

Reception PSHCE Curriculum



Term	Children will learn about	Targeted RESPECT Characteristics	British Values
Autumn 1	Me and My Relationships All about Me, What makes me special, Me and my special people, Who can help me? My feelings	Teamwork: Row, Row, Row Your Boat <ul style="list-style-type: none"> ✓ Take turns ✓ Work as a team to meet a goal ✓ Take steps to resolve conflict ✓ Value each other's views and know that everyone's view counts 	Democracy Encouraging children to know their views count Demonstrating democracy in action
Autumn 2	Valuing Difference I'm special, you're special Same and different(including families and homes) I am caring	Communication: Three Blind Mice <ul style="list-style-type: none"> ✓ Give, share and listen to ideas ✓ Share information in a clear way ✓ Give instructions and be able to follow them 	Democracy Encouraging children to know their views count Demonstrating democracy in action
Spring 1	Keeping Myself Safe What's safe to go onto my body, Keeping Myself Safe, Safe indoors and outdoors, Listening to my feelings, Keeping safe online, People who help to keep me safe	Excellence: Twinkle Twinkle <ul style="list-style-type: none"> ✓ Recognising positive choices ✓ Everyone can be successful and we are all good at different things ✓ It's OK to make mistakes 	Individual Liberty Children develop a positive sense of themselves
Spring 2	Rights and Responsibilities Looking after my special people, Looking after my friends, Being helpful at home and caring for our classroom, Caring for our world, Looking after money	Positivity: Humpty Dumpty <ul style="list-style-type: none"> ✓ Talk and share information in a clear way ✓ Take turns ✓ Be kind and share time ✓ Think of solutions to problems 	Individual Liberty Children develop a positive sense of themselves
Summer 1	Being my Best Bouncing back when things go wrong, Yes, I can! Healthy eating Move your body, A good night's sleep	Self-Awareness: If you're happy and you know it <ul style="list-style-type: none"> ✓ Know their own feelings and self-regulate ✓ Adjust behaviours according to the situation ✓ Know that their behaviour may affect others Value each others views and know that everyone's view counts	Rule of Law Children understand their own and other's behaviour and its consequences
Summer 2	Growing and Changing Seasons, Life stages, Where do babies come from? Getting bigger, Me and my body –girls and boys (Using the terms penis and vagina/vulva)	Empathy: Jack and Jill <ul style="list-style-type: none"> ✓ Show sensitivity to the needs of others ✓ Know that their actions may affect others ✓ Respect others opinions and differences Resilience: Incy Wincy Spider <ul style="list-style-type: none"> ✓ Understand the need to be patient at times ✓ Know when to ask for help and when to persevere ✓ Know that a mistake can be learnt from ✓ Know that to we need to practise really herd to become good at something 	Individual Liberty & Mutual Tolerance and Respect Children have a tolerance and appreciation of and respect for their own and other cultures; Children have confidence in their own abilities, and help and support others' opinions

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Year 1 PSHCE Curriculum



Term	Pupils will learn about	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	Me and My Relationships Why we have classroom rules, Thinking about feelings, Our feelings, Feelings and bodies Our special people , Good friends, How are you listening?	Traditional Tales How can we keep safe when outdoors? How can we apologise when we do something wrong? How important is money? How can who care for someone who is poorly? What makes a home?	Communication, Excellence: ✓ To talk and share information with their team-mates in a clear way ✓ To work as a group to achieve a shared outcome ✓ To take turns ✓ To be creative	
Autumn 2	Valuing Difference People who are different, Unkind, tease or bully? School rules, Who are our special people? It's not fair!			
Spring 1	Keeping Myself Safe Healthy me, Sleep, Who can help us? Feelings and losing things, Medicines, Good or bad touches? Sharing pictures	Simba Considering what we value in friends. What makes us good friends to others? How have we settled into Year 1? How is it different to Reception? How can we make our classroom look more homely? Why is it important to look after our bodies and to make sure we are eating the right food? Would you risk danger to save your friend? Why/why not? Why is our personal safety important? What emotions do we have and how can we learn to control them? How do we feel when we have achieved something? What have you done this term that you can be proud of?	Resilience, Empathy, Self Aware ✓ To learn what qualities make a good friend ✓ How to help our friends ✓ The importance of good manners ✓ To begin to self-regulate any negative behaviours	Democracy Introduction to rulers (kings, queens, president) and how they are chosen.
Spring 2	Rights and Responsibilities Self-hygiene, Around and about the school Taking care of something, How should we look after our money? Basic first aid			
Summer 1	Being my Best Eating well, Catch it! Bin it! Kill it! How to ride a bike, Praising others, Coping with a bad day	Steve Backshall How can we look after the environment? How can we cope when things go wrong? What can we do when we are scared?	Teamwork, Resilience ✓ To have a better understanding of the emotions we feel ✓ To know that we can affect the feelings of others ✓ How to look after our pets ✓ To know that we can learn from our mistakes	Mutual Tolerance and Respect Respecting traditions and cultures different to our own
Summer 2	Growing and Changing Inside my wonderful body! Taking care of a baby Then and now, Who can help us? Secrets Keeping privates private (Using the terms vagina/vulva and penis)			

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Year 2 PSHCE Curriculum



Term	Pupils will learn about	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	Me and My Relationships Our ideal classroom, How are you feeling today? Bullying or teasing? Types of bullying, Being a good friend How to help someone who is unhappy	Samuel Pepys How can we keep safe from fire? How do we stop germs from spreading?	Resilience, Communication, Teamwork <ul style="list-style-type: none"> ✓ To know when to ask for help and how to get help without asking an adult (self – help) ✓ That sometimes we need to keep trying to be successful and this is ok ✓ How to follow rules and why this is important 	Mutual Tolerance and Respect How should we view homeless people? Who was the first Hijabi wearing firefighter? Individual Liberty Roles of Women in the emergency services
Autumn 2	Valuing Difference What makes us who we are? How do we make others feel? My special people, When someone is feeling left out, An act of kindness, Solving problems			
Spring 1	Keeping Myself Safe Medicines, Safe or unsafe, Making safe choices, Appropriate touching, Who can help me? Some secrets should never be kept	The Queen Why is it important for us to keep ourselves healthy? Why is it important to help charities? What charities is Prince William a patron of?	Resilience, Passion, Teamwork: <ul style="list-style-type: none"> ✓ To keep trying ✓ To better regulate their behaviours through self-control ✓ To know how to keep themselves safe when meeting new people ✓ To work as a team to achieve outcomes 	What are our British Values? What does it mean to be British? Democracy/Rule Of Law What power does the queen have? The prime minister? How are laws made?
Spring 2	Rights and Responsibilities Current affairs (mental health), Fact or opinion? Rights, responsibilities and duties, Voluntary groups, Spending wisely, Debt and money lending, Local councils			
Summer 1	Being my Best You can do it! My day, Harold's postcard – helping us to keep clean and healthy, Dental hygiene, My body needs... What does my body do?	Pocahontas How can we show we appreciate each other? What can we do if we think something is unfair?	Empathy, Self-aware, Communication: <ul style="list-style-type: none"> ✓ How to be polite to others ✓ To be thoughtful of others and be kind ✓ How to talk clearly and give accurate instructions ✓ To listen to feedback from others ✓ To be self-critical/ reflective 	Individual Liberty Respect and dignity; consent; appreciation; roles of men and women Mutual Tolerance and Respect Changing religions; exploring another culture
Summer 2	Growing and Changing Positive feedback, Losing things, Haven't you grown! Body parts (Naming penis, vagina/vulva, testicles and nipples) Respecting privacy Basic first aid			

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Year 3 PSHCE Curriculum



Term	Pupils will learn about	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	Me and My Relationships As a rule, My special pet, Tangram team challenge, Looking after our special people, How can we solve this problem?, Dares and Risk taking, Opinions and points of View, Friends are special	Ed Stafford What is fitness? How can we prepare for what is to come? What are 'needs' and 'wants'? How can we recognise our achievements?	Determined; self-controlled; persistent; positive attitude; inspires; responsible; cares. <ul style="list-style-type: none"> ✓ The importance of having rules ✓ The qualities of a good friend ✓ The importance of trust and respect ✓ How to care for the environment ✓ The importance of teamwork and taking a team member role 	
Autumn 2	Valuing Difference Family and friends, My community, Respect and challenge, Our friends and neighbours, Let's celebrate our differences, Prejudice and stereotypes			
Spring 1	Keeping Myself Safe Safe or unsafe? Danger or risk? The Risk Robot Alcohol and cigarettes: the facts, Online Browsing, Online behaviour and sharing personal information, Risk assessing ,Help or harm?	Nellie Bly What is danger? What is poverty? What are 'needs' and 'wants'? What is pollution?	Courteous; just; gratitude; self-discipline; determination; kind; self-confident. <ul style="list-style-type: none"> ✓ How to care for themselves ✓ How behaviour impacts upon how others see us ✓ To be able to make visitors feel welcome ✓ To identify ways to spot a false rumour 	Role of Law Child Labour laws; Compare with recent law changes Individual Liberty Rights and Responsibilities of the child Mutual Tolerance and Respect Japanese and Egyptian cultures
Spring 2	Rights and Responsibilities Our helpful volunteers, Helping each other to stay safe, Facts and Opinions, Looking after the school environment, Affordability, Earning money			
Summer 1	Being my Best Healthy eating, Illness & hygiene, Health debate, Celebrating achievements, Under representation , Our brain, Internal body parts, Talents	Ernest Shackleton Why should we raise money? What should we spend money on? How can we live/work with people we do not get on with? What is the difference between a want and a need? How can we care for others? How is the way we live affecting the environment?	Self-discipline; honesty; determined; reflective; positive attitude; decision makes. <ul style="list-style-type: none"> ✓ How to be patient ✓ How to compete in tasks against others ✓ To have the will to succeed ✓ To use self-discipline and control ✓ How to make an honest choice 	Democracy Ship Captains; Mutiny Individual Liberty; Mutual Tolerance and Respect Knighthoods, MBE, OBE
Summer 2	Growing and Changing Healthy relationships, Personal space, Secrets, Basic first aid			

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Year 4 PSHCE Curriculum



Term	Pupils will learn about	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	Me and My Relationships Exploring feelings, Positive and negative relationships, Working in teams, Different feelings, When feelings change, Under pressure	Ed Stafford What is fitness? How can we prepare for what is to come? What are 'needs' and 'wants'?	Determined; self-controlled; persistent; positive attitude; inspires; responsible; cares. <ul style="list-style-type: none"> ✓ The importance of having rules ✓ The qualities of a good friend ✓ The importance of trust and respect ✓ How to care for the environment ✓ The importance of teamwork and taking a team member role 	
Autumn 2	Valuing Difference Can you sort it? Personal body space, What is a friend? What would I do if someone is being cruel to another person, The people we share our world with, Stereotypes	How can we recognise our achievements?		
Spring 1	Keeping Myself Safe Danger, risk or hazard? Sharing images online, Dares, Medicines: check the label, Alcohol and tobacco, Keeping ourselves safe, Influencers	Nellie Bly What is danger? What is poverty? What are 'needs' and 'wants'?	Courteous; just; gratitude; self-discipline; determination; kind; self-confident. <ul style="list-style-type: none"> ✓ How to care for themselves ✓ How behaviour impacts upon how others see us ✓ To be able to make visitors feel welcome ✓ To identify ways to spot a false rumour 	Role of Law Child Labour laws; Compare with recent law changes
Spring 2	Rights and Responsibilities Who helps us stay healthy and safe? Human rights, How do we make a difference? Online influences, Role of the bystander in bullying, Organisations who care for the environment, Expenses, Why pay taxes?	What is pollution?		Individual Liberty Rights and Responsibilities of the child Mutual Tolerance and Respect Japanese and Egyptian cultures
Summer 1	Being my Best What makes me ME! Making choices, Needs of the body and mind, How we can care for the environment, Basic first aid	Ernest Shackleton Why should we raise money? What should we spend money on?	Self-discipline; honesty; determined; reflective; positive attitude; decision makes. <ul style="list-style-type: none"> ✓ How to be patient ✓ How to compete in tasks against others ✓ To have the will to succeed ✓ To use self-discipline and control ✓ How to make an honest choice 	Democracy Ship Captains; Mutiny
Summer 2	Growing and Changing Moving house, My feelings are all over the place! Puberty and body parts (naming genitalia and introduction to puberty) Preparing for periods, Secrets, Marriage and civil partnerships	How can we live/work with people we do not get on with? What is the difference between a want and a need? How can we care for others? How is the way we live affecting the environment?		Individual Liberty; Mutual Tolerance and Respect Knighthoods, MBE

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Year 5 PSHCE Curriculum



Term	Pupils will learn	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	Me and My Relationships Collaborative working, Give and take, How to be a good friend, What makes a healthy relationship, Being assertive Our emotional needs, Communication	Ed Stafford What is fitness? How can we prepare for what is to come? What are 'needs' and 'wants'? How can we recognise our achievements?	Determined; self-controlled; persistent; positive attitude; inspires; responsible; cares. <ul style="list-style-type: none"> ✓ The importance of having rules ✓ The qualities of a good friend ✓ The importance of trust and respect ✓ How to care for the environment ✓ The importance of teamwork and taking a team member role 	
Autumn 2	Valuing Difference Qualities of friendship, Kind conversations, Happy being me, Living in a diverse society, Can we always believe what we see online? Impact of positive and negative behaviour			
Spring 1	Keeping Myself Safe Habits, Decision dilemmas, Staying safe online, Drugs: true or false? Smoking: what is normal? Taking risks	Nellie Bly What is danger? What is poverty? What are 'needs' and 'wants'? What is pollution?	Courteous; just; gratitude; self-discipline; determination; kind; self-confident. <ul style="list-style-type: none"> ✓ How to care for themselves ✓ How behaviour impacts upon how others see us ✓ To be able to make visitors feel welcome ✓ To identify ways to spot a false rumour 	Role of Law Child Labour laws; Compare with recent law changes
Spring 2	Rights and Responsibilities Who helps us stay healthy and safe? Human rights, How do we make a difference? Online influences, Role of the bystander in bullying, Organisations who care for the environment, Expenses, Why pay taxes?			Individual Liberty Rights and Responsibilities of the child Mutual Tolerance and Respect Japanese and Egyptian cultures
Summer 1	Being my Best Getting fit, Major body organs and their roles, Different skills My school community, Independence and responsibility, Star qualities Basic first aid, including Sepsis Awareness	Ernest Shackleton Why should we raise money? What should we spend money on? How can we live/work with people we do not get on with?	Self-discipline; honesty; determined; reflective; positive attitude; decision makes. <ul style="list-style-type: none"> ✓ How to be patient ✓ How to compete in tasks against others ✓ To have the will to succeed ✓ To use self-discipline and control ✓ How to make an honest choice 	Democracy Ship Captains; Mutiny Individual Liberty; Mutual Tolerance and Respect Knighthoods, MBE
Summer 2	Growing and Changing Good and bad feelings and intensity, Taking notice of our feelings, Separation, More about puberty (Menstruation, erections, wet dreams, Female Genital Mutilation), Growing up and changing bodies, Help! I'm a teenager - get me out of here! Safe and unsafe secrets, stereotypes	 What is the difference between a want and a need? How can we care for others? How is the way we live affecting the environment?		

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Year 6 PSHCE Curriculum



Term	Pupils will learn about	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	Me and My Relationships Working together, Negotiation, Conflict resolution, Assertiveness skills, Peer pressure, Reacting to difficult days, Forced marriages, Negative physical contact, Keeping personal information safe online	Ed Stafford What is fitness? How can we prepare for what is to come? What are 'needs' and 'wants'? How can we recognise our achievements?	Determined; self-controlled; persistent; positive attitude; inspires; responsible; cares. <ul style="list-style-type: none"> ✓ The importance of having rules ✓ The qualities of a good friend ✓ The importance of trust and respect ✓ How to care for the environment ✓ The importance of teamwork and taking a team member role 	
Autumn 2	Valuing Difference OK to be different, Supporting people being bullied, Respecting differences, Tolerance and respect for others, Friends and acquaintances, Challenging gender stereotypes			
Spring 1	Keeping Myself Safe Internet safety, Safe behaviours online, Sharing images online, Addiction and drugs, Alcohol: what is normal? Basic emotional needs	Nellie Bly What is danger? What is poverty? What are 'needs' and 'wants'? What is pollution?	Courteous; just; gratitude; self-discipline; determination; kind; self-confident. <ul style="list-style-type: none"> ✓ How to care for themselves ✓ How behaviour impacts upon how others see us ✓ To be able to make visitors feel welcome ✓ To identify ways to spot a false rumour 	Role of Law Child Labour laws; Compare with recent law changes
Spring 2	Rights and Responsibilities Two sides to every story, Fakebook friends Saving money and value, Jobs and taxes, Action groups, Looking after the environment, Sustainable living, Democracy in Britain 1 – Elections and how laws are made.			Individual Liberty Rights and Responsibilities of the child
Summer 1	Being my Best Wellbeing, Aspirations, Identifying risk factors, Basic first aid including Sepsis Awareness	Ernest Shackleton Why should we raise money? What should we spend money on? How can we live/work with people we do not get on with? What is the difference between a want and a need? How can we care for others? How is the way we live affecting the environment?	Self-discipline; honesty; determined; reflective; positive attitude; decision makes. <ul style="list-style-type: none"> ✓ How to be patient ✓ How to compete in tasks against others ✓ To have the will to succeed ✓ To use self-discipline and control ✓ How to make an honest choice 	Democracy Ship Captains; Mutiny
Summer 2	Growing and Changing Coping with change, Managing change, Body image, Media manipulation, Pressure online Puberty – Is this normal? Safe and unsafe secrets, How babies are conceived and born. What is HIV?			Individual Liberty; Mutual Tolerance and Respect Knighthoods, MBE

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