



# Leasingham St Andrew's PSHE Overview



Concept	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Being Me In My World</b>	<p>I understand how it feels to belong and that we are all similar and different</p> <p>I can start to recognise and manage my feelings</p> <p>I enjoy working with others to make school a good place to be</p> <p>I understand why it is good to be kind and use gentle hands</p> <p>I am starting to understand children's rights and this means we should all be allowed to learn and play</p> <p>I am learning what being responsible means</p>	<p>I understand my rights and responsibilities as a member of my class</p> <p>I know my views are valued and can contribute to the learning charter</p> <p>I can recognise the choices I make and understand the consequences</p>	<p>I can identify some hopes and fears for this year</p> <p>I understand the rights and responsibilities for being a member of my class</p> <p>I can listen to other people and contribute my own ideas about rewards and consequences</p> <p>I understand how following the learning charter will help me and others learn</p> <p>I can recognise the choices I make and understand the consequences</p>	<p>I recognise my worth and can identify positive things about myself and my achievements</p> <p>I can set personal goals</p> <p>I can face new challenges positively, make responsible choices and ask for help when I need it</p> <p>I understand why rules are needed and how they relate to rights and responsibilities</p> <p>I understand that my actions affect myself and others and I care about other people's feelings</p> <p>I can make responsible choices and take action</p> <p>I understand my actions affect others and try and see things from their point of view</p>	<p>I know my attitudes and actions make a difference to the class team</p> <p>I understand who is in my school community, their roles and how I fit in</p> <p>I understand how democracy works through the school council</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p> <p>I understand how groups come together to make decisions</p> <p>I understand how democracy and having a voice benefits the school community</p>	<p>I can face new challenges positively and know how to set personal goals</p> <p>I understand my rights and responsibilities as a British citizen and a member of my school</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel</p> <p>I understand how an individual's behaviour can impact on a group</p> <p>I understand how democracy and having a voice benefits the school community and know how to participate in this</p>	<p>I can identify my goals for this year, understand my fears and worries about the future and know how to express them</p> <p>I know that there are universal rights for all children but for many children these rights are not met</p> <p>I understand that my actions affect other people locally and globally</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities</p> <p>I understand how an individual's behaviour can impact on a group</p> <p>I understand how democracy and having a voice benefits the school community</p>
<b>Celebrating Difference</b>	<p>I can identify something I am good and understand everyone is good at different things</p> <p>I understand that being different makes us special</p> <p>I know we are all different but the same in some ways</p> <p>I can tell you why I think my home is special to me</p> <p>I can tell you how to be a kind friend</p> <p>I know which words to use to stand up for myself when someone says or does something unkind</p>	<p>I can identify similarities and differences between people in my class</p> <p>I can tell you what bullying is</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied</p> <p>I know how to make new friends</p> <p>I can tell you some ways I am different from my friends</p>	<p>I am starting to understand that sometimes people make assumptions about boys and girls</p> <p>I understand that bullying is sometimes about difference</p> <p>I can recognise what is right and wrong and how to look after myself</p> <p>I know some ways to make new friends</p> <p>I can tell you some ways I am different from my friends</p>	<p>I understand that everybody's family is different and important to them</p> <p>I understand that differences and conflicts sometimes happen among family members</p> <p>I know what it means to be a witness to bullying and how witnesses can make a situation better or worse by what they do</p> <p>I recognise that some words are used in hurtful ways</p>	<p>I understand that, sometimes, we make assumptions based on what people look like</p> <p>I understand what influences me to make assumptions based on how people look</p> <p>I know that sometimes bullying is hard to spot and I know what to do if I think it's going on but I'm not sure</p> <p>I can tell you why witnesses sometimes join in with bullying and sometimes don't tell</p> <p>I can identify what is special about me and value the ways in which I am unique</p> <p>I can tell you a time when my first impression of someone changed when I got to know them</p>	<p>I understand that cultural differences sometimes cause conflict</p> <p>I understand what racism is</p> <p>I understand how rumour-spreading and name-calling can be bullying behaviours</p> <p>I can explain the difference between direct and indirect types of bullying</p> <p>I can compare my life with people in the developing world</p> <p>I can enjoy the experience of a culture other than my own</p>	<p>I understand there are difference perceptions about what normal means</p> <p>I understand how having a disability could affect someone's life</p> <p>I can explain some of the ways in which one person or a group can have power over another</p> <p>I know some of the reasons why people use bullying behaviours</p> <p>I can give examples of people with disabilities who lead amazing lives</p> <p>I can explain ways in which difference can be a source of conflict and a cause for celebration</p>
<b>Dreams and Goals</b>	<p>I understand that if I persevere I can tackle challenges</p> <p>I can tell you about a time I didn't give up until I achieved my goal</p> <p>I can set a goal and work towards it</p> <p>I can use kind words to encourage people</p> <p>I understand the link between what I learn now and the job I might like to do when I'm older</p> <p>I can say how I feel when I achieve a goal and know what it means to feel proud</p>	<p>I can set simple goals and work out how to achieve them</p> <p>I understand how to work well with a partner</p> <p>I can tackle new challenges and understand this might stretch my learning</p> <p>I can identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them</p> <p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p>	<p>I can choose a realistic goal and think about how to achieve it</p> <p>I can persevere even when I find tasks difficult</p> <p>I can recognise who it is easy for me to work with and who it is more difficult for me to work with</p> <p>I can work co-operatively in a group to create an end product</p> <p>I can explain some of the ways I worked co-operatively in my group to create the end product</p> <p>I know how to share success with other people</p>	<p>I can tell you about a person who has faced difficult challenges and achieved success</p> <p>I can identify a dream/ambition that is important to me</p> <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p>I am motivated and enthusiastic about achieving our new challenge</p> <p>I can recognise obstacles which might hinder my achievement and can take steps to overcome them</p> <p>I can evaluate my own learning process and identify how it can be better next time</p>	<p>I can tell you about some of my hopes and dreams</p> <p>I understand that sometimes hopes and dreams do not come true and that this can hurt</p> <p>I know that reflecting on positive and happy experiences can help me to counteract disappointment</p> <p>I know how to make a new plan and set new goals even if I have been disappointed</p> <p>I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group</p> <p>I can identify the contributions made by myself and other's to a group's achievement</p>	<p>I understand that I will need money to help me achieve some of dreams</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</p> <p>I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it</p> <p>I can describe the dreams and goals of young people in a culture different to mine</p> <p>I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations and suggest ways we might do this</p>	<p>I know my learning strengths and can set challenging but realistic goals for myself</p> <p>I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these</p> <p>I can identify problems in the world that concern me and talk about them</p> <p>I can work with others to help make the world a better place</p> <p>I can describe some ways in which I can work with others to make the world a better place</p> <p>I know what some people in my class like or admire about me and can accept their praise</p>
<b>Healthy Me</b>	<p>I understand that I need to exercise to keep my body healthy</p> <p>I understand how moving and resting are good for my body</p> <p>I know which foods are healthy and not so healthy and can make healthy choices</p> <p>I know how to help myself to go to sleep and understand why sleep is good for me</p> <p>I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</p> <p>I know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy</p> <p>I know how to make healthy lifestyle choices</p> <p>I know how to keep myself clean and healthy and understand how germs cause disease/illness</p> <p>I know that all household products including medicine can be harmful if not used properly</p> <p>I know how to keep safe on the roads and about people who can help me stay safe</p> <p>I can tell you why I think my body is amazing</p>	<p>I know what I need to keep my body healthy</p> <p>I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed</p> <p>I understand how medicines work in my body and how important it is to use them safely</p> <p>I can sort foods in to the correct food groups and know which foods my body needs every day to keep me healthy</p> <p>I can decide which foods to eat to give my body energy</p> <p>I can make some healthy snacks and explain why they are good for my body</p>	<p>I understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>I understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>I can tell you my knowledge and attitude towards drugs</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help</p> <p>I understand that, like medicines, some household substances can be harmful if not used correctly</p>	<p>I can recognise how different friendship groups are formed, how I fit in to them and the friends I value the most</p> <p>I can recognise the changing dynamics between people in different groups, see who takes on which role and understand the roles I take in different situations</p> <p>I understand the facts about smoking and its effects on health and also some of the reasons people start to smoke</p> <p>I understand the facts about alcohol and its effects on health and also some of the reasons some people drink alcohol</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong</p>	<p>I know the health risks of smoking and can tell you how tobacco affects the body</p> <p>I know some of the risks of misusing alcohol, including anti-social behaviour</p> <p>I know and can put in to practice basic emergency aid procedures and know how to get help in emergency situations</p> <p>I understand how the media and celebrity culture promotes certain body types</p> <p>I can describe the different roles food can play in people's lives and can explain how eating problems can develop</p> <p>I know what makes a healthy lifestyle including healthy eating</p>	<p>I know the impact of food on the body</p> <p>I know about different types of drugs and their uses</p> <p>I can evaluate when alcohol is being used responsibly</p> <p>I know and can put in to practice basic emergency aid procedures and know how to get help in emergency situations</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health issues</p> <p>I can recognise when I feel stressed and the triggers that cause this and I understand how this can cause alcohol misuse</p>

<p><b>Relationships</b></p>	<p>I can identify some of the jobs I do in my family and how I feel like I belong I know how to make friends to stop myself from feeling lonely I can think of ways to solve problems and stay friends I am starting to understand the impact of unkind words I can use Calm Me time to manage my feelings I know how to be a good friend</p>	<p>I can identify the members of my family and understand there are lots of different types of families I can identify what being a good friend means to me I know appropriate ways of physical contact to greet my friends and know which ways I prefer I know who can help me in my school community I can recognise my qualities as a person and friend I can tell you why I appreciate someone special to me</p>	<p>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and co-operate I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not I can identify some of the things that cause conflict with my friends I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I recognise and appreciate people who can help me in my family, my school and my community I can express my appreciation for the people in my special relationships</p>	<p>I can identify the roles and responsibilities of my family members and can reflect on male and female expectations I can identify and put in to practice some of the skills of friendship I know and can use some strategies for keeping myself safe I can explain how some of the actions and work of people around the world help and influence my life I understand how my needs and rights are shared by children around the world and can identify how our lives may be different I know how to express my appreciation to friends and family</p>	<p>I can identify the web of relationships that I am a part of – including those more distant I can identify someone I love and can express why they are special to me I can tell you about someone I know that I no longer see I can explain different points of view on an animal rights issue I understand how people feel when they love a special pet I know how to show love and appreciation to the people and animals who are special to me</p>	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean I understand how to stay safe when using technology to communicate</p>	<p>I can identify the most significant people to be in my life so far I know some of the feelings we can have when someone dies or leaves I understand that there are different stages of grief and that there are different types of loss that cause people to grieve I can recognise when people are trying to gain power or control I understand how technology can be used to try to gain power or control I can use technology positively and safely to communicate</p>
<p><b>Changing Me</b></p>	<p>I can name parts of the body I can tell you some things I can do and foods I can eat to be healthy I understand that we all grow from babies to adults I can express how I feel about moving to Year 1 I can talk about my worries and/or the things I am looking forward to about being in Year 1 I can share my memories of the best bits of this year in Reception</p>	<p>I am starting to understand the life cycles of animals and humans I can tell you some things about me that have changed and some things that have stayed the same I can tell you how my body has changed since I was a baby I can identify the parts of the body that make boys and girls different and can use the correct names for these I understand that every time I learn something new I change a little bit I can tell you about changes that have happened in my life</p>	<p>I can recognise cycles of life in nature I can tell you about the natural process of growing from young to old and understand that this is not in my control I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old I can recognise the physical differences between boys and girls, use the correct names for body parts and appreciate that some parts of my body are private</p>	<p>I understand that in animals and humans lots of changes happen between conception and growing up. And that usually it is the female who has the baby I understand how babies grow and develop in the uterus I understand that our bodies need to change so that when we grow up our bodies can make babies I can identify how our bodies change on the outside and the inside I can recognise stereotypical ideas I might have about parenting and family roles I can identify what I am looking forward to when I am in year 4</p>	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation is a natural part of this I know how the circle of change works I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p>	<p>I am aware of my own self-image and how my body fits in to that I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I can describe how bodies change during puberty I understand that sexual intercourse can lead to conception and that is how babies are usually made I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities</p>	<p>I am aware of my own self-image and how my body image fits in to that I can explain how we change during puberty and understand the importance of looking after yourself I can ask the questions I need answered about changes during puberty I can describe how a baby develops from conception I understand how being physically attracted to someone changes the nature of the relationship I can identify what I am looking forward to and what worries me about my transition to secondary school</p>