Hamworthy Primary Schools - PSHE & Relationships Medium Term Plan



Relationships	Health & Well-being	Living in the Wider World
		

	Autumn: Relationships			`Spring: Living in the Wider World.			Summer: Health and Wellbeing		
	Families and friendships	**Respecting ourselves and others**	**Safe relationships**	**Belonging to a community**	**Media literacy and digital resilience**	**Money and work**	**Physical health and Mental wellbeing**	**Growing and changing**	**Keeping safe**
Year 1	Roles of different people; families; feeling cared for	How behaviour affects others; being polite and respectful	Recognising privacy; staying safe; seeking permission	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; Food and exercise, hygiene routines; sun safety	Jigsaw Changing me Unique me Compare changes baby-6years naming body parts;	How rules and age Restrictions help us Keeping safe online The right to be kept safe.5 trusted adults
Year 2	Making friends; feeling lonely and getting help	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Jigsaw Changing Me Life cyckes in nature Life cycles in humans Boys and girls bodies Different types of touch Looking ahead	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Personal boundaries; safely responding to others; the impact of hurtful behaviour	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Jigsaw Changing Me:How babies grow; internal and external body changes Family Stereotypes Transition	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Respecting differences and similarities; discussing difference sensitively	Responding to hurtful behaviour; managing confidentiality; recognising risks online	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Jigsaw Changing Me Unique me, having a baby, girls and puberty,Circles of change. Accepting change, Looking ahead.	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Physical contact and feeling safe	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Jigsaw Changing Self and body image Puberity for girls/boys conception qualities	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Expressing opinions and respecting other points of view, including discussing topical issues	Recognising and managing pressure; consent in different situations	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing Time on-line	Jigsaw Changing me: my self image Puberity Human reproduction and birth; Boyfriends and girlfriends real self/ideal self The year ahead/transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

Year 2:

Autumn

Relationships: Families, friendships and people who care for me

Sticky Knowledge: I know how to make positive friendships. I know how I feel when I am lonely and I know how and where to get help if I am feeling lonely

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand: people who care for me.eg parents, siblings, grandparents, relatives, teachers, friends and the role that these different people play in my life. what it means to be a family and how families are different, eg single parents, same-sex parents etc how important it is to tell someone if I'm worried about something in my family and how to tell them. **Prior key vocabulary** **Friends, teachers, parents, sibling, grandparent. Relatives, families**	I know how to be a good friend, eg kindness, listening, honesty. I understand the strategies needed for positive play with friends Eg joining in, including others etc I understand what can cause arguments between friends. I know how to positively resolve arguments between friends. I know how to recognise and ask for help when I'm feeling lonely or unhappy. I know how to help someone else.	**PSHE Association** https://pshe-association.org.uk **Username: s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning-PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Kindness, listening, honesty, inclusion, arguments, help**

Year 2:

Autumn

Relationships: Respectful Relationships

Sticky Knowledge: I know that recognising differences and things in common helps me to play and work cooperatively. I know that sharing opinions, helps me to see peoples' different ideas and to look at things differently

Prior Knowledge	Components	Resources	Key vocabulary
I know and can identify: • there are different kinds of behaviours: kind and unkind and I understand what they look like and mean in and out of school. I understand how these different kind & unkind behaviours can make people feel. • Respect means understanding others opinions and ideas. • that by understanding and following the class rules,allows me to demonstrate that I am respectful to others. **Prior key vocabulary** **Feelings, respect, polite, rules, sharing**	I understand that friends may have similarities/ differences to me and how to play and work together. I know how to work/ play cooperatively in different groups and situations. I know how to share my ideas, listen to others, take part in discussions and give reasons for my views.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Kindness, listening, honesty, inclusion, arguments, help**

Year 2:

Autumn

Relationships: Safe & Healthy Relationships

Sticky Knowledge: I know how to recognise hurtful behaviour. I know when something or someone makes me feel uncomfortable or worried and know how to get help. I know how to resist pressure to do something that feels uncomfortable or unsafe.

Prior Knowledge	Components	Resources	Key vocabulary
I know and can identify: • when someone's body or feelings might be hurt and who to go to for help and what it means to keep something private, including parts of my body that are private. • what to do if being touched makes me feel uncomfortable or unsafe and the different types of touch and how they make people feel eg hugs, tickling, kisses and punches etc • when it is important to ask for permission to touch other people and how to ask for permission. • How to give or not give permission for others to touch me. **Prior key vocabulary** **Feelings, help, private, uncomfortable, safe, unsafe, permission, behaviour, school, kind,**	I know how to recognise hurtful behaviour including on line. I know what to do and who to tell if I see or experience hurtful behaviour, including on line. I know what bullying is and the different types of bullying. I understand how someone might feel if they are being bullied. I understand the difference between happy surprises and secrets that make me feel uncomfortable or worried and how to get help. I know how to resist pressure to do something that feels uncomfortable or unsafe. I know how to ask for help if I'm worried and what vocab to use.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education NSPCC https://www.nspcc.org.uk/keeping-children-safe Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**On line, bullying, feelings, differences, secrets, uncomfortable, worried.**

Year 2:

Spring

Living in the wider world: Belonging to a community

Sticky Knowledge: I know what it means to be part of a group and that there are a variety of groups with different roles and responsibilities. I know what a community is and the role it plays to help people from different groups feel included and equally valued.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand – the rules for different situations eg super star rules in school, rules at home, rules outside. that people are different and have differing needs. how to care for people, animals and other living things in different ways. how I can help to look after the environment eg recycling **Prior Key Vocabulary** **Rules, care, environment, recycling, differences (religion, culture, race, gender)** **community**	I understand what it means to be part of a group and the role that I play in these groups eg class, teams, faith groups. I understand about the responsibilities I have in school and the wider community. I understand how a community can help people from different groups to feel included. I recognise the ways in which we are the same and different to others in our community and that we are all equal.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**groups, roles, teams, faiths (e.g Christian, Jehovah Witness, Jewish) responsibilities, community, equal**

Year 2:

Spring

Living in the wider world: Media Literacy and Digital Resilience

Sticky Knowledge: I know the importance and value of the internet in everyday life and that this can be accessed in a variety of ways. I know the difference between factual content and content for entertainment purposes and that the information I read online may not always be accurate.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand – how and why people use the internet. the benefits of using the internet and digital devices. how people find things out and communicate safely with others online. **Prior Key Vocabulary** **Internet, digital, devices, safety, online,**	I know about the different ways in which people can access the internet eg phones, tablets, computers I understand the purpose and value of the internet in everyday life. I know that some content on the internet is factual and some is for entertainment eg news, games, videos I know that information online might not always be true.	**PSHE Association** https://pshe-association.org.uk **Username: s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Internet, purpose, value, content, recognise,**

Year 2:

Spring

Living in the wider world: Money and work

Sticky Knowledge: I know what money is and the different forms it takes. I know the importance of how people earn and look after money and that this enables them to pay for things that they need or want and the difference between these.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand – that everyone has different strengths in and out of school. about people whose job it is to help us in the community about the different jobs and work that people do. **Prior Key Vocabulary** **Strengths, interests, community, jobs, work**	I know how money can be kept and looked after and the different ways people spend money. I know that people are paid money for the job that they do. I can recognise the difference between needs and wants. I understand how people make choices about spending money, including thinking about needs and wants.	**PSHE Association** https://pshe-association.org.uk **Username: s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Debit cards, credit card, electronic payments, (e.g, digital wallets, bank transfers) want, need choices, currency, jobs, banks, savings, money, spending**

Year 2:

Summer

Health and Wellbeing: Physical health and mental wellbeing

Sticky Knowledge: I know the importance of healthy routines and habits to aid a balanced physical and mental wellbeing. I know the factors that may hinder a healthy lifestyle. I know that medicines can be vital to keep us healthy and well and maintain everyday allergies.

Prior knowledge	Components	Resources	Key vocabulary
I know and understand what it means to be healthy and why this is important. how to take care of myself on a daily basis. about basic hygiene routines eg hand washing about healthy and unhealthy foods, including sugar intake. about physical activity and how it keeps people healthy. about different types of play including balancing indoor, outdoor and screen based play. about people who can help me to stay healthy such as parents, doctors, nurses, dentists how to keep safe in the sun. (slip, slop, slap) **Prior Key Vocabulary** **Healthy, hygiene, care, unhealthy, balance, routine**	I know about routines and habits that help maintain good physical and mental health. I know why sleep and rest are important for growing and keeping healthy. I know that medicines, including vaccinations and immunisations can help people stay healthy and manage allergies. I understand the importance of routines for brushing my teeth, visiting the dentist. I understand that food and drink can affect my dental health. I know how to describe and share a range of feelings. I know about the different ways I can feel good, calm down or change my mood eg playing outside, listening to music etc I know how to manage big feelings including those associated with change, loss. I know when and how to ask for help and how to help others with their feelings.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Human, bodies, medicines, change, healthy, routines, vaccinations/immunisations, dental, dentist, allergies**

Year 2:

Summer

Health and Wellbeing: Growing and changing

Sticky Knowledge: I know about the human life cycle and how this affects my body, needs and how I may feel and behave. I know and can name the body parts correctly. I know that has I get older responsibilities and opportunities may change and I am able to set goals for the new school year.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand: what makes me different some things about me that have changed and some things have stayed the same about the life cycles of animals and humans that changes happen as we grow and that changes are ok. how my body has changed since I was a baby. the parts of the body that make boys different to girls and can use the correct names for these: (penis, testicles, vagina) feelings in myself and others. that every time I learn something new I change a little bit. about changes that have happened in my life. what I am looking forward to when I move to my next class **Prior Key Vocabulary** **Vagina, penis, testicles, change, life cycle, differences**	I know about the natural process of growing from young to old and understand that this not in my control. I know and can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. I can identify and name the main parts of the body including external genitalia eg penis, vagina, testicles, vulva and appreciate that some parts of my body are private. I know that things change as people grow up including new opportunities and responsibilities. I know there are different types of touch and can tell you which ones I like and don't like. I know how to prepare to move to a new class and I can set goals for the school new year and how to go about this.	**PSHE Association** https://pshe-association.org.uk **Username: s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Feelings, goals, changes, opportunities Penis, vagina, testicles, body parts**

Year 2:

Summer

Health and Wellbeing: Keeping safe

Sticky Knowledge: I know how to identify risk in familiar and unfamiliar environments. I know how to keep myself safe from a variety of potential risks and know what to do if someone else is hurt. I know who's job it is to keep us safe.

Prior Knowledge	Components	Resources	Key vocabulary
I know that: I know why some things have age restrictions eg TV and films, games, toys or play areas. I know how rules can help to keep us safe. I know how to identify and explain the basic rules for keeping safe online. I know that there may be people online who could make me feel sad, embarrassed or upset. I know how to behave online in ways that do not upset others and can give examples. I know who to tell if I see something online that makes me feel unhappy, worried or scared. I know why it is important to always ask a trusted adult before sharing any personal information online, belonging to myself or others**Prior Key Vocabulary** **Off/Online, trust, trusted restrictions, safe, Buylling, personal information uncomfortable, sad, embarrassed, upset**	I know how to recognise risk in everday situations eg road, water, rail safety, medicines. I know how to keep myself safe in familiar and unfamiliar environments such as in school, online and in the community. I know who I should ask before sharing things about myself or others online I know different ways to ask for,give or deny my permission online and know who can help me if I am not sure. I can identify potential unsafe situations and know the steps that I can take to avoid or remove myself from these situations. I know how to keep myself safe at home in relation to electrical appliances, fire safety, medicines, household products. I know about things that people can put into their body or onto their skin (medicines or creams) and how these can affect how people feel. I know what to do if there is an accident and someone is hurt. I know about people whose job it is to keep us safe. I know how to help in an emergency including how to dial 999 and what to say.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Medicines, safety, unsafe, danger, accident, emergency, permission**