



PSHE Learning Journey 2020-21

Year 1

PSHE AUTUMN

'Being Me' 1



Key Learning this half term:

- Understand how to help others to feel **welcome**.
- Care about the **feelings** of others and know that our views are valued.
- Recognise how it feels to be **proud** of an **achievement**.
- Work well as a team and recognise that choices have **consequences** for ourselves and for our team.
- Understand our **rights** and **responsibilities** as a class member.

PSHE SPRING

'Dreams & Goals' 1



Key Learning this half term:

- I understand that **perseverance** helps me to overcome **challenges**.
- Discuss **experiences** where we **did not give up**.
- Learn how to set a **goal** and work towards it.
- Use **kind words** to **encourage** our peers.
- Understand the link between what we **learn** and **potential jobs** for our **future**.
- Talk about how we **feel** when we **achieve** our **goals** and understand the feeling of **pride**.

PSHE SUMMER

'Relationships' 1



Key Learning this half term:

- Identify the members of our **families**.
- Understand that there are different **types of family**.
- Understand what being a **good friend** means.
- Know appropriate ways of **physical contact** when **greeting friends**.
- Understand how to help others to feel **included**.
- Know how to be **respectful** towards others.
- Recognise our **personal qualities** and **friendship qualities**.
- Discuss our **appreciation** for someone who is **special** in our **lives**.

PSHE AUTUMN

'Celebrating Differences' 2



Key Learning this half term:

- Understand and accept that everyone is **different**.
- Identify **similarities** and **differences** between people in our class including myself.
- Understand what **bullying** is and recognise that it is wrong.
- Know how to **help** someone that is being bullied.
- Understand the meaning of being **kind**.
- Know how to make **new friends**.
- Know how to give and receive **compliments**.

PSHE SPRING

'Healthy Me' 2



Key Learning this half term:

- Understand the difference between being **healthy** and being **unhealthy**.
- Know how to make **healthy choices**.
- Understand how **germs** cause **disease/illness** and how to **protect** ourselves with **good hygiene**.
- Know that **household products**, including **medicine**, can be **harmful** if not used **safely**.
- Understand that, if used **safely**, **medicine** can **help** people if they are **poorly**.
- Know how to be **safe** when **crossing** the road.

PSHE SUMMER

'Changing Me' 2



Key Learning this half term:

- Discuss how our **bodies** have **changed** since we were **babies**.
- Understand that sometimes **changes** will happen **beyond our control** but that this is ok.
- Know that we should **respect** and **care** for our **bodies**.
- Understand the **importance** of **learning new things** for our **growth** and **change**.
- Talk about **changes** that we have **experienced** and discuss ways of **coping** with **change**.
- Talk about **changes** that we will make when we move into our **new class** in the new **academic year**.



PSHE Learning Journey 2020-21

Year 2

PSHE 'Being Me' AUTUMN 1



Key Learning this half term:

- Identify **hopes** and **fears** for the coming year.
- Recognise **feelings** of worry and understand how to ask for help.
- Understand the **rights** and **responsibilities** of being a member in our class and our school.
- Discuss how to contribute towards making our class a **safe** and **fair place** to learn in.
- Contribute our own **ideas** and listen to the **opinions** of others carefully and respectfully.
- Understand and recognise the **consequences** of our choices.

PSHE 'Dreams & Goals' SPRING 1



Key Learning this half term:

- Choose realistic **goals**, discuss how we can work towards **achieving** them.
- Recognise our previous **achievements** and how they make us **feel**.
- Talk about our **strengths** and the importance of **perseverance**.
- Recognise who we work well with and understand how **team work** helps us to **learn**.
- Apply **team working** skills to **solve problems**.
- Discuss how it **feels** to be part of a **team**.
- Know how to share **success** with others and talk about how it **feels** to be **successful**.

PSHE 'Relationships' SUMMER 1



Key Learning this half term:

- Identify different members of our families and understand our relationship with each member.
- Discuss the importance of our family and why it is important to share and cooperate.
- Understand which forms of physical contact is acceptable within family.
- Know which types of physical contact we like/dislike.
- Identify things that cause conflict with our family and friends.
- Demonstrate positive techniques to resolve conflict.
- Understand the concept of trust and when it is good/not good to keep a secret.
- Know who to talk to about a secret that is not good.

PSHE 'Celebrating Differences' AUTUMN 2



Key Learning this half term:

- Understand that sometimes people make assumptions about boys and girls - **stereotypes**.
- Discuss ways in which boys and girls are **different**.
- Understand that **bullying** can often be about difference.
- Know how help ourselves or someone else is being bullied by being kind and by **standing up** for them.
- Understand that It is **unkind to judge** someone for being different.
- Know that our **differences** make us special or **unique**.

PSHE 'Healthy Me' SPRING 2



Key Learning this half term:

- Understand how to keep my **body healthy**.
- Understand the meaning of being **relaxed** and describe how **relaxation** makes us **feel**.
- Identify what makes us **relaxed** and what makes us **stressed**.
- Understand how **medicine** works for my **body** and the importance of using **medicine safely**.
- Correctly **sort foods** into **food groups** and know which **food groups** keep me **healthy**.
- Create some **healthy snacks** and explain why they are **good** for my **body**.
- Know which **foods** give my body **energy**.

PSHE 'Changing Me' SUMMER 2



Key Learning this half term:

- Recognise **cycles of life** in **nature**.
- Understand that some **changes** within **ourselves** are **beyond control**, recognise how this makes us **feel**.
- Identify **people** who we **respect**.
- Talk about the process of **growing** from **young** to **old** and know that this is beyond our **control**.
- Recognise how our **bodies** have **changed** since we were **babies** and feel **proud** about **independence**.
- Talk about what we **do/don't like** about being a **boy/girl**.
- Discuss **changes** that we will make when we move into our **new class** in the new **academic year**.



PSHE Learning Journey 2020-21

Year 3

PSHE AUTUMN

'Being Me' 1



Key Learning this half term:

- Recognise and identify **positive things** about **ourselves** and talk about our **achievements**.
- Know how to **value** ourselves and others.
- Set personal **goals** and recognise when we have achieved the goals set.
- Face new **challenges** with a **positive** approach and make **responsible** choices.
- Know how to **ask for help** when it is needed.
- Understand the importance of **rules** and know how they relate to our **rights** and **responsibilities**.
- Understand how our **actions** effect others and try to see things from the **perspective** of someone else.

PSHE SPRING

'Dreams & Goals' 1



Key learning this half term:

- Discuss, **respect** and **admire** people who have faced **challenges** to **achieve success**.
- Identify a **dream** or **ambition** and discuss how achieving this might **feel**.
- Find the best way to **approach** new **challenges** and create **steps** towards **achieving a goal**.
- Remain **enthusiastic**, **motivated** and **optimistic** when faced with **new challenges**.
- Understand that we are **responsible** for our own **learning** and applying our **strengths to achieve**.
- Recognise **obstacles** and how to manage **feelings of frustration**.
- Identify and **celebrate our successes**.

PSHE SUMMER

'Relationships' 1



Key Learning this half term:

- Identify the **roles** and **responsibilities** of each member of our **family**, including **ourselves**.
- Identify and practise skills necessary in **friendship**.
- Know and implement skills to keep ourselves **safe** when using **online technology**.
- Know who to ask for **help** when we have **worries**.
- Understand how actions and work of other people around the work may help and **influence our lives**.
- Empathise** with those whose lives are different to ours and **appreciate** what we could learn from them.
- Enjoy **family** and **friends** and know how to **express** our appreciation.

PSHE AUTUMN

'Celebrating Differences' 2



Key Learning this half term:

- Understand the value of our **family** and that every family is different.
- Know the importance of **appreciating** our family.
- Understand that **differences** and **conflicts** may happen among **family** and **friends**.
- Discuss how to be **calm** and use a '**solve it together**' technique to solve **conflict**.
- Know what being a witness to **bullying** means and what the right thing is to do to improve the situation.
- Understand how to help a **victim** of bullying to feel **supported** and **reassured**.
- Talk about how words can be hurtful and relate to our own **experiences** and **feelings**.

PSHE SPRING

'Healthy Me' 2



Key learning this half term:

- Understand how **exercise effects** my **body**.
- Know why the **heart** and **lungs** are **important**.
- Understand how the **amount of calories, fat and sugar I consume** will have an **effect** on my **body**.
- Discuss our knowledge of **drugs** and express our **thoughts** and **feelings** towards **drugs**.
- Identify **things, people** and **places** to **stay safe** from and discuss where to go to for **help**.
- Identify when something **feels safe** or **unsafe** and discuss **strategies** for **keeping safe**.
- Understand how **complex** my **body** is and discuss the **importance** of **taking care** of it.

PSHE SUMMER

'Changing Me' 2



Key Learning this half term:

- Understand that **animals** and **humans** both go through **changes** when they **grow**.
- Understand what a **baby** needs to **live** and **grow**.
- Recognise how **changes** make us **feel** and discuss how we can **cope** with these **feelings**.
- Recognise **stereotypical ideas** about **parenting** and other **family roles**.
- Express how we feel when our **ideas** are **challenged** and develop a **willingness to change** our **ideas**.
- Identify what we are **looking forward** to in our **next class** and for the **next academic year**.



PSHE Learning Journey 2020-21

Year 4

PSHE

'Being Me'

AUTUMN

1



Key Learning this half term:

- Know that our **attitudes** and **actions** make a big difference to our class team.
- Recognise the rewards to being **included** in a group and understand how it feels to be **excluded**.
- Contribute to the overall outcome in a **team**.
- Understand who is included in our **school community**, what **roles** they play and how we fit in.
- Understand how **democracy** works in a school.
- Understand and care about the fact that our **actions** affect ourselves and others.
- Recognise the importance of a group coming together to make a **decision**.

PSHE

'Dreams & Goals'

SPRING

1



Key learning this half term:

- Discuss our **hopes** and **dreams** and how they make us **feel**.
- Understand that **dreams** can be **broken** and can lead to feeling **hurt** and **disappointed**.
- Learn how **positivity** can help us to **overcome disappointment** and how to be positive for others.
- Understand the importance of creating **new dreams** and being **resilient** and **positive**.
- Understand how to **achieve goals** as part of a **group** or **team**.
- Identify and **acknowledge** our individual and

PSHE

'Relationships'

SUMMER

1



Key Learning this half term:

- Recognise situations which can cause jealousy.
- Identify someone that is special and who we love.
- Know how most people feel when they lose someone or something they love.
- Understand that we can remember people even if we no longer see them.
- Talk about someone that we no longer see.
- Recognise how friendships change, know how to make new friends and how to manage fallouts.
- Know how to stand up for ourselves and how to negotiate and compromise.
- Know how to show love and appreciation to people and animal who are special to me.

PSHE

'Celebrating Differences'

AUTUMN

2



Key Learning this half term:

- Understand that sometimes **assumptions** are made based on how someone looks .
- Understand what **influences** us to make **assumptions**.
- Learn to **accept** people for who they are.
- Know that **bullying** is sometimes hard to spot and understand what to do if we are unsure.
- **Problem solve** a bullying situation with others.
- Explain why sometimes **witnesses** to bullying may join in with bullying and do not tell.
- Understand what our special characteristics are and **value** that we are all **unique**.
- Like and **respect unique** features of our appearance.

PSHE

'Healthy Me'

SPRING

2



Key learning this half term:

- Recognise how different **friendship groups** are formed and how I am a part of them.
- Understand the different **roles** within a **friendship groups** and recognise the **role I take on**.
- Understand the facts about **smoking**, why people **smoke** and how **smoking effects** our **health**.
- Understand facts about **alcohol**, why people drink **alcohol** and how **alcohol effects** our **health**.
- Understand the **characteristics** of being **under pressure** and explain ways to **resist pressure**.
- Know our own **personal values** and have a clearly explain what **I believe** is **right** and **wrong**.

PSHE

'Changing Me'

SUMMER

2



Key Learning this half term:

- Understand that some of our **personal characteristics** came from our **birth parents**.
- Appreciate that **each person** is a truly **unique human**.
- Understand that **having a baby** is a **personal choice** and **express how we feel** about having children as an **adult** one day.
- Learn different **strategies** to help us cope with **physical** and **emotional changes** which we experience as we **grow**.
- Develop **confidence** needed to make **positive changes** which will **benefit our lives**.
- Express **fears** and **concerns** about changes that are **beyond control**, manage these **feelings positively**.



PSHE Learning Journey 2020-21

Year 5

PSHE 'Being Me'

AUTUMN



1

Key Learning this half term:

- Know how to set new **challenges** positively and know how to set personal **goals**.
- Understand our **values** for our education and identify hopes for the new school year.
- Understand our **rights** and **responsibilities** as citizens of our country and as members of the school.
- Make choices about our own **behaviours** and understand how rewards and consequences feel.
- Understand how our **actions** can affect one another.
- Make **contributions** to a group and understand how a group functions best as a whole.
- Understand the positive impact that **democracy** can have on our school.

PSHE

'Dreams & Goals'



SPRING

1

Key learning this half term:

- Identify **dreams** and **goals** for 'when I grow up'.
- Understand that **earning money** will play a role in helping to **achieve dreams** and **goals**.
- Identify a **job** I would like to do and understand my **motivation** and what I need to do to **achieve** this.
- Describe **dreams** and **goals** of children in a **different culture** to ours.
- Understand the importance of **communication** and learning from **other cultures** to **support** one another.
- **Support** others to **achieve** their **dreams** and **goals** both in **our community** and in **other communities**.

PSHE

'Relationships'



SUMMER

1

Key Learning this half term:

- Have an accurate understanding of **ourselves**, our **characteristics** and **personal qualities**.
- Know how to build upon our **self esteem**.
- Understand the **positive** and **negative consequences** of an **online community**.
- Recognise when an **online community** feels **unsafe** or **uncomfortable** and know what to do.
- Understand our **rights** and **responsibilities** within an **online community** or **social network**.
- Identify how to reduce our 'screen time' so that **technology** does not affect our **health**.
- **Resist pressures** to use **technology** in a way that is **harmful** or **unsafe** to ourselves or to others.

PSHE

'Celebrating Differences'



AUTUMN

2

Key Learning this half term:

- Be aware of our individual cultures and understand that **cultural differences** can lead to conflict.
- Understand the meaning of **racism** and develop an awareness of our attitudes towards other cultures.
- Understand that **rumours** and name calling can be considered as **bullying** behaviours.
- Discuss differences between **direct/indirect** bullying.
- Know ways of supporting **victims** of bullying and ways to encouraging bullies to make better **choices**.
- Compare our lives with those who live in the **developing world**.
- Appreciate the value of happiness regardless of **material wealth**.

PSHE

'Healthy Me'



SPRING

2

Key learning this half term:

- Discuss the importance of making **healthy choices**.
- Understand how **smoking** and **alcohol misuse** can **impact health** especially of the **heart**, **lungs** and **liver**.
- Understand how negative health choices can relate to **anti-social** behaviour.
- Learn basic **aid skills**, including the **recovery position** and how to get **help** in an **emergency** situation.
- Understand the **negative impact** caused by the **media's** of promotion of certain **body types**.
- Discuss the importance of **healthy eating habits** and how people can develop **eating disorders**.
- Understand the significance of **healthy lifestyle** and how it can have an impact on our **happiness**.

PSHE

'Changing Me'



SUMMER

2

Key Learning this half term:

- Develop awareness of our **self image** and how our **bodies** are relevant to this.
- Understand that **puberty** is a **natural process** that happens to everyone and that it is ok.
- Understand the **physical changes** and **emotional changes** that we will experience through **puberty**.
- **Express how we feel** about the **changes** that we will experience.
- Identify what we are **looking forward to** about becoming a **teenager** and understand the **responsibilities** that come with this.
- Develop **confidence** towards **changes** of **growing up**.
- Identify **changes** to make for **next year** and what we are **looking forward to** in our **new class**.



PSHE Learning Journey 2020-21

Year 6

PSHE 'Being Me' AUTUMN 1



Key Learning this half term:

- Identify our goals for the year and **express** our **fears** and **worries** about the future.
- Accept a feeling of comfort and know how to help others to feel **welcome** and comfortable.
- Understand our wants and needs and compare them to people in different **communities**.
- Understand the universal **rights** for all children and understand that for many these rights are not met.
- Understand that our **actions** can affect other people locally and globally.
- Understand how **behavioural choices** relate to our **rights** and **responsibilities**.
- Understand how **democracy** can benefit the community.

PSHE 'Dreams & Goals' SPRING 1



Key Learning this half term:

- Know our **personal learning strengths** and set **challenging** but **realistic** and **achievable goals**.
- Understand the **learning steps** required to help us **reach our goals** and set our own **success criteria**.
- Identify **world problems** and recognise the **emotions** that **feel in response** to these issues.
- **Empathise** with others who are **suffering** and apply ourselves **positivity** to help make a **difference**.
- Identify what **motivates** us to **contribute** towards making the **world a better place**.
- Recognise **achievements**, **accept** and **give praise** and **complements** to one another.

PSHE 'Relationships' SUMMER 1



Key Learning this half term:

- Understand the importance of **mental health**.
- Know that having a **mental health problem** is nothing to be ashamed of.
- Know ways of **caring** for our own **mental health** and ways to **support** others with their **mental health**.
- Understand that there are different stages of **grief** and that different types of **loss** cause **grief**.
- Recognise when people are trying to gain **power** or **control** and demonstrate ways of **standing up** to this.
- Decide when something **online** is **unsafe** and **resist pressures** to participate in **harmful online actives**.
- Use **technology positively** and **safely** as a **communication tool** for **friends** and **families**.

PSHE 'Celebrating Differences' AUTUMN 2



Key Learning this half term:

- Understand that there are different **perceptions** of what normal means.
- **Empathise** and appreciate people who are different.
- Understand how having **differences** can effect life.
- Explain ways in which one person might have **power** over another.
- Discuss a range of strategies to manage **feelings** in a situation where there is **bullying**.
- Give examples of people with **disabilities** who lead amazing lives.
- Explain ways in which a difference can be a source of **conflict** and a cause for **celebration**.

PSHE 'Healthy Me' SPRING 2



Key learning this half term:

- Understand the importance of making **healthy choices** and how this can benefit **well-being**.
- Know that it is my own **responsibility** to make **healthy choices**.
- Discuss how **lifestyle choices** can effect our **health**, including **food**, **exercise** and **drug misuse**.
- Discuss the meaning of **exploitation** and the importance of **law**.
- Understand how to keep ourselves and our friends **safe** and talk about the **dangers** of **gangs**.
- Discuss **mental** and **emotional health**.
- Recognise **feelings** which relate to **difficult situations** and how to **manage** these **calmly**.

PSHE 'Changing Me' SUMMER 2



Key Learning this half term:

- Demonstrate awareness of our **self image** and self **esteem** and understand why our body is relevant.
- Express how **changes** due to puberty make us feel.
- Describe how a baby develops over nine months of pregnancy.
- Understand **emotions** caused by physical attraction.
- Understand that **respect** and **trust** is an important part of relationships.
- Know that **choices** are ours and we should not feel pressured into doing something we don't want to.
- Know how to challenge negative body talk.
- Identify what our **fears**, **worries** and **goals** are in the transition to **secondary school**.