

Allscott PSHE Overview

PSHE learning intention	Social and emotional development learning intention					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being me in my world.	Celebrating difference	Dreams and Goals	Healthy me	Relationships	Changing me
Reception	How can we be kind and use gentle hands?	What are we good at?	What is your goal and how can you achieve it?	Why do we need to exercise and rest?	What is a good friend?	What are the parts of your bodies?
Year 1/2 Cycle A	<p>To explain why my class is a happy and safe place to learn.</p> <p>To give different examples where I or others make my class happy and safe.</p> <p>How do we make our school a welcoming place for everyone to learn?</p>	<p>To tell you some ways that I am different and similar to other people in my class, and why this makes us all special.</p> <p>To explain what bullying is and how being bullied might make somebody feel.</p> <p>How are you similar and different to the people in your class?</p>	<p>To explain how I feel when I am successful and how this can be celebrated positively.</p> <p>To say why my internal treasure chest is an important place to store positive feelings.</p> <p>How can new challenges stretch your learning?</p>	<p>To explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>To give examples of when being healthy can help me feel happy.</p> <p>What do you need to do to keep yourself healthy?</p>	<p>To explain why I have special relationships with some people and how these relationship help me feel safe and good about myself. To also explain how my qualities help these relationships.</p> <p>To give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p> <p>Who are the people in the school community that help us?</p>	<p><u>Year 1:</u> To compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. To use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p>To explain why some changes I might experience might feel better than others.</p> <p>What is a life cycle? How have you changed since you were born?</p> <p><u>Year 2:</u> To use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. To explain why some types of touches feel OK and others don't.</p>

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<p>Year 1/2 Cycle B</p>	<p>To explain why my behaviour can impact on other people in my class.</p> <p>To compare my own and my friends' choices and can express why some choices are better than others</p> <p>How do we make our class and school a safe place for everyone to learn together?</p>	<p>To explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.</p> <p>To explain how it feels to have a friend and be a friend. To also explain why it is OK to be different from my friends.</p> <p>Why does bullying happen?</p>	<p>To explain how I played my part in a group and the parts other people played to create an end product. To explain how our skills complimented each other.</p> <p>To explain how it felt to be part of a group and can identify a range of feelings about group work.</p> <p>How can group work support us to be successful?</p>	<p>To explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>To compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p> <p>Which food do our bodies need every day to keep healthy? What is a healthy snack?</p>	<p>To explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>To give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</p> <p>Which forms of physical contact within a family is acceptable and which is not?</p>	<p><u>Year 1:</u> To compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. To use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p>To explain why some changes I might experience might feel better than others.</p> <p>What is a life cycle? How have you changed since you were born?</p> <p><u>Year 2:</u> To use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.</p>

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<p>Year 3/4 Cycle A</p>	<p>To explain how my behaviour can affect how others feel and behave.</p> <p>To explain why it is important to have rules and how that helps me and others in my class learn. To explain why it is important to feel valued.</p> <p>Why are rules needed and how do they relate to rights and responsibilities for all children?</p>	<p>To describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>To tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help.</p> <p>Why do differences and conflicts sometimes happen among family members?</p>	<p>To explain the different ways that help me learn and what I need to do to improve.</p> <p>I am confident and positive when I share my success with others. To explain how these feelings can be stored in my internal treasure chest and why this is important.</p> <p>What obstacles might hinder your achievements and how can you take steps to overcome them?</p>	<p>To identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</p> <p>To express how being anxious/ scared and unwell feels.</p> <p>Where is a safe place and who are safe people? How can you stay safe and who helps?</p>	<p>To explain how my life is influenced positively by people I know and also by people from other countries.</p> <p>To explain why my choices might affect my family, friendships and people around the world who I don't know.</p> <p>What are the needs and rights that are shared by children around the world and how our lives different?</p>	<p>Year 3: To explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p> <p>Why do girls and boys bodies need to change as they grow up?</p> <p>Year 4: To summarise the changes that happen to boys' and girls' bodies that prepare</p>

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<p>Year 3/4 Cycle B</p>	<p>To explain why being listened to and listening to others is important in my school community.</p> <p>To explain why being democratic is important and can help me and others feel valued. Who is in the school community, what are their roles and how do you fit in?</p>	<p>To tell you a time when my first impression of someone changed as I got to know them.</p> <p>To also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>To explain why it is good to accept myself and others for who we are.</p> <p>What influences us to make assumptions based on how people look?</p>	<p>To plan and set new goals even after a disappointment.</p> <p>To explain what it means to be resilient and have a positive attitude.</p> <p>How do you develop resilience after a disappointment and to make a new plan and set new goals?</p>	<p>To recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>To identify feelings of anxiety and fear associated with peer pressure.</p> <p>How can you reduce pressures that are put on you?</p>	<p>To recognise how people are feeling when they miss a special person or animal.</p> <p>To give ways that might help me manage my feelings when missing a special person or animal. What ways do people show love and appreciation to the people and animals who are special to them?</p>	<p>Year 3: To explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p> <p>Why do girls and boys bodies need to change as they grow up?</p>

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Year 5/6 Cycle A	<p>To compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>To explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</p>	<p>To explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>To explain why racism and other forms of discrimination are unkind. To express how I feel about discriminatory behaviour</p>	<p>To compare my hopes and dreams with those of young people from different cultures.</p> <p>To reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p> <p>How can you communicate with, support and learn from someone from a different culture?</p>	<p>To explain different roles that food and substances can play in people's lives. To also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>To summarise different ways that I respect and value my body.</p>	<p>To compare different types of friendships and the feelings associated with them. To also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>To apply strategies to manage my feelings and the pressures I may face to use technology in ways</p>	<p>Year 5: To explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. To also summarise the process of conception.</p> <p>To express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.</p>

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	<p>How do the rewards and consequences support you with the choices you make about your own behaviour?</p>	<p>Why is racism and other forms of discrimination unkind?</p>		<p>How can you help people in emergency situations?</p>	<p>that may be risky or cause harm to myself or others.</p> <p>What are the rights and responsibilities for an online community or social network and what are the positive and negative consequences?</p>	<p>I understand that sexual intercourse can lead to conception and that is</p> <p>How are babies usually made and why do some people need IVF to help them have a baby?</p> <p>Year 6: To describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</p>
<p>Year 5/6 Cycle B</p>	<p>To explain how my choices can have an impact on people in my immediate community and globally.</p> <p>To empathise with others in my community and globally and explain how this can influence the choices I make.</p> <p>How does democracy and having a voice benefit everyone in the school community?</p>	<p>To explain ways in which difference can be a source of conflict or a cause for celebration.</p> <p>To show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p> <p>Why do cultural differences sometimes cause conflict in our community and beyond?</p>	<p>To explain different ways to work with others to help make the world a better place.</p> <p>To explain what motivates me to make the world a better place.</p> <p>What are the problems in the world that concern you and how can you work with other people to help make the world a better place?</p>	<p>To explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>To identify and apply skills to keep myself emotionally healthy and to manage stress and pressure</p>	<p>To identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p> <p>To explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. To offer strategies to help me</p>	<p>Year 5: To explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. To also summarise the process of conception.</p> <p>To express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.</p>

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