



PSHE Curriculum

© Cambridgeshire Primary Personal Development Programme

Aspect	Year 1	Year 2
Events	Essex Fire Service for health and safety around Bonfire Night Special charity days, including Jeans for Genes, Macmillan Coffee Morning, Children in Need and Comic Relief Eversley 3K	
School based activities	Anti-bullying Week – visiting theatre company Enterprise competition Pupil Council Assemblies covering PSHE themes, such as Fairtrade Fortnight and Black History Month	
Anti-bullying Week (Autumn 2)	<u>Myself and My Relationships - Anti-bullying</u> <ol style="list-style-type: none"> 1. Recognise behaviour that is bullying Understand some of the reasons why bullying happens Know how bullying makes people feel 4. Know what to do if I am being bullied 5. Know what to do if I witness someone being bullied Know how my school helps foster positive and safe relationships Know where bullying might happen in my school 	
Myself and My Relationships	<u>Beginning and Belonging</u> <ol style="list-style-type: none"> 1. Know what I can do to help make the school and classroom a safe and fair place Know how I can get to know other children in my class Know how I feel when I am doing something new Know how I can make someone feel welcome Know how I can help other people to feel better Know about how to solve problems <u>Me and My Emotions</u> <ol style="list-style-type: none"> Name some different feelings Know what makes me feel happy, sad, cross etc. 3. Know how my feelings and my actions affect others 4. Know how I manage my emotions Know what helps me to feel relaxed Know how I can control my behaviour Know who I share my feelings with Know how I can stand up for myself 	<u>Family and Friends</u> <ol style="list-style-type: none"> 1. Describe what a friend is and does Know how I make new friends 3. Know how I keep friends Know how I can make up with my friends when things go wrong Know who is in my family, and how we care for each other Know who are my special people and what makes them special to me 7. Know how I am similar to and different from other people Know who I get support from when I need it
	<u>Managing change</u> <ol style="list-style-type: none"> 1. Know how I am changing as I grow up Know how my achievements, skills and responsibilities are changing Know how I can change my behaviour when something goes wrong 4. Know how I cope when friendships change Know how I feel and how I cope when I lose something special to me Understand what helps me to feel better when I am hurt Know I can make choices about changes 	

<p>Citizenship</p>	<p><u>Diversity and Communities</u></p> <ol style="list-style-type: none"> 1. Know what some of the similarities and differences between me and others are Understand about my culture and beliefs and those of other people 3. Know who the people who help me are, and what they do Know what 'my community' means and what people do there Know how we care for animals and plants Know how I can help look after the school environment 	<p><u>Rights, Rules and Responsibilities</u></p> <ol style="list-style-type: none"> 1. Know how rules make me feel happy and safe Know how I take part in making rules Know who looks after me and what their responsibilities are Know what jobs and responsibilities I have in school and at home 5. Know how I can listen to other people, share my views and take turns Know how I can take part in discussions and decisions in class <p><u>Working Together</u></p> <ol style="list-style-type: none"> 1. Know what I am and other people are good at Know what new skills I would like to develop Know how I can listen well to other people 4. Know how I can work well in a group Know why it is important to take turns Know how I can negotiate to sort out disagreements Know how my skills useful are in a group Understand what a useful evaluation is
<p>Healthy and Safer Lifestyles</p>	<p><u>Managing Risk</u></p> <ol style="list-style-type: none"> 1. Know what risky situations are and how I can keep myself safer Know how I feel in risky situations Know what my name is, my address and phone number and when might I need to give them Know what is an emergency and who helps 5. Know how I can help in an emergency <p><u>Safety Contexts</u></p> <ol style="list-style-type: none"> Know where safer places are and where I can play 2. Know what the risks are for me in using the roads, and know how I can stay safe Know what the risks are for me in the sun and know how I can stay safe Know what the risks for me near water are and know how I can stay safe Know what the risks for me are if I am lost and know how I can stay safe 6. Know what the best ways to keep safe from accidents are <p><u>Healthy Lifestyles</u></p> <ol style="list-style-type: none"> 1. Know how I can stay healthy Know what it feels like to be healthy 3. Know what healthy eating means and why it is important Know why it is important to be active Know what foods I like and dislike and why Know what can help us eat healthily Know why we need food Know what healthy choices I can make 	<p><u>Personal Safety</u></p> <ol style="list-style-type: none"> Describe my home and neighbourhood Know who the people are who help keep me safe 3. Know who I can talk to if I feel unsafe or unsure Understand what good and bad secrets might be Know what I can do if someone tries to persuade me Recognise and describe 'yes' and 'no' feelings and "I am not sure" feelings Know how I can get the attention of an adult if I need to <p><u>Drug Education</u></p> <ol style="list-style-type: none"> Know what happens when things enter the body 2. Know what medicines are and why some people use them Understand about the roles of doctors, nurses and hospitals Know what I can do if I feel poorly 5. Know what the potentially risky substances are at home and at school Know how I can keep safe from harm if I come across risky substances Know what it is like to be persuaded
<p>Relationships and Sex Education</p>	<p><u>Relationships and Sex Education</u></p> <ol style="list-style-type: none"> 1. Know what the names of the main parts of the body are Know what my body can do Know when I am in charge of my actions and my body Understand how amazing my body is Know I can keep my body clean 6. Know how I can stop common illnesses and diseases spreading 	<p><u>Relationships and Sex Education</u></p> <ol style="list-style-type: none"> Understand how babies change and grow 2. Understand how I have changed since I was a baby Know what babies and children need Know what my responsibilities are now that I'm older

**Economic
Wellbeing**

Financial Capability

1. **Know where money comes from and where it goes when we 'use' it**
2. Know how I might get money and what I can do with it
3. Know how we pay for things
4. **Know what it means to have more or less money than you need**
5. Know how I feel about money
6. Know how my choices affect me, my family, others
7. Know what a charity is

Aspect	Year 3	Year 4
Events	Essex Fire Service for health and safety around Bonfire Night Special charity days, including Jeans for Genes, Macmillan Coffee Morning, Children in Need and Comic Relief Eversley 3K	
		Visit to the Police Museum
School based activities	Anti-bullying Week – visiting theatre company Enterprise competition Pupil Council Assemblies covering PSHE themes, such as Fairtrade Fortnight and Black History Month	
	British Heart Foundation First Aid training Weekly swimming lesson Fire Service visit to Year 3 classes – fire safety in the home	Outdoor Learning
Anti-bullying Week (Autumn 2)	<u>Myself and My Relationships - Anti-bullying</u> 1. Know the key characteristics and forms of bullying 2. Understand that bullying occurs when a person or group of people feel the need to have power over another person or group of people 3. Understand how bullying affects the way we think, feel and behave 4. Know how I can keep myself safe if I am being bullied 5. Know how bystanders might intervene and help someone who is being bullied	
Myself and My Relationships	<u>Beginning and Belonging</u> 1. Know what it feels like to be new or to start something new 2. Know what helps me to feel like I belong and am valued in school 3. Know how I can make other people feel welcome 4. Know what will help us to feel safer and to learn well in our class and school 5. Know what different rules we sometimes need in different places 6. Know how I can manage my feelings and calm them down if necessary 7. Know who I can talk to when I need help	<u>Family and Friends</u> 1. Know what a good friend does 2. Know how to listen to and support my friends 3. Know how I cope when relationships change 4. Know what some of the similarities and differences are between me and my classmates 5. Know who is in my network of special people, and know how we affect each other
	<u>My Emotions</u> 1. Know what is special about me and other people 2. Know how I can communicate my emotions 3. Know how I cope with difficult emotions 4. Know how I can deal with fears and worries 5. Know how my actions and emotions affect the way I and others feel 6. Know how I care for other people’s feelings 7. Know who I can talk to about the way I feel 8. Know how I can disagree without being disagreeable <u>Managing Change</u> 1. Know what changes I have already experienced and I might experience in the future 2. Know what changes other people might be going through 3. Know what it is like to be separated from a special person 4. Understand how people feel when things change or people or pets die 5. Know what emotions I might feel at times of loss and change 6. Know how I might behave when I feel these emotions 7. Know what I can do to make the best of new situations	

<p style="text-align: center;">Citizenship</p>	<p><u>Diversity and Communities</u></p> <ol style="list-style-type: none"> 1. Know what makes me 'me' 2. Understand how we are different from each other 3. Know what some of the different lifestyles and beliefs people have 4. Know what stereotypes are and how I can challenge them 5. Know what the roles of different people are in my community 6. Know how we can care for the environment 7. Know what animals need, and what the responsibilities of humans towards them are 8. Understand how we choose pets, and how we look after them 	<p><u>Rules and Responsibilities</u></p> <ol style="list-style-type: none"> 1. Understand why we need rules at home and at school 2. Know what part I can play in making and changing rules 3. Know what we mean by rights and responsibilities 4. Understand my responsibilities at home and at school 5. Know how we make democratic decisions in school 6. Know what a representative is and how we elect them <p><u>Working Together</u></p> <ol style="list-style-type: none"> 1. Know what I am good at and what are others good at 2. Know what new skills I would like or need to develop 3. Know how I can listen well to other people 4. Know how I ask open questions 5. Know how I can share my views and opinions effectively 6. Know how different people contribute to a group task 7. Know how I can persevere and overcome obstacles to my learning 8. Know how I can work well in a group 9. Know what useful evaluation is 10. Know how I can give constructive feedback and receive it from others
<p style="text-align: center;">Healthy and Safer Lifestyles</p>	<p><u>Managing Risk</u></p> <ol style="list-style-type: none"> 1. Know what risks there are to my safety, my friendships and my feelings 2. Know how my friends might affect my decisions about risk 3. Know how I feel and how my body reacts in risky situations 4. Know I can make decisions in risky situations 5. Know who I would ask for help if things went wrong 6. Know what action is okay for me to take in an emergency <p><u>Safety Contexts</u></p> <ol style="list-style-type: none"> 1. Know how roads are risky and how I can reduce the risks 2. Know how fire is risky and how I can reduce the risks 3. Know how water is risky and how I can reduce the risks 4. Know how I keep myself safe during activities and visits 5. Know how I can stop accidents happening <p><u>Healthy Lifestyles</u></p> <ol style="list-style-type: none"> 1. Know how I can have a healthy lifestyle 2. Know how nutrition and physical activity work together 3. Know what healthy eating and a balanced meal mean 4. Know how I can plan and prepare simple, healthy food safely 5. Know how I can look after my teeth and why this is important 6. Know who is responsible for my lifestyle choices and how are they influenced 	<p><u>Personal Safety</u></p> <ol style="list-style-type: none"> 1. Know how I can be responsible for my own personal safety 2. Know what sorts of physical contact I feel comfortable with 3. Know who the adults and friends I can trust are and who I can talk about my feelings with 4. Know when I might need to break a promise or tell a secret <p><u>Drug Education</u></p> <ol style="list-style-type: none"> 1. Know about the effects of medical and illegal drugs 2. Understand who uses and misuses legal drugs 3. Know why some people need medicine and who gives it 4. Know what the safety rules for storing medicine are and other risky substances 5. Know what I should do if I find something risky, like a syringe 6. Know what I understand about how friends and the media influence me

Relationships and Sex Education	<u>Relationships and Sex Education</u> 1. Know how males and females are different and what the different parts are called 2. Know what my body can do and how it is special 3. Know why it is important to keep clean 4. Know what I can do for myself to stay clean and how this will change in the future 5. Know how different illnesses and diseases spread and what I can do to prevent this	<u>Relationships and Sex Education</u> 1. Know what the main stages of the human life are 2. Know what it means to be 'grown up' 3. Know what I am responsible for now and how will this change 4. Know how parents and carers care for babies
Economic Wellbeing		<u>Financial Capability</u> 1. Know what different ways there are to earn and spend money 2. Know what saving, spending and budgeting mean to me 3. Know how I can decide what to spend my money on and to choose the best way to pay 4. Know what my family might have to spend money on 5. Understand the term 'value for money' 6. Know how my feelings about money change 7. Know how my choices affect my family, the community, the world and me

Aspect	Year 5	Year 6
Events	Essex Fire Service for health and safety around Bonfire Night Special charity days, including Jeans for Genes, Macmillan Coffee Morning, Children in Need and Comic Relief Eversley 3K	
	Food and Farming trip to Writtle College Appleton School Taster Day	Year 6 outdoors adventure trip to Stubbers Legoland celebration trip at end of SATs Transition visits to secondary schools
School based activities	Anti-bullying Week – visiting theatre company Enterprise competition Pupil Council Assemblies covering PSHE themes, such as Fairtrade Fortnight and Black History Month	
	British Heart Foundation First Aid training Track Safety (Level Crossings) Road Safety visit Outdoor Learning	British Heart Foundation First Aid training Leavers’ Assembly Leavers’ Party Outdoor Learning
Anti-bullying Week (Autumn 2)	<u>Myself and My Relationships - Anti-bullying</u> <ol style="list-style-type: none"> 1. Know how to define bullying 2. Understand why a person or group of people may feel the need to have power over another person or group of people 3. Know how to respond to bullying and seek support where necessary 4. Know how bullying can affect people’s behaviour and wellbeing 5. Know how people’s responses to bullying might improve or worsen a situation 6. Identify ways of preventing bullying in school and the wider community 	
Myself and My Relationships	<u>Beginning and Belonging</u> <ol style="list-style-type: none"> 1. Know how we make sure we feel safe in our class and school 2. Know how we build good relationships in our class 3. Know how we make new people feel welcome and valued 4. Know how I feel when I do something new 5. Know which ways to calm down work for me 6. Know how I solve problems 7. Know who I can talk to when I need help 8. Know how I can help and support other people 	<u>Family and Friends</u> <ol style="list-style-type: none"> 1. Know who is in my network of relationships and how it has changed 2. Know how I can develop new friendships and maintain existing ones 3. Know in what ways it is positive to have differences between people 4. Know what different kinds of families there are 5. Know how I can manage some of the pressures on my relationships 6. Know who I get support from and how I can support others
	<u>My Emotions</u> <ol style="list-style-type: none"> 1. Know what am I good at 2. Know what I find difficult 3. Know what I feel proud of about myself 4. Know how to manage strong emotions 5. Know what I can do when I realise I’m in a bad mood 6. Recognise how other people feel and respond to them 7. Know how I cope when I disagree with someone 8. Know from whom and how I get support when things are difficult 	<u>Managing Change</u> <ol style="list-style-type: none"> 1. Know what different changes we do or we might experience 2. Know how I will feel if I lose something or someone or if things change 3. Know how I have been affected by changes I have already experienced 4. Know how my friendships and relationships are changing 5. Know the different ways people grieve 6. Know how I or other people might behave when we are living through change 7. Know how I might feel when I move to another school

<p style="text-align: center;">Citizenship</p>	<p><u>Diversity and Communities</u></p> <ol style="list-style-type: none"> 1. Know what makes up my 'identity' and that of other people 2. Know what the different identities locally and in the UK are 3. Know how I can show respect for different views, lifestyles and beliefs 4. Know what the negative effects of stereotyping are 5. Know what groups and communities I am part of 6. Know who works for the good of the community and how I can help 7. Know what voluntary organisations are and how they make a difference 8. Understand the role of the media and how it influences me and my community 9. Know who cares for the environment and what my contribution to caring for the environment is 	<p><u>Rights, Rules and Responsibilities</u></p> <ol style="list-style-type: none"> 1. Know how I can contribute to making and changing rules in school 2. Know how else I can make a difference in school 3. Understand there are places or times when I have to behave differently 4. Know what the basic rights of children and adults are 5. Understand why we have laws in our country 6. Understand how democracy works in our community and in our country 7. Understand what councils, councillors, parliament and MPs do 8. Know how I can take part in a debate and listen to other people's views <p><u>Working Together</u></p> <ol style="list-style-type: none"> 1. Know what my strengths and skills are and how they are seen by others 2. Know what helps me learn new skills effectively 3. Know what I would like to improve and how I can achieve this 4. Know how my skills and strengths could be used in future employment 5. Know what some of the jobs that people do are 6. Know how I can be a good listener to other people 7. Know how I can share my views effectively and negotiate with others to reach agreement 8. Know how I can persevere and help others to do so 9. Know how I can give, receive and act on sensitive and constructive feedback
<p style="text-align: center;">Healthy and Safer Lifestyles</p>	<p><u>Managing Risk</u></p> <ol style="list-style-type: none"> 1. Know when it might be good to take risk 2. Know what the different consequences of taking physical, emotional and social risks are 3. Know how risky different situations are 4. Know I am responsible for my own safety 5. Know how I can keep myself and others safe 6. Know how I can get the attention of an adult if I need to 7. Know where people can go for help 8. Know how I can help people who need support 9. Know how to carry out basic first aid <p><u>Safety Contexts</u></p> <ol style="list-style-type: none"> 1. Know how I can stay safe on the roads as cyclist or pedestrian 2. Know how I keep myself safe in the sun 3. Know how I can stay safe in my home 4. Know how I can stay safe near railways 5. Know what helps to make school a safe place 6. Know how I can prevent accidents <p><u>Healthy Lifestyles</u></p> <ol style="list-style-type: none"> 1. Know what being healthy means and what the benefits are 2. Know why a varied and balanced diet is important 3. Know how I can achieve a healthy energy balance 4. Know how physical activity helps me 5. Know how I can plan, prepare and cook healthy meals safely 6. Know who or what influences me when I'm making lifestyle choices 7. Know how I am responsible for a healthy lifestyle 	<p><u>Personal Safety</u></p> <ol style="list-style-type: none"> 1. Know when I am responsible for my personal safety 2. Understand what I can do to help keep myself safer 3. Know how I can act to show I'm assertive 4. Know when I should keep a secret for myself or for a friend 5. Know who is now in my network of support and how it is changing 6. Know when and how I should ask for help <p><u>Drug Education</u></p> <ol style="list-style-type: none"> 1. Know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others 2. Know how drug use affects the way a body or brain works 3. Know how medicines help people with a range of illnesses 4. Know what misusing a drug means 5. Know what some of the laws about drugs are 6. Know what risks I should look for around substances 7. Know how my friends influence my behaviour and decision making 8. Know how and why companies advertise drugs 9. Know when and how I should check information I am given

<p>Relationships and Sex Education</p>	<p><u>Relationships and Sex Education</u></p> <ol style="list-style-type: none"> 1. Know what the male and female sexual parts are called and what they do 2. Know what happens to the bodies of boys and girls when they reach puberty 3. Know what influences my view of my body 4. Know how I can keep my growing and changing body clean 5. Know how the spread of viruses and bacteria can be stopped 6. Understand what HIV is 	<p><u>Relationships and Sex Education</u></p> <ol style="list-style-type: none"> 1. Know how babies are made 2. Know how I can express my feelings positively as I grow up 3. Know I am responsible for how others feel 4. Know what adults should think about before they have a baby 5. Know what families are like
<p>Economic Wellbeing</p>	<p style="background-color: #cccccc;"> </p>	<p><u>Financial Capability</u></p> <ol style="list-style-type: none"> 1. Know what different ways there are to gain money 2. Know what sort of things adults need to pay for 3. Know how I can afford the things I want or need 4. Know how I can make sure I get 'value for money' 5. Understand why people don't get all the money they earn 6. Know how money is used to benefit the community or the wider world 7. Understand what poverty is