

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	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	Know what being unique means Know the names of some emotions such as happy, sad, frightened, angry Know why having friends is important Know some qualities of a positive friendship Know that they don't have to be 'the same as' to be a friend	Know what a challenge is Know that it is important to keep trying Know what a goal is Know how to set goals and work towards them	Know what the word 'healthy' means Know some things that they need to do to keep healthy Know the names for some parts of their body Know when and how to wash their hands properly Know how to say no to strangers	Know what a family is Know some of the characteristics of healthy and safe friendships Know that friends sometimes fall out Know some ways to mend a friendship Know that unkind words can never be taken back and they can hurt	Know the names and functions of some parts of the body (see vocabulary list) Know that we grow from baby to adult Know who to talk to if they are feeling worried
Year 1	Understand their own rights and responsibilities with their classroom Understand that their choices have consequences Understand that their views are important	Know what bullying means 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	Know how to achieve a goal Know how to work well with a partner Know that tackling a challenge can stretch their learning	Know the difference between being healthy and unhealthy Know how to make healthy lifestyle choices Know that all household products, including medicines, can be harmful if not used properly Know how to keep safe when crossing the road	•Know that everyone's family is different •Know that families are founded on belonging, love and care •Know that physical contact can be used as a greeting •Know how to make a friend •Know who to ask for help in the school community	Nnow the names of male and female private body parts Nnow that there are correct names for private body parts and nicknames, and when to use them Nnow which parts of the body are private and that they belong to that person and that nobody has the right to hurt these Nnow who to ask for help if they are worried or frightened



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Year	 Understand the rights 	•Know the difference between a	Know how to choose a	 Know what their body needs to 	 Know that there are lots 	 Know the physical
10011	and responsibilities of	one-off incident and bullying	realistic goal and think	stay healthy	of forms of physical	differences between male
2	class members	•Know that sometimes people	about how to achieve it	 Know what relaxed means 	contact within a family	and female bodies
	 Know about rewards 	get bullied because of difference	 Know that it is 	 Know why healthy snacks are 	 Know how to stay stop 	 Know that private body
	and consequences and	 Know that friends can be 	important to persevere	good for their bodies	if someone is hurting	parts are special and that
	that these stem from	different and still be friends	 Know how to recognise 	 Know which foods given their 	them	no one has the right to
	choices		what working together	bodies energy	 Know there are good 	hurt these
	Know that it is		well looks like		secrets and worry secrets	 Know there are different
	important to listen to		 Know what good group 		and why it is important	types of touch and that
	other people		working looks like		to share worry secrets	some are acceptable and
	Understand that their				Know what trust is	some are unacceptable
	own views are					
	valuable					
Year	 Know that the school 	 Know what it means to be a 	Know what dreams and	 Know how exercise affects their 	 Know that different 	 Know that the male and
1001	has a shared set of	witness to bullying and that a	ambitions are important	bodies	family members carry	female body needs to
3	values	witness can make the situation	to them	 Know that there are different 	out different roles or	change at puberty so their
つ	 Know why rules are 	worse or better by what they do	 Know how they can 	types of drugs	have different	bodies can make babies
	needed and how these	 Know that conflict is a normal 	best overcome learning	 Know that there are things, 	responsibilities within	when they are adults
	relate to choices and	part of relationships	challenges	places and people that can be	the family	 Know some of the
	consequences	 Know that some words are used 	 Know that they are 	dangerous	 Know some of the skills 	outside body changes that
	 Know that actions can 	in hurtful ways and that this can	responsible for their own	 Know when something feels safe 	of friendship, e.g. taking	happen during puberty
	affect others' feelings	have consequences	learning	or unsafe	turns, being a good	 Know some of the
	 Know that others may 		 Know what their own 		listener	changes on the inside that
	hold different views		strengths are as a learner		 Know some strategies 	happen during puberty
					for keeping themselves	
					safe online	
					 Know that they and all 	
					children have rights	
					(UNCRC)	
Year	•Know their place in the	•Know that some forms of	 Know what their own 	•Know that there are leaders and	•Know some reasons	 Know that personal
1001	school community	bullying are harder to identify	hopes and dreams are	followers in groups	why people feel jealousy	characteristics are
4	 Know what democracy 	e.g. tactical ignoring, cyber-	 Know that hopes and 	 Know the facts about smoking 	 Know that loss is a 	inherited from birth
4	is (applied to pupil voice	bullying	dreams don't always	and its effects on health	normal part of	parents and this is
	in school)	 Know the reasons why 	come true	 Know the facts about alcohol 	relationships	brought about by an ovum
	 Know how groups work 	witnesses sometimes join in with	 Know that reflecting on 	and its effects on health,	Know that negative	joining with a sperm
	together to reach a	bullying and don't tell anyone	positive and happy	particularly the liver	feelings are a normal	 Know that babies are
	consensus	 Know that sometimes people 	experiences can help	 Know ways to resist when 	part of loss	made by a sperm joining
	 Know that having a 	make assumptions about a	them to counteract	people are putting pressure on	 Know that sometimes it 	with an ovum
	voice and democracy	person because of the way they	disappointment	them	is better for a	 Know the names of the
	benefits the school	look or act	 Know how to make a 	 Know what they think is right 	friendship/relationship	different internal and
	community		new plan and set new	and wrong	to end if it is causing	external body parts that



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Year Venderstand how democracy and having a voice benefits the school community and their contribute towards the democratic process and indirect with the second of their defams a citizen in the wider community and their community and the				_		I	
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•Understand the rights and responsibilities associated with being a citizen in the wider community and their country •Know that different jobs pay more more when they are older •Know that people can be a source of celebration as well as conflict •Know that personal choices can affect others locally and globally •Know that personal conflict •Know that different jobs pay more more of the real sassociated with being a citizen in the wider community and their country •Know about the lives of job they might like to do when they are older •Know that people can be a source of celebration as well as conflict •Know that different jobs pay more more on the types of job they might like to do when they are older •Know the types of job they might like to do when they are older •Know thou to take responsibility for their own health should be learning strengths exhous who to take responsibility •Know how to take responsibility for their own health elearning strengths exhous who ways that they can be a source of celebration as well as conflict situation in a bulking or conflict situation in the people in a sasco and the real situation as well as conflict or the world in the worl		contribute towards the	is unacceptable	jobs that are carried	Know that the media, social	 Know that there are 	after themselves
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*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 *Know that personal choices can affect others locally and globally *Know about children's universal rights (United Nations Convention on the Rights of the Child) **Oknow that the power over others individually or in a group **Oknow that power can play a part in a bullying or conflict situation **Oknow that there are different perceptions of 'being normal' and where these might come from **Oknow that difference can be a source of celebration as well as conflict *Know that difference can be a source of celebration as well as conflict *Know that is important to take care of their own health **Oknow that it means to be emotionally well **Oknow how to make choices that benefit their own health and well-learning strengths **Oknow what it means to be emotionally well **Oknow how to make choices that benefit their own health and well-learning strengths **Oknow what it means to be emotionally well **Oknow how to make choices that benefit their own health and well-learning strengths **Oknow who to take responsibility for their own health **Oknow what it means to be emotionally well **Oknow how to make choices that benefit their own health and well-learning strengths **Oknow who to take responsibility for their own health **Oknow what it means to be emotionally well **Oknow how to make choices that benefit their own health and well-learning strengths **Oknow what the learning strengths **Oknow who take responsibility for their own health **Oknow what the learning strengths **Oknow who take responsibility for their own health **Oknow that they can take care of their own health **Oknow that they can take care of their own health **Oknow that they can take care of their own health **Oknow that they can take care of their own health **Oknow that they can take care of their own health **Oknow that they							S .
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