world**class rules, caring for our classKnow what class rules areKnow why rules are important. Know what our environment is made from. | **Keeping safe - school**how we stay safe in school, being kindKnow and identify dangers in the classroom.eg. Scissors, cables, trip and slip hazards. They will discuss how to avoid these dangers.Know and talk about the dangers around school out of the classroom including the playground. Know who the trusted adults are in school and who they can talk to if they feel unsafe or worried.Know that speaking to an adult about something they are worried or scared about is a positive thing to do.Know what unkind behaviour is.Know what bullying is. Know the difference between unkind behaviour and bullying.Know where they feel safe and unsafe.Know how to report to someone if they feel unsafe.Know that if they feel unsafe out of school they can still report this to the adults at school.Know appropriate share strategies for coping with feeling unsafe out of school. | **Healthy Lifestyles**what foods we eat, washing our handsTo know that plants are grown for food and that fruit and vegetables help us stay healthy To know how to look after our teethTo know the importance of washing our hands after using the toilet and before eatingTo know how to wash hands properly | **Keeping safe - drugs and alcohol**rules at schoolKnow about rules for keeping safe in different situationsKnow about who in their community helps keep them safe.Know & describe people who help me in school, at home or in the wider environmentKnow what to say or do if I feel unsafe or think something is not safeKnow who to speak to if they aren't feeling well and who can give us medicines. Know who gives us medicines and who they could speak to if they weren’t feeling well. Know who helps keep them safe in their communityKnow people who look after meKnow what is an emergency |
| Year 1 | **Mental & Emotional Health**what makes us happy, good vs bad secrets & behaviour and how it can affect others.**Bereavement Curriculum**I know what makes me happy.Know a range of emotionsKnows what are good emotions and what are negative emotionsI know ways to communicate with someone what emotion I am feeling I know the difference between a good and bad secretKnow good secrets that we may keep eg: surprises Know bad secrets - things that make us feel uncomfortableKnow the difference and know to talk about bad secrets to an adult they trust - recap the 5 on their handsI know how my behaviour may affect othersKnow different behaviours eg: hugging, shouting, pushing, talking etc..Know the effect these behaviours may have on others (both positive and negative)Know times in which we should use different behaviours eg: a hug to cheer someone up | **Relationships Education** liking who I am, playing with others, ages & sharingKnow that ways that we are different and I know how to make my class welcoming Know that boys and girls can play and like the same things.Know that boys and girls can play togetherKnow that we all grow upKnow good things about getting olderKnow that everyone is different Know that you can’t always see the differenceKnow that we live in the world Know that the world is full of different people | **Living in the wider world** class rules, money & environment Know what class rules areKnow why rules are important. Know what British Values are.Know how class rules embed British Values.Know where our money comes from Know what money is used for Know the value of coins and notesKnow what our environment is made from | **Healthy Lifestyles** where my food comes from, looking after our teeth & how to keep cleanTo know that plants are grown for food and that fruit and vegetables help us stay healthy To know how to look after our teethTo know that too much sugar is bad for our teethTo know the importance of washing our hands after using the toilet and before eatingTo know how to wash hands properly | **Keeping safe - school**how we stay safe in school, bullyingKnow and identify dangers in the classroom.eg. Scissors, cables, trip and slip hazards. They will discuss how to avoid these dangers.Know and talk about the dangers around school out of the classroom including the playground. Know who the trusted adults are in school and who they can talk to if they feel unsafe or worried.Know that speaking to an adult about something they are worried or scared about is a positive thing to do.Know what unkind behaviour is.Know what bullying is. Know the difference between unkind behaviour and bullying.Know where they feel safe and unsafe.Know how to report to someone if they feel unsafe.Know that if they feel unsafe out of school they can still report this to the adults at school.Know appropriate share strategies for coping with feeling unsafe out of school. | **Keeping safe- drugs and alcohol**rules, how to stay safe at home and school & emergencies Know about rules for keeping safe in different situationsKnow about who in their community helps keep them safe.Know & describe people who help me in school, at home or in the wider environmentKnow what to say or do if I feel unsafe or think something is not safeKnow that household products, including medicines, can be harmful and dangerous if not used correctly.Know who to speak to if they aren't feeling well and who can give us medicines.Know and describe several things that can help and harm the body. Know who gives us medicines and who they could speak to if they weren’t feeling well. Know who helps keep them safe in their communityKnow how to get help and skills to keep themselves safeKnow people who look after meKnow what is an emergencyKnow that 999 is an emergency number and can be dialled to get help in an emergency |
| Year 2 | **Mental & Emotional Health**small feelings and big feelings, change and loss & teasing and bullying**Bereavement Curriculum**Know the difference between small and big feelings Know different feelings we may haveKnow the difference between big feelings and small feelings (big feelings don’t go away)Know how changes can make us feel eg: moving home, losing a pet etcKnow how to keep safe online Know the differences between online, road, cycle, rail, water and fire safetyKnow that different situations means that we need to use different strategies to stay safeKnow rules for ways to keep safeKnow what makes others happyKnow different emotionsKnow how to recognise how someone is feelingKnow what teasing and bullying are Know and understand strategies to resist bullying and teasing | **Relationships Education** diversity, feeling proud, understanding & working with othersKnow what diversity isKnow that our school is a diverse placeKnow that our community is diverseKnow that the UK/Manchester is a diverse place to liveKnow that I live in the worldKnow that there are people who are different from meKnow I can share the world with different peopleKnow that I can get along with different peopleKnow that things can go wrongKnow that when things go wrong we may feel embarrassedKnow how to find a solution to an issueKnow that some bodies work in different waysKnow things that people are good atKnow that everyone in my class is differentKnow how to work with anyone in my classKnow that I like working with different people  | **Living in the wider world** groups and communities, choices when spending money & caring for the environment Know what groups and communities I belong to.Know how decisions are made over how we spend our money.Know what savings meanKnow why one might saveKnow who looks after our environment Know how we can look after our environment | **Healthy Lifestyles** foods we eat, being active, prevention of spreading diseaseTo know some of the ways we can keep our bodies healthy, including by eating healthy foodTo know the importance of drinking waterTo know that being active in different ways every day helps us to have a healthy bodyTo know that keeping clean can help to stop the spread of germs/bacteria | **Keeping safe - school**how we stay safe in school, bullying, reporting concernsKnow and identify dangers in the classroom.eg. Scissors, cables, trip and slip hazards. They will discuss how to avoid these dangers.Know and talk about the dangers around school out of the classroom including the playground. Know who the trusted adults are in school and who they can talk to if they feel unsafe or worried.Know that speaking to an adult about something they are worried or scared about is a positive thing to do.Know what unkind behaviour is.Know what bullying is. Know the difference between unkind behaviour and bullying.Know where they feel safe and unsafe.Know how to report to someone if they feel unsafe.Know that if they feel unsafe out of school they can still report this to the adults at school.Know appropriate share strategies for coping with feeling unsafe out of school | **Keeping safe- drugs and alcohol** safe use of medicines and household substancesKnow who helps us when we are unwell.Know that medicine should be given by a trusted adult.Know people who help us when we are unwell. Know what to do when feeling unwell.Know that household products, including medicines, can be harmful and dangerous if not used properlyKnow rules for keeping substances safeKnow that some items in the home can be dangerous or harmfulKnow hazard symbols commonly used household productsKnow about the shared responsibility for keeping themselves and others safeKnow about keeping safe in the local environmentKnow that there are rules for different situationsKnow the importance of rules to keep me safe |
| Year 3 | **Mental and Emotional Health** how feelings affect our behaviour, communicating online, how to look after our mental health  **Bereavement Curriculum**Know how their feelings affect their behaviourKnow what are positive feelingsKnow what are negative feelings Know how they can manage their feelings Know some ways we are communicating onlineKnow what they are good atKnow how they can look after their mental healthKnow what self-esteem isKnow ways to communicate onlineKnow who to talk to if they are concerned about online communication | **Relationships Education** difference, discrimination & solutionsKnow that we are all differentKnow how difference can make people feel excludedKnow how we can make people feel includedKnow how someone may be made feel like an outsiderKnow that there are no outsiders in our schoolKnow how we can make people feel includedKnow where some problems come fromKnow how to find a solution to a problemKnow why it’s hard to be different Know how to help someone to be strong Know why we accept people’s differences Know the behaviour that makes someone feel like an outsiderKnow how to make someone feel welcome | **Keeping safe - back to school** how we stay safe in school, bullying, how to help othersKnow and identify dangers in the classroom.eg. Scissors, cables, trip and slip hazards. They will discuss how to avoid these dangers.Know and talk about the dangers around school out of the classroom including the playground. Know who the trusted adults are in school and who they can talk to if they feel unsafe or worried.Know that speaking to an adult about something they are worried or scared about is a positive thing to do.Know what unkind behaviour is.Know what bullying is. Know the difference between unkind behaviour and bullying.Know where they feel safe and unsafe.Know how to report to someone if they feel unsafe.Know that if they feel unsafe out of school they can still report this to the adults at school.Know appropriate share strategies for coping with feeling unsafe out of school. | **Healthy Lifestyles**healthy diets, keeping safe in the sun & oral and personal hygiene To know that the Eatwell Guide shows us foods we can eat to stay healthyTo know that a balanced, healthy diet must include food from different food groupsTo be able to identify ways of keeping safe in the sun and understand the consequences of not staying safe in the sun To know that simple hygiene routines can prevent the spread of bacteria and viruses | **Keeping safe - drugs and alcohol** smoke, risks & emergencies Knowing that second-hand smoke can make it more difficult for us to breathe.Know what helps us with breathing and how it can sometimes be more difficult to breathe.Know about managing risk in different situations and keep safeKnow what is meant by high/low riskKnow potentially positive and negative risky behaviour Know about people who work in the community and what their roles areKnow how to get help, including in an emergencyKnow how to ask for help (in a range of situations)Know how to dial 999 and what to say to get help in an emergency | **Living in the wider world** rules of law, British communities and global communities & links between work and moneyKnow about why rules are made and how they keep us safeKnow and practical examples for why different rules are needed in different situations Know why rules and laws are made and why they are important Know what might happen if rules and laws are brokenKnow about the similarities and differences between my local and global communities.Know what ‘community’ meansKnow examples of different communities that they belong toKnow people in the communities that help (parents/friends of the school, committees, voluntary helpers)Know why people may volunteer to do things in a communityKnow what a global community isKnow the connection between earning money and jobs.Know what it means to be ‘enterprising’. |
| Year 4 | **Mental and Emotional Health**overcoming emotions, responsibilities, discrimination**Bereavement Curriculum**To know what resilience is Know how to overcome emotions through problem-solvingKnow what it means to have responsibility over choices and actionsKnow how to keep safe onlineKnow how to protect personal information online. Know how to respond to requests for images of them. Know what is meant by discrimination Know what a consequence isKnow what is meant by teasing, bullying and aggression Know what cyber bullying is and what trolling means | **Relationships Education** assertiveness, marriage, barriers & being ourselvesKnow what the word ‘assertive’ meansKnow why being assertive can sometimes be hardKnow what marriage isKnow who can get married in the UKKnow why people choose to get marriedKnow that people speak different languagesKnow how language can be a barrierKnow ways to overcome barriersKnow that we all have choicesKnow why it is good to learn about new thingsKnow why it is good to learn about different thingsKnow that people don’t always speak upKnow why people don’t always speak upKnow that everyone should be proud of themselves | **Healthy Lifestyles**sleep, fuel for our bodies, how to recognise when we are illTo know about the importance of good sleep To know that food is needed to provide energy for the bodyTo know that simple hygiene routines can prevent the spread of bacteria and viruses | **Keeping safe - drugs and alcohol** assessing risk and danger, self control & legal and illegal drugsTo know about identifying, assessing and managing risk in a range of situationsTo know that self-control is a skill that can help us in life.To know how to apply self-control in life.To know how to identify that some drugs help us, some are age-restricted, and some are illegal.To know that some drugs can be harmful. | **Relationships Education**puberty, maintaining relationships with family and friends, boundaries & our relationship with the wider world (Ten:Ten)Know how our bodies change during pubertyKnow how our bodies change during puberty Know how we feel during these changes Know to be thankful for who we are Know how to maintain a relationship with friends, family and myself Know the relationships that we have are important Know how to recognise when things feel bad and how to manage thisKnow how to keep themselves safeKnow the relationship I have with the wider worldKnow what relationships we have with the wider world eg: with the environment, with strangers, with charities etc… Know how God may help us to help others - charity workKnow ways in which we can raise money for charities | **Living in the wider world**rights of the child, how to look after our money, sustainability. Know that everyone has human rights and that children have their own set; the UN Declaration of the Rights of the Child.Know what is meant by a ‘basic human right’Know why rules and laws are made specifically to protect childrenKnow what is meant by the UN declaration on the Rights of the ChildKnow some human rights that relate to their lives and are important to themKnow that human rights take precedence over any other laws or behaviours (including cultural, family, community or religious practices)Know why it is very important that people speak out about human rightsKnow about how people look after their money, from spending to saving.Know a range of forms of payment the reasons for using these (other than coins and notes)Know different ways of keeping track of money and why this is importantKnow a simple plan for my spending and saving choices and stick to it Know how money is important in people’s lives and that different people have different feelings and attitudes to spending and saving money.Know about what it means to live in a sustainable environment Know what the earth’s resources are used for (electricity, heating, food, paper, fuel etc.)Know that there is a limited supply of the earth’s resourcesKnow what can be done in school to help environmental sustainability (e.g. paper recycling, saving water, composting, saving energy)Know how if one group of people use all the resources there are not enough for others and how this relates to the environment |
| Year 5 | **Mental and Emotional Health**understanding feelings, how our brain functions, negotiating and compromising & online safety **Bereavement Curriculum**Know what positively and negatively affects their physical, mental and emotional healthKnow how to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome theseKnow how to listen and respond respectfully to a wide range of peopleKnow how to feel confident to raise their own concernsKnow how to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge others’ points of viewKnow how to work collaboratively towards shared goalsKnow how to develop strategies to resolve disputes and conflict through negotiation and appropriate compromiseKnow how to give rich and constructive feedback and support to benefit others as well as themselvesKnow how to use mobile phones responsibly: safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning it off at night etc.)Know how to manage requests for images of themselves or others; what is and is not appropriate to ask for or share; who to talk to if they feel uncomfortable or are concerned by such a request | **Healthy Lifestyles**stopping the spread of infection, nutritional content of food & decision making To know how the spread of infection can be preventedTo know about the benefits of a balanced dietTo know about developing skills to make their own choices about food | **Relationships Education** learning from our actions, justifying actions, helping others, acceptance Know why people fight in warsKnow that Britain fought in to World WarsKnow why we remember those who died in the First and Second World WarKnow that sometimes we have to make difficult decisionsKnow how to justify their actionsKnow that people have different experiences than others.Know to empathise with others. Know that art can demonstrate freedomKnow that art has caused political issuesknow that there are different people living in my communityKnow to accept everyone even for their differences | **Keeping safe drugs and alcohol**risk and dares, habits & influencesTo know that actions (relating to dares) lead to consequences. To know how to be confident in responding to dares.To know what is meant by the term ‘habit’ and why habits can be hard to change.To know that there are many different influences that can be both positive and negative. | **Relationships Education**changes during puberty, boundaries, personal relationships affecting our lives & our relationship with the wider world (Ten:Ten)Know that we change physically and emotionally during pubertyKnow the changes that happens both boys and girls during puberty Know strategies to manage strong emotional feelings Know how life in the womb worksKnow that women menstruate every month and the process of this Know how personal, close relationships can affect our lives Know that sometimes peer pressure can be both spoken and unspoken Know that consent is important when forming relationships Know that often how we feel impacts how we behave to others Know the relationship I have with the wider worldKnow what relationships we have with the wider world eg: with the environment, with strangers, with charities etc… Know how God may help us to help others - charity workKnow ways in which we can raise money for charities | **Living in the wider world**making and changing rules, Fair Trade & enterprising skillsKnow why we make rules and laws and how and why we may change them.Know some rules and laws that exist to keep us safe and healthyKnow examples of how rules and laws are made and enforcedKnow what steps people can take to make and change rules (class/school council, writing to ward councillor, local MP)Know why different rules are needed in different situationsKnow about the need for Fair Trade due to how resources are allocated and the effect this has on individuals, communities and the environment Know the different resources (money from taxes / environmental) that people and societies need and useKnow how environmental resources are in limited supplyKnow who makes the decisions about how the resources are allocated and how they can be sustained and the importance of having Fair TradeKnow the impact of these decisions on individuals, communities and/or the sustainability of the environmentKnow my enterprise skills by creating and selling a sustainable product that uses the principles of Fair Trade. Know some of the steps needed to set up an enterprise projectKnow that being enterprising may mean taking a riskKnow what enterprise means and give some examples (from school, local or wider community)Know how research can help find out if an enterprise will be successfulKnow why it is important to have people who are ‘enterprising’ in our society (job creation, inventors, different ways of doing things) |
| Year 6 | **Mental and Emotional Health**challenging negative thoughts, stereotyping,the internet and our mental health**Bereavement Curriculum**Know what positively and negatively affects their physical, mental and emotional healthKnow and deepen their understanding of good and not so good feelingsKnow how to extend their vocabulary to enable them to explain both the range and intensity of their feelings to othersKnow that they may experience conflicting emotions and when they might need to listen to, or overcome theseKnow how to recognise and challenge stereotypesKnow the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, ‘trolling’, how to respond and ask for help)Know what positively and negatively affects their physical, mental and emotional healthKnow strategies for keeping safe online; the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others | **Relationships Education:** diversity, discrimination, racism Know what diversity isKnow to accept people who may seem differentKnow that living in the UK means accepting and celebrating diversity. Know why some people may want to hide their identity Know how people can be labelled by rumours and assumptionsKnow ways to identify and stand up to prejudiceKnow how to challenge rumours Know what prejudice isKnow what can happen when racism is not challengedKnow how to challenge racist behaviourKnow that we grow upKnow and understand the cycle of lifeKnow we have rightsKnow we can decide how to live our lives when we grow upKnow I can be what and who I want to be | **Healthy Lifestyles**how mental and physical health is connected, keeping physically healthy, planning healthy mealsTo know about how the choices we make can influence our physical and mental health and wellbeing To know how to make informed choices that contribute to a balanced lifestyleTo know about the benefits of a balanced diet and what factors might influence people’s choices in relation to what they choose to eat and drinkTo know about developing the skills needed to make their own informed choices about their diet | **Keeping safe - drugs and alcohol** how drugs affect our bodies, peer & first aidTo know which, why and how, commonly available drugs can damage health and safety and the law relating to theseTo know that we are influenced to behave in positive and negative ways from a variety of sources (including people we know and the media).To know about what to do in an emergency | **Relationships Education**understand emotional and physical changes of puberty, personal relationships & our relationship with the wider world (Ten:Ten)Know that we change physically and emotionally during pubertyKnow the changes that happens both boys and girls during puberty Know strategies to manage strong emotional feelings Know how life in the womb worksKnow that women menstruate every month and the process of this Know how personal, close relationships can affect our lives Know that sometimes peer pressure can be both spoken and unspoken Know that consent is important when forming relationships Know that often how we feel impacts how we behave to others Know the relationship I have with the wider worldKnow what relationships we have with the wider world eg: with the environment, with strangers, with charities etc… Know how God may help us to help others - charity workKnow ways in which we can raise money for charities | **Living in the wider world**being critical of the media, managing money and debt & what do I want to be? (jobs)Know how to be critical of what they see in the media.Know some potential dangers of accepting information ‘at face value’Know how some of our views and choices are influenced by the way in which the media present information to us (e.g. advertising, reviews, reality TV, gossip etc)Know how the media can appear to reinforce stereotypes in society (such as about gender, disability, young people, older people) Know how people manage money and what is meant by the terms ‘tax’, ‘loan’, ‘interest’ and ‘debt’.Know why people may borrow money (e.g. loans, credit cards)Know the differences between credit and debt and what is meant by ‘interest’Know the importance of being a critical consumer when it comes to saving or borrowing moneyKnow where people can access reliable information on spending, saving money or borrowing and how this will help make the most of their moneyKnow why money is deducted from earnings (tax) to provide things we all needKnow what it means to have a ‘career’ and to consider what I am interested in as a career.Know things I have enjoyed learning in the past and explain whyKnow the importance of having goals and aspirations and identify my own aspirations;Know that a person’s career is their pathway through learning, work and life |