

PSHE

Intention

The purpose of Personal, Social and Health education is to enable children to become healthy, independent and responsible members of society. We encourage pupils to play a positive role in contributing to the life of the school and the wider community. In doing so, we help develop their sense of self-worth. Across school, we teach children about how society is organised and governed and we ensure that they experience the process of democracy in school through the school council. We teach them about rights and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multicultural society.

The aims of personal, social and health education are to enable the children to:

- know and understand their rights and responsibilities and have respect for others' rights and responsibilities;
- respect and understand the environment and sustainability needs;
- develop a good awareness of money, its roles and how to manage it;
- know and understand what constitutes a healthy lifestyle;
- be able to recognise what they are good at and develop self-confidence and self-esteem, enabling them to make informed choices regarding personal and social issues now and in their future lives;
- understand growing and changing and the attached emotions and feelings;
- be aware of safety issues and how to keep safe in a range of situations;
- be able to recognise feelings, emotions and the way behaviour links to these;
- value difference and similarities;
- understand what makes for healthy relationships with others.

Key Stage 1

Skills

With the aims in mind, the following skills have been devised to ensure that the PSHE curriculum is progressive and skills based.

Key Stage 1

Rights and responsibilities (Y1)	Rights and responsibilities (Y2)
I can contribute to the life of the classroom and school. I can help construct, and agree to follow, group and class rules. I can recognise ways in which I am unique	I can respect my needs and the needs of others. I know who the special people in my community are and know how to contact

and understand that there has never been and will never be another 'me'. I can explain the ways in which we are the same as all other people and what we have in common with everyone else.	those people when I need their help, including dialling 999 in an emergency.
Environment (Y1)	Environment (Y2)
I can develop strategies and skills needed to care for environments (including conserving energy).	I can look after the local environment (including conserving energy).
Money (Y1)	Money (Y2)
I can understand money, including the concepts of spending and saving. I can make choices about spending or saving money.	I can save and spend money. I can make choices and keep track of money spent/saved.
Healthy Lifestyles (Y1)	Healthy Lifestyles (Y2)
I can maintain a healthy body. I can maintain my personal hygiene. I can develop simple skills to help prevent diseases spreading.	I can make healthy choices. I can describe my feelings to others. I can use simple strategies for managing my feelings.
Growing and Changing (Y1)	Growing and Changing (Y2)
I can recognise and celebrate my strengths and set simple but challenging goals. I can explain change and loss and the associated feelings.	I can recognise what I am good at. I can set goals. I can name the main parts of the body and I can explain how these change over time.
Keeping Safe (Y1)	Keeping Safe (Y2)
I can make sure I am safe from household products, including medicines. I can recognise people who look after me, my family networks, who to go to if I am worried and how to attract their attention. I can help the people who look after me to more easily protect me. I know how to ask for help if I am worried about something. I can keep myself safe and others safe. I know that I do not need to keep secrets.	I can keep safe in different situations. I can ask for help if I am worried about something. I can keep things private and I can respect others' privacy.
Feelings and Emotions (Y1)	Feelings and Emotions (Y2)

I can recognise feelings in myself and in others. I can share my feelings.	I can recognise what is fair and unfair, kind and unkind, and right and wrong. I can respond correctly when people are being unkind to me or others. I can recognise when my body or feelings are hurt or when others are hurt.
Valuing Difference (Y1)	Valuing Difference (Y2)
I can respect similarities and differences in others. I can share my views and ideas.	I can respect similarities and differences in others. I can share my views and ideas with individuals and with the whole class.
Healthy Relationships (Y1)	Healthy Relationships (Y2)
I can identify my special people and explain what makes them special. I can care for others.	I can listen to other people and play and work cooperatively. I can resolve simple arguments. I can judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond. I can get help if I experience or witness teasing or bullying.

Key Stage 2

Lower Key Stage 2

Rights and responsibilities (Y3)	Rights and responsibilities (Y4)
I can discuss and debate health and wellbeing issues. I can contribute to the community. I can recognise the roles of people in the community.	I can appreciate difference and diversity in the UK and around the world.
Environment (Y3)	Environment (Y4)
I can exercise my responsibilities, rights and duties in the community and towards the environment.	I can discuss how resources are allocated and the effect of allocation. I understand sustainability of the environment.
Money (Y3)	Money (Y4)

I can develop enterprise skills.	I can explain the role of money. I can manage money, including saving and budgeting. I can develop my understanding of interest and loans.
Healthy Lifestyles (Y3)	Healthy Lifestyles (Y4)
I can eat a balanced diet. I can identify habits and why they can be hard to change.	I can make choices to make a balanced lifestyle. I can keep myself safe around commonly available substances and drugs I can follow simple routines to reduce the spread of bacteria and viruses.
Growing and Changing (Y3)	Growing and Changing (Y4)
I can recognise what I am good at and set goals. I can describe my feelings. I can recognise conflicting feelings and manage them.	I can recognise what I am good at and set goals. I can reflect on changes that happen in life and I can identify the feelings associated with change.
Keeping Safe (Y3)	Keeping Safe (Y4)
I can follow school rules about health and safety. I can follow basic emergency procedures. I can find people to help me stay healthy and safe.	I can keep safe in my local area and online. I can protect my personal information. I can explain what is appropriate to ask for or share. I can identify people who help me stay healthy and safe and know who to talk to if I feel uncomfortable or at risk.
Feelings and Emotions (Y3)	Feelings and Emotions (Y4)
I can recognise feelings in others. I can respond to how others are feeling.	I can explain when I should not agree to keep something confidential or a secret. I can recognise and manage dares.
Valuing Difference (Y3)	Valuing Difference (Y4)
I can recognise discrimination, teasing, bullying and aggressive behaviours. I can get help if I experience or witness teasing or bullying.	I can listen and respond respectfully to a wide range of people. I can be confident enough to raise my own concerns. I can recognise and care about other people's feelings and respect, and

	constructively challenge if necessary, their points of view.
Healthy Relationships (Y3)	Healthy Relationships (Y4)
<p>I can maintain positive healthy relationships.</p> <p>I can explain different types of relationships.</p> <p>I can work collaboratively towards shared goals.</p>	<p>I can judge what kind of physical contact is acceptable or unacceptable and I know how to respond.</p> <p>I can develop strategies to solve disputes and conflict through negotiation and appropriate compromise.</p> <p>I can begin to give rich and constructive feedback.</p> <p>I can understand how my body will, and that my emotions may, change as I approach and move through puberty.</p>

Upper Key Stage 2

Rights and responsibilities (Y5)	Rights and responsibilities (Y6)
<p>I can research, discuss and debate topical issues, problems and events that are important to me.</p> <p>I can explain rules and laws and understand why different rules are needed in different situations.</p> <p>I can resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.</p>	<p>I can research, discuss and debate topical issues, problems and events that are important to me and offer recommendations.</p> <p>I understand human rights and children's rights.</p> <p>I can contribute to my community and recognise the role of groups, especially in relation to health and wellbeing.</p> <p>I can explore and critique how the media present information.</p> <p>I can critically examine what is presented to me in the media and explain why it is important to do so.</p> <p>I am careful online and in relation to the information I pass on and understand how information can be misinterpreted.</p>
Environment (Y5)	Environment (Y6)
<p>I can exercise my responsibilities, rights and duties at home, at school, in the community and towards the environment.</p>	<p>I can explain resource allocation and the impact of these choices at an individual, community and global level.</p>
Money (Y5)	Money (Y6)

<p>I can recognise the role money plays in my own and others' lives.</p> <p>I can manage my money.</p> <p>I can be a critical consumer.</p> <p>I can discuss loans, interest, debt and tax.</p>	<p>I can develop my enterprising skills.</p>
Healthy Lifestyles (Y5)	Healthy Lifestyles (Y6)
<p>I can recognise what positively and negative affects health and wellbeing.</p> <p>I can make informed choices.</p> <p>I can maintain and explain a healthy lifestyle.</p> <p>I can recognise what might influence my choices.</p>	<p>I can recognise how images in the media do not always reflect reality.</p> <p>I recognise images in the media can affect how people feel about themselves.</p> <p>I can identify the risks and effects of drugs.</p>
Growing and Changing (Y5)	Growing and Changing (Y6)
<p>I can reflect on and celebrate my achievements.</p> <p>I can identify my strengths and areas for improvement.</p> <p>I can set high aspirations and goals.</p> <p>I can recognise feelings and explain their range and intensity to others.</p> <p>I can listen to and overcome conflicting emotions.</p> <p>I can use strategies to cope with change, including transitions, loss, separation, divorce and bereavement.</p>	<p>I can reflect on and celebrate my achievements.</p> <p>I can confidently identify my strengths.</p> <p>I can accurately identify areas for improvement.</p> <p>I can set high aspirations and goals.</p>
Keeping Safe (Y5)	Keeping Safe (Y6)
<p>I can keep physically and emotionally safe including road safety and safety in the environment.</p> <p>I can keep safe online.</p> <p>I can protect my personal information.</p> <p>I can use mobile phones responsibly, including safe keeping and safe user habits.</p>	<p>I can differentiate between risk, danger and hazard.</p> <p>I can recognise, predict and assess risks in different situations and I can decide how to manage them responsibly.</p> <p>I can undertake increasing responsibility.</p> <p>I can resist pressures linked to behaving in unacceptable, unhealthy or risky ways.</p> <p>I can recognise when I need to ask for help.</p> <p>I can explain my right to protect my body</p>

	<p>and the law linked to contact and abuse.</p> <p>I can recognise people who are responsible for keeping me healthy and safe and how I can help them with this.</p>
Feelings and Emotions (Y5)	Feelings and Emotions (Y6)
<p>I can recognise and respond appropriately to a wider range of feelings in others.</p>	<p>I can understand confidentiality.</p> <p>I know when to break a confidence.</p> <p>I can manage dares.</p>
Valuing Difference (Y5)	Valuing Difference (Y6)
<p>I can listen and respond respectfully and fully to a wide range of people.</p> <p>I can be confident when raising my concerns and raise them considerately.</p> <p>I can recognise and care about other people's feelings and respond to them appropriately.</p> <p>I try to see, respect and if necessary constructively challenge, their points of view regularly.</p>	<p>I can listen and respond respectfully and fully to a wide range of people.</p> <p>I can be confident when raising my concerns and raise them considerately.</p> <p>I try to see, respect and if necessary constructively challenge, their points of view regularly.</p> <p>I can recognise and challenge stereotypes.</p> <p>I can identify the nature and consequences of discrimination, teasing, bullying and aggressive behaviours.</p> <p>I know how to challenge bullying and abuse in all its forms.</p>
Healthy Relationships (Y5)	Healthy Relationships (Y6)
<p>I can recognise how my actions affect themselves and others and begin to consider my actions as a result.</p> <p>I can work collaboratively towards shared goals.</p> <p>I can solve disputes and conflict through negotiation and appropriate compromise.</p> <p>I can give rich and constructive feedback and support to benefit others as well as myself.</p>	<p>I can maintain positive and healthy relationships.</p> <p>I can recognise when a relationship is unhealthy and know who to talk to for support.</p> <p>I can identify healthy types of relationships.</p> <p>I can judge what kind of physical contact is acceptable or unacceptable and how to respond.</p> <p>I can recognise and respect personal boundaries and everyone's right to privacy.</p> <p>I can identify how my body and emotions may change through puberty.</p> <p>I can explain human reproduction.</p>