



St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN • Tel: 01228 711544 • Headteacher: Mrs L Smith

Our school values: Respect • Kindness • Challenge • Forgiveness • Perseverance

PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	<ul style="list-style-type: none"> • Know they have a right to learn and play, safely and happily • Know that some people are different from themselves • Know that hands can be used kindly and unkindly 	<ul style="list-style-type: none"> • Know what being unique means <ul style="list-style-type: none"> • Know the names of some emotions such as happy, sad, frightened, angry • Know why having friends is important <ul style="list-style-type: none"> • Know some qualities of a positive friendship • Know that they don't have to be 'the same as' to be a friend 	<ul style="list-style-type: none"> • Know what a challenge is <ul style="list-style-type: none"> • Know that it is important to keep trying • Know what a goal is <ul style="list-style-type: none"> • Know how to set goals and work towards them 	<ul style="list-style-type: none"> • Know what the word 'healthy' means <ul style="list-style-type: none"> • Know some things that they need to do to keep healthy • Know the names for some parts of their body <ul style="list-style-type: none"> • Know when and how to wash their hands properly • Know how to say no to strangers 	<ul style="list-style-type: none"> • Know what a family is <ul style="list-style-type: none"> • Know some of the characteristics of healthy and safe friendships • Know that friends sometimes fall out <ul style="list-style-type: none"> • Know some ways to mend a friendship • Know that unkind words can never be taken back and they can hurt 	<ul style="list-style-type: none"> • Know the names and functions of some parts of the body (see vocabulary list) <ul style="list-style-type: none"> • Know that we grow from baby to adult • Know who to talk to if they are feeling worried
Year 1	<ul style="list-style-type: none"> • Understand their own rights and responsibilities with their classroom • Understand that their choices have consequences • Understand that their views are important 	<ul style="list-style-type: none"> • Know what bullying means <ul style="list-style-type: none"> • Know who to tell if they or someone else is being bullied or is feeling unhappy • Know that people are unique and that it is OK to be different 	<ul style="list-style-type: none"> • Know how to achieve a goal <ul style="list-style-type: none"> • Know how to work well with a partner • Know that tackling a challenge can stretch their learning 	<ul style="list-style-type: none"> • Know the difference between being healthy and unhealthy <ul style="list-style-type: none"> • Know how to make healthy lifestyle choices <ul style="list-style-type: none"> • Know that all household products, including medicines, can be harmful if not used properly • Know how to keep safe when crossing the road 	<ul style="list-style-type: none"> • Know that everyone's family is different <ul style="list-style-type: none"> • Know that families are founded on belonging, love and care <ul style="list-style-type: none"> • Know that physical contact can be used as a greeting • Know how to make a friend <ul style="list-style-type: none"> • Know who to ask for help in the school community 	<ul style="list-style-type: none"> • Know the names of male and female private body parts <ul style="list-style-type: none"> • Know that there are correct names for private body parts and nicknames, and when to use them • Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these <ul style="list-style-type: none"> • Know who to ask for help if they are worried or frightened



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<p>Year 2</p>	<ul style="list-style-type: none"> • Understand the rights and responsibilities of class members • Know about rewards and consequences and that these stem from choices <ul style="list-style-type: none"> • Know that it is important to listen to other people • Understand that their own views are valuable 	<ul style="list-style-type: none"> • Know the difference between a one-off incident and bullying <ul style="list-style-type: none"> • Know that sometimes people get bullied because of difference <ul style="list-style-type: none"> • Know that friends can be different and still be friends 	<p>Know how to choose a realistic goal and think about how to achieve it</p> <ul style="list-style-type: none"> • Know that it is important to persevere • Know how to recognise what working together well looks like • Know what good group working looks like 	<ul style="list-style-type: none"> • Know what their body needs to stay healthy <ul style="list-style-type: none"> • Know what relaxed means • Know why healthy snacks are good for their bodies • Know which foods give their bodies energy 	<ul style="list-style-type: none"> • Know that there are lots of forms of physical contact within a family • Know how to stay stop if someone is hurting them <ul style="list-style-type: none"> • Know there are good secrets and worry secrets and why it is important to share worry secrets <ul style="list-style-type: none"> • Know what trust is 	<ul style="list-style-type: none"> • Know the physical differences between male and female bodies • Know that private body parts are special and that no one has the right to hurt these • Know there are different types of touch and that some are acceptable and some are unacceptable
<p>Year 3</p>	<ul style="list-style-type: none"> • Know that the school has a shared set of values • Know why rules are needed and how these relate to choices and consequences • Know that actions can affect others' feelings • Know that others may hold different views 	<ul style="list-style-type: none"> • Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do • Know that conflict is a normal part of relationships • Know that some words are used in hurtful ways and that this can have consequences 	<p>Know what dreams and ambitions are important to them</p> <ul style="list-style-type: none"> • Know how they can best overcome learning challenges • Know that they are responsible for their own learning • Know what their own strengths are as a learner 	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know that there are different types of drugs <ul style="list-style-type: none"> • Know that there are things, places and people that can be dangerous • Know when something feels safe or unsafe 	<ul style="list-style-type: none"> • Know that different family members carry out different roles or have different responsibilities within the family • Know some of the skills of friendship, e.g. taking turns, being a good listener <ul style="list-style-type: none"> • Know some strategies for keeping themselves safe online • Know that they and all children have rights (UNCRC) 	<ul style="list-style-type: none"> • Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults <ul style="list-style-type: none"> • Know some of the outside body changes that happen during puberty • Know some of the changes on the inside that happen during puberty
<p>Year 4</p>	<ul style="list-style-type: none"> • Know their place in the school community • Know what democracy is (applied to pupil voice in school) • Know how groups work together to reach a consensus <ul style="list-style-type: none"> • Know that having a voice and democracy benefits the school community 	<ul style="list-style-type: none"> • Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying <ul style="list-style-type: none"> • Know the reasons why witnesses sometimes join in with bullying and don't tell anyone • Know that sometimes people make assumptions about a person because of the way they look or act 	<ul style="list-style-type: none"> • Know what their own hopes and dreams are • Know that hopes and dreams don't always come true • Know that reflecting on positive and happy experiences can help them to counteract disappointment • Know how to make a new plan and set new 	<ul style="list-style-type: none"> • Know that there are leaders and followers in groups • Know the facts about smoking and its effects on health • Know the facts about alcohol and its effects on health, particularly the liver <ul style="list-style-type: none"> • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong 	<ul style="list-style-type: none"> • Know some reasons why people feel jealousy <ul style="list-style-type: none"> • Know that loss is a normal part of relationships • Know that negative feelings are a normal part of loss • Know that sometimes it is better for a friendship/relationship to end if it is causing 	<ul style="list-style-type: none"> • Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm <ul style="list-style-type: none"> • Know that babies are made by a sperm joining with an ovum • Know the names of the different internal and external body parts that



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			goals even if they have been disappointed		negative feelings or is unsafe	are needed to make a baby
Year 5	<ul style="list-style-type: none"> • Understand how democracy and having a voice benefits the school community • Understand how to contribute towards the democratic process • Understand the rights and responsibilities associated with being a citizen in the wider community and their country 	<ul style="list-style-type: none"> • Know external forms of support in regard to bullying e.g. Childline • Know that bullying can be direct and indirect • Know what racism is and why it is unacceptable • Know what culture means 	<p>Know that they will need money to help them to achieve some of their dreams</p> <ul style="list-style-type: none"> • Know about a range of jobs that are carried out by people I know • Know that different jobs pay more money than others • Know the types of job they might like to do when they are older 	<ul style="list-style-type: none"> • Know basic emergency procedures, including the recovery position • Know how to get help in emergency situations • Know that the media, social media and celebrity culture promotes certain body types • Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure 	<ul style="list-style-type: none"> • Know that there are rights and responsibilities in an online community or social network • Know that there are rights and responsibilities when playing a game online • Know that too much screen time isn't healthy • Know how to stay safe when using technology to communicate with friends 	<ul style="list-style-type: none"> • Know how the female and male body change at puberty • Know that change can bring about a range of different emotions
Year 6	<ul style="list-style-type: none"> • Know about children's universal rights (United Nations Convention on the Rights of the Child) • Know about the lives of children in other parts of the world • Know that personal choices can affect others locally and globally 	<ul style="list-style-type: none"> • Know that people can hold power over others individually or in a group • Know that power can play a part in a bullying or conflict situation • Know that there are different perceptions of 'being normal' and where these might come from • Know that difference can be a source of celebration as well as conflict 	<ul style="list-style-type: none"> • Know their own learning strengths • Know how to set realistic and challenging goals • Know what the learning steps are they need to take to achieve their goal • Know a variety of problems that the world is facing 	<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know what it means to be emotionally well • Know how to make choices that benefit their own health and well-being • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve 	<ul style="list-style-type: none"> • Know that it is important to take care of their own mental health • Know ways that they can take care of their own mental health • Know the stages of grief and that there are different types of loss that cause people to grieve 	<ul style="list-style-type: none"> • Know how a baby develops from conception through the nine months of pregnancy and how it is born • Know how being physically attracted to someone changes the nature of the relationship • Know the importance of self-esteem and what they can do to develop it