

# 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
<b>1 Decision Resources</b> Main Resource to be used	<b>Being Responsible Module</b>	<b>Computer Safety Module</b> <b>Fire Service Module (Online Unit)</b>	<b>Money Matters Module</b>	<b>Feelings and Emotions Module</b> <b>Relationship Module</b>	<b>Hazard Watch Module</b>	<b>Keeping/Staying Safe</b> <b>Keeping/Staying healthy</b>
SEAL Theme	New Beginnings	Getting On & Falling Out / Say No to Bullying	Going for Goals	Relationships	Good to be Me	Changes
<b>Year 1</b> <b>Assessment outcomes</b>	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.
<b>Year 2</b> <b>Assessment outcomes</b>	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

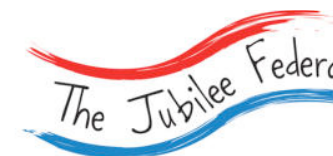
**1 Decision website and resources – SEAL Books**

**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>

<b>Year 5</b> Assessment outcomes	I know that I am valued at school	I know that different ways of behaving are appropriate in different types of relationships	I can explain how people manage their money	I know some things to do when I feel embarrassed	I know that alcohol is a drug	I know how people often respond to difficult changes
	I can identify my strengths and how I can contribute to a group	I can protect my personal safety	I know the skills and attributes of a successful learner	I can describe some of the physical changes of puberty	I can describe the Eat Well plate and a balanced diet	I can take responsibility for my own safety
	I have thought about the importance of rules and keeping them	I have thought about how stereotyping can affect people in different ways	I have thought about how to save up for an item, and how to restrict my other spending to do so	I have thought about how my body will change during puberty, how I may feel, and what to do about these feelings	I can stand up for what I think after listening to others and making my own choice  I have thought about how I can have a healthy mind and body by.....	I have thought about how to deal with difficult feelings to do with loss

<b>Year 6</b> Assessment outcomes	I know how to work well in a group	I know how to protect myself on-line	I can help organize an enterprise activity	I know some of the feelings that people have when someone close dies or leaves	I know why I should exercise	I know that sometimes there can be positive outcomes from changes that we didn't welcome initially
	I can listen to and show respect for other people's views when working in a group	I can use my skills for solving problems peacefully to help other people resolve conflict	I know it is up to me to get things done by taking the first step	I can recognise and challenge stereotyping and discrimination	I know what addiction means	I can look for the positives in big changes I am facing
	I have thought about what makes a group function well so that we can learn together	I have thought about strategies I can use to stay safe when faced with risky situations	I have thought about how money affects the way I live	I have thought about how the media can influence the way we think and feel about people and situations	I understand that sometimes the feeling part of my brain takes over and I might make mistakes  I have thought what I can do when I feel pressured such as...	I have thought about the positive aspects of moving on to secondary school

#### Resources in school

#### 1 Decision website and resources –

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