PSHE Curriculum

Stourfield Junior School

	Autumn Term	Spring Term	Summer Term
Year Three	Being Me in My World. Why are rules, rewards and consequences needed? Celebrating Differences. How can difference be a source of both conflict and celebration?	Relationships. What rights and responsibilities do I, and others, have in my family, my friendships and role as a global citizen. Dreams and Goals. What are my dreams and goals?	Healthy Me. How can I keep myself healthy and keep myself safe? Changing Me. How, and why, do boys' and girls' bodies change on the outside during puberty?
Year Four	Being Me in My World. What is a democracy and how does it apply to my class, school and community? Celebrating Differences. Is our first impression of someone always, right?	Relationships. How do I identify, and manage, love, loss and jealousy in my relationships? Dreams and Goals. How can I set realistic, and achievable, goals that build towards my dream?	Healthy Me. How can I form healthy friendships? Changing Me. What are the changes that happen to boys' and girls' bodies during puberty?
Year Five	Being Me in My World. How do my choices impact my local, wider and global community? Celebrating Differences. Can difference be a source of conflict or a cause for celebration?	Relationships. How can I use technology safely and responsibly? Dreams and Goals. Are my hopes and dreams the same as children across the world?	Healthy Me. How can I keep myself, and others safe? Changing Me. How do boys and girls change physically during puberty and how does conception occur?
Year Six	Being Me in My World. What effect do my choices and actions have locally and globally? Celebrating Differences. How can being different affect someone's life?	Relationships. How can I use strategies to manage my own mental health and judge if something online is safe and helpful? Dreams and Goals. What are my dreams and goals? How do they compare with those of young people from different cultures?	Healthy Me. How can I keep my body and mental health safe? Changing Me. How does a baby develop from conception to birth?

Year 3		
Celebrating Differences. LI: • To understand that everybody's family is different and important to them. To appreciate my family/the people who care for me. • To understand that differences and conflicts sometimes happen among family members. • I know what it means to be a witness to bullying. • I know how to express my appreciation to my friends and family • To understand that everyone is different and that differences can cause conflict • Tell you about a time when my words affected someone's feelings and what the consequences were • I understand what Democracy is and how I can take part in it. (Timing to coincide with school council elections.) Being Me in my World. LI: • I recognise my worth and can identify positive things about myself and my achievements. • I know why rules are needed. • I understand how to make others feel valued • I understand that my behaviour brings rewards/consequences	Relationships. LI: • To identify the web of relationships of which I am a part • To identify the web of relationships of which I am a part • I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and female. • I know, and use, some strategies for keeping myself safe online. • I can explain how some of the actions and work of people around the world help and influence my life. • I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. Dreams and Goals. LI: • To tell you about a person who has faced difficult challenges and achieved success. • I can identify a dream/ ambition that is important to me • I can face new learning challenges and work with others to achieve them. • NSPCC-Speak Out and Stay Safe Session. • I know how to stay safe on the roads.	Changing Me. LI: • To understand that animals can be male or female and that every animal changes as it grows. • I understand that in humans many changes happen as we grow up and that usually it is the female who has the baby • I understand how babies grow and develop inside the mum's uterus • I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. • I can identify how boys' and girls' bodies change on the outside during this growing up process. • I have started to recognise stereotypical ideas about parenting and family roles. • What am I looking forward to in my next class? Healthy Me LI: • To understand how exercise affects my body and why the heart and lungs are important organs. • I know how to make healthy food choices • I know that medicines can be dangerous. • I know how to stay safe at home. • I know how to stay safe in the sun.

• I can make responsible choices and work cooperatively as part of a group. • To know that our actions have consequences and affect others.		• I know how to stay safe on the water.

• Year 4		
<u>Celebrating Differences.</u> LI: • To identify what is special about me. • To understand that, sometimes, we make assumptions based on what people look like. Session to be fitted in around School Council Elections each year. • I understand what democracy is and how I can take part • in it. • To try to understand what makes me judge people on how they look. • To know what to do if you think someone is being bullied. • To know that our first impression of someone is not always right. <u>Being Me in My World.</u> LI: • I know my attitudes and actions make a difference to the class team. • To understand that there are many different people in School, who work hard to make it the wonderful school it is. • To think about our rights and responsibilities in school. • I understand how rewards and consequences motivate people's behaviour	<u>Relationships.</u> LI: • I can recognise situations which can cause jealousy in relationships. • To know how most people feel when they lose someone or something they love. • To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. • I understand what having a special friend might mean • I know how to show love and appreciation to the people and animals who are special to me. <u>Dreams and Goals.</u> LI: • To share some of my dreams and goals. • To know how to cope with disappointment. • I can work out the steps needed to achieve a goal • To think about what we do with our money. • To understand why saving is important.	<u>Changing Me.</u> LI: • I understand that I am unique • I can correctly name the internal and external parts of male and female bodies that are necessary for making a baby. • I can describe how a girl's body changes during puberty, and that menstruation (having periods) is • I know how the circle of change works and can apply it to changes I want to make in my life • I can express my feelings about change and manage them positively. • What am I looking forward to in my next class? <u>Healthy Me.</u> LI: • To recognise how friendship groups are formed, how I fit into them, and the friends I value most. • To understand what makes a good friend. • To understand how people have different roles in friendships. • To understand the facts about smoking and vaping and its effect on health.

• To know decisions can be made in different ways		• To understand some of the facts about alcohol and its effect on health • I can recognise when people are putting me under pressure and can explain ways to resist this.

Year 5		
<u>Celebrating Differences.</u> LI: • To know cultural differences should be celebrated. • To understand how rumour-spreading and name calling can be bullying behaviour. To know strategies to manage feelings in bullying situations or action to take as a by-stander • To understand what racism is and be aware of my attitude to people from different races • To understand how racism can make people feel. <u>Being Me in My World.</u> LI: • I can face new challenges positively and know how to set personal goals. • I understand my rights and responsibilities as a citizen. • I understand my rights and responsibilities as a British citizen. • I can make choices about my own behaviour because I understand how rewards and consequences feel.	<u>Relationships.</u> LI: • I know who I am in terms of my characteristics and personal qualities • I understand that belonging to an online community can have positive and negative consequences. • To understand there are rights and responsibilities in an online community or social network. • I know there are rights and responsibilities when playing a game online. • I can recognise when I am spending too much time using devices (screen time) <u>Dreams and Goals.</u> LI: • To know about a range of jobs. • To explore how much people may earn in these jobs. • I can identify a job I would like to do when I grow up and understand what I need to do to achieve it. • I can describe the dreams and goals of young people in a culture different to mine.	<u>Changing Me.</u> LI: • To be aware of my own self-image • I can explain how a girl's body changes during puberty • To describe how boys' and girls' bodies change during puberty. • To understand how conception occurs. • To identify what I am looking forward to about my next year. <u>Healthy Me</u> LI: • I know the health risks of smoking. • I know some of the risks of misusing alcohol • I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am. • I know what to do in an emergency • I know how, and when, to use the Recovery position • To understand the role of different foods in the body

• I understand that my actions affect me and others • I understand how an individual's behaviour can impact on a group and how I can contribute to the group.	• I can compare my life with people in the developing world. I can appreciate the value of happiness regardless of material wealth • I can identify a range of ways we could support people across the world.	

Year 6		
<u>Celebrating Differences.</u> LI: • To understand that there are different perceptions of what being normal is. • I understand what UK Democracy is and how I can take part in it**.** • I understand how being different could affect someone's life. • I can explain ways in which one person or group can have power over another • I can understand how it feels to be excluded or treated badly due to being different. • I understand how being different could affect someone's life. • I can give examples of people with disabilities who lead amazing lives. <u>Being Me in My World.</u> LI: • I can identify my goals for this year, understand my fears and worries about the future and know how to express them • To know my own wants and needs and compare them to children in different communities.	<u>Relationships.</u> LI: • I know that it is important to take care of my mental health. • I understand that people can get problems with their mental health and that it is nothing to be ashamed of. • I can help myself and others when worried about a mental health problem • I can recognise when people are trying to gain power or control. • I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control. • I can judge whether something online is safe and helpful for me. • I can use technology positively and safely to communicate with my friends and family • I can take responsibility for my own safety and well-being. <u>Dreams and Goals.</u> LI: • I know my learning strengths and can set challenging, but realistic, goals for myself.	<u>Changing Me.</u> LI: • I am aware of my own self-image and how my body image fits into that. • I can explain how girls' and boys' bodies change during puberty. • To describe how a baby develops from conception to birth • I understand how being physically attracted to someone changes the nature of the relationship. • To be aware of the importance of a positive self-esteem and what I can do to develop it. • To identify what I am looking forward to and what worries me about the transition to secondary school. <u>Healthy Me.</u> LI: • I can take responsibility for my health and make choices that benefit my health and well-being.

• I understand that my actions affect myself and others. • I know how I can contribute to the group and understand how we can function best as a whole.	• I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these. • I can identify problems in the world that concern me and talk to other people about them.	• To know different types of drugs and their effects on the body. • To understand what it means to be emotionally well and explore people's attitudes toward mental health/Illness • I can recognise stress and find different ways to manage it • I can make healthy food choices.