

PSHE PLANNING OVERVIEW

| KEY STAGE 1 | Autumn 1 Citizenship (Me & my community) | Autumn 2 Safety | Spring 1 Economic Wellbeing | Spring 2 Sex & Relationships Education | Summer 1 Healthy Lifestyles / Drug Education | Summer 2 Resilience / Preparing for Change |
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| 1 Decision Resources Main Resource to be used | Being Responsible Module | Computer Safety Module Fire Service Module (Online Unit) | Money Matters Module | Feelings and Emotions Module Relationship Module | Hazard Watch Module | Keeping/Staying Safe Keeping/Staying healthy |
| SEAL Theme | New Beginnings | Getting On & Falling Out / Say No to Bullying | Going for Goals | Relationships | Good to be Me | Changes |
| Year 1 Assessment outcomes | I know why we have rules in school I can tell you how I am the same and different from my friends I have thought about how to talk about my feelings | I know how to be careful when walking on the pavement I can listen well to other people when they are talking I have thought about how to keep myself safe | I can tell you about the different types of work people do I can tell you some of my strengths as a learner I have thought about how I learn and how I can achieve a goal | I know who my friends and family are I can make people I care about happy I have thought about people who are important to me and how I feel about them | I know that exercise keeps me fit and healthy I know not to touch medicines and that substances in the house can be dangerous I can tell you something that makes me feel proud I have thought about different ways to keep myself healthy | I know my friends can help me and I can help them in times of change I know that some changes are natural and “happen by themselves” I have thought about working with other people to overcome obstacles. |
| Year 2 Assessment outcomes | I know how I can help make my classroom a safe and happy place I can welcome someone into my class I have thought about how my behaviour can affect others | I know about stranger danger including meeting strangers online I can work well in a group I have thought about what I should do if I meet dangerous situations | I know that you can choose to spend or save money I can choose between my ideas and give reasons I have thought about the best way to use money | I know the stages of a life cycle I can identify some of the people who care for me I have thought about ways of keeping my teeth healthy | I know why I should eat 5 portions of fruit and veg a day I know what makes me feel relaxed and what makes me feel stressed I have thought about the importance of a balanced diet | I know how to cope with changes that can be exciting or worrying I can plan to overcome obstacles that might get in the way I have thought about how to make sensible choices |

Resources in school

**1 Decision website and resources –
SEAL Books**

Health for Life Ages 4-7 by Noreen Wetton and Trefor Williams

Combining PSHE and SEAL in the primary school, using the Every Child Matters Framework Dr. Annette Lyons and Mark Davis.

British Values should be taught throughout the year.

PSHE PLANNING OVERVIEW

| Key Stage 2 | Autumn 1 Citizenship (Me & my community) | Autumn 2 Safety | Spring 1 Economic Wellbeing | Spring 2 Sex & Relationships Education | Summer 1 Healthy Lifestyles / Drug Education | Summer 2 Resilience / Preparing for Change |
|---------------------------------------|---|--|---|---|---|---|
| 1 Decision Main Resources (Y3) | Being Responsible Module | Computer Safety Module Fire Service Module (online unit) | Money Matters Module | Feelings and Emotions Module Relationship Module | Hazard Watch Module | Keeping/Staying Safe Keeping/Staying healthy |
| SEAL Theme | New Beginnings | Getting On & Falling Out / Say No to Bullying | Going for Goals | Relationships | Good to be me | Changes |
| Year 3 Assessment outcomes | <p>I know something about everyone in my class</p> <p>I can work in a cooperative way with others</p> <p>I have thought about how everyone has to live by rules</p> | <p>I know how to take turns when talking</p> <p>I can spot dangers in the home including dangers online</p> <p>I have thought about how to stay safe</p> | <p>I know some enterprising ways I can support a charity</p> <p>I know how others can help me achieve my goals and how I can help others</p> <p>I have thought about the importance of teamwork</p> | <p>I know that families can be different from one another</p> <p>I can say no to peer pressure</p> <p>I have thought about the importance of caring for myself and keeping myself clean</p> | <p>I know that eating too much salt, sugar and fat is bad for me</p> <p>I can recognise when I find something difficult and do something about it or cope with how that makes me feel</p> <p>I have thought about how to keep my body healthy</p> | <p>I know some people who I can turn to for help at difficult times</p> <p>I know that everybody goes through many sorts of change all the time</p> <p>I have thought about ways of keeping myself safe including how to contact Childline</p> |
| Year 4 Assessment outcomes | <p>I know what it feels like to be unwelcome</p> <p>I can work with others to achieve a shared goal</p> <p>I have thought about how to develop and maintain a positive learning environment</p> | <p>I know how to enjoy fireworks safely</p> <p>I can use peaceful problem solving to sort out difficulties</p> <p>I have thought about ways to manage difficult feelings</p> | <p>I know what can influence how people spend or save</p> <p>I know I am responsible for my own learning and behaviour</p> <p>I have thought about why people spend and save</p> | <p>I know the names for male and female body parts</p> <p>I can take responsibility for what I choose to do</p> <p>I have thought about how and why my body will change</p> | <p>I know I am responsible for taking exercise to look after my body</p> <p>I know how to say no, if offered a cigarette</p> <p>I can stop and think before I act</p> <p>I have thought about how to make sensible choices</p> | <p>I know some ways of dealing with changes that make me feel uncomfortable</p> <p>I know some ways of dealing with the feelings that arise from changes</p> <p>I have thought about ways to keep myself safe when I am out with my friends</p> |

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| <p>Year 5 Assessment outcomes</p> | <p>I know that I am valued at school</p> <p>I can identify my strengths and how I can contribute to a group</p> <p>I have thought about the importance of rules and keeping them</p> | <p>I know that different ways of behaving are appropriate in different types of relationships</p> <p>I can protect my personal safety</p> <p>I have thought about how stereotyping can affect people in different ways</p> | <p>I can explain how people manage their money</p> <p>I know the skills and attributes of a successful learner</p> <p>I have thought about how to save up for an item, and how to restrict my other spending to do so</p> | <p>I know some things to do when I feel embarrassed</p> <p>I can describe some of the physical changes of puberty</p> <p>I have thought about how my body will change during puberty, how I may feel, and what to do about these feelings</p> | <p>I know that alcohol is a drug</p> <p>I can describe the Eat Well plate and a balanced diet</p> <p>I can stand up for what I think after listening to others and making my own choice</p> <p>I have thought about how I can have a healthy mind and body by.....</p> | <p>I know how people often respond to difficult changes</p> <p>I can take responsibility for my own safety</p> <p>I have thought about how to deal with difficult feelings to do with loss</p> |
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| <p>Year 6 Assessment outcomes</p> | <p>I know how to work well in a group</p> <p>I can listen to and show respect for other people's views when working in a group</p> <p>I have thought about what makes a group function well so that we can learn together</p> | <p>I know how to protect myself on-line</p> <p>I can use my skills for solving problems peacefully to help other people resolve conflict</p> <p>I have thought about strategies I can use to stay safe when faced with risky situations</p> | <p>I can help organize an enterprise activity</p> <p>I know it is up to me to get things done by taking the first step</p> <p>I have thought about how money affects the way I live</p> | <p>I know some of the feelings that people have when someone close dies or leaves</p> <p>I can recognise and challenge stereotyping and discrimination</p> <p>I have thought about how the media can influence the way we think and feel about people and situations</p> | <p>I know why I should exercise</p> <p>I know what addiction means</p> <p>I understand that sometimes the feeling part of my brain takes over and I might make mistakes</p> <p>I have thought what I can do when I feel pressured such as...</p> | <p>I know that sometimes there can be positive outcomes from changes that we didn't welcome initially</p> <p>I can look for the positives in big changes I am facing</p> <p>I have thought about the positive aspects of moving on to secondary school</p> |
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