

PSHE Curriculum Cycles

Reception	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<p>All about me: Recognise similarities and differences, keeping clean and eating healthily.</p> <p>My feelings: Recognise feelings and understand who can help if I am sad/worried/scared.</p>	<p>My Special People: Talk about the important people in my life. Understand that we all have different special people. Name people outside of families who care for me.</p> <p>Keeping Myself Safe: Understand how to find an adult I can trust and ask for help.</p>	<p>Me and My Being my Best: Develop confidence and resilience.</p> <p>Making healthy choices: Food, exercise, sleep.</p> <p>Keeping Ourselves Clean: Toileting, washing, cleaning my teeth.</p>	<p>Growing & Changing: Seasons, life stages – plants, animals, humans.</p> <p>Where babies come from: Understand that babies are made by a man and a woman Use the correct vocabulary when naming different parts of the body.</p> <p>Changing bodies: How my body changes as I get bigger. Keeping myself safe.</p>	<p>Valuing Difference: Recognise the characteristics of a healthy family life. Recognise that other families might look different to my own.</p> <p>Kindness and Caring: Develop kindness and respect for others. Find ways to improve the quality of my friendships.</p>	<p>Looking after Myself and my Friends: Understand that I can make a difference. Recognise how to care for other people and my environment.</p> <p>Looking After Money: Understand how to recognise and use money and keep it safe. Understand reasons to save money.</p>

Cygnets

Cycle 1	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2021 - 22	<p>Keeping Safe: Recognise feelings that are associated with loss. Understand how rules help to keep us safe.</p> <p>Feelings and Emotions: Understand the difference between happy secrets and those that make us feel uncomfortable. Recognise the effect of feelings on our bodies and body language.</p>	<p>Rules, Rights and Responsibilities: Learning how to take responsibility e.g. for pets. Understand how to use basic 1st aid and how to contact the emergency services.</p>	<p>Healthy relationships: Understand good and bad touches and how to ask for help. Understand the difference between unkindness, teasing and bullying.</p> <p>Valuing Difference: Empathise with those who are different from ourselves and recognise the value of difference.</p>	<p>Growing and Changing: Learning new skills and overcoming challenges, keeping privates private Understanding the lifecycles of animals, including humans. Understanding some of the tasks needed to care for a baby.</p>	<p>Healthy Lifestyles: Eating and sleeping well. Catch it, bin it kill it!</p>	<p>Caring for the Environment: around school</p> <p>Money: Understand where people get money from and the concept of saving money.</p>

Cycle 2	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2020 - 21	<p>Health and Wellbeing: Understand how to recognise safe/unsafe situations and when to say “Yes”, “No”, “I’ll ask.” Understand privacy – not to touch private belongings and to keep some information private.</p> <p>Feelings and Emotions: Understand how I feel and how my behaviour affects other people.</p>	<p>Rules, Rights and Responsibilities: Understand how to recognise when I feel angry and use ways of coping. Become more confident administering basic 1st aid.</p> <p>Becoming Independent: Learning to make decisions for myself.</p>	<p>Healthy Relationships: Identify touches I do/don’t like and how to ask for help Identify when teasing or bullying is taking place and some actions to take. Distinguish between unsafe secrets and nice surprises.</p> <p>Valuing Difference: Know and use words that show respect.</p>	<p>Growing and Changing: Apply positive mindset strategies to my own learning. Recognise feelings associated with losing someone close. Understand the changes in my body and capabilities from baby to adult.</p> <p>Similarities and Differences: Identify parts of the body that are private and that the genitals help to make a baby when you are a grown up. Know names for the reproductive organs.</p>	<p>Healthy Lifestyles: Understand what my body needs to be healthy and what the different parts of the body do. Understand the importance of dental hygiene.</p>	<p>Caring for the Environment: Recognise what I appreciate in the school environment and how I can care for and improve it.</p> <p>Money: Understand that money can be saved for the future, understand choices to spend it on essential / non-essential items and how this make us feel.</p>

Swans

Cycle 1	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2023 - 24	<p>Keeping Safe: Recognise the difference between a secret and surprise, know who to ask for help if a secret makes me feel uncomfortable.</p> <p>Understand what a dare is and strategies to use if I feel uncomfortable or unsafe. Understand the effects and risks of using alcohol and tobacco.</p>	<p>Rules, Rights and Responsibilities (incl basic 1st aid): Identify similarities and differences between a diverse range of people and qualities they need to get along. Empathise with different points of view and develop debating skills. Understand how to deal with common injuries and seek help.</p>	<p>Healthy Relationships and Valuing Difference: Understand that there are lots of different families, what is meant by 'adoption' 'fostering' and 'same-sex relationships'. Understand what constitutes bullying. Develop strategies to deal with name calling.</p>	<p>Growing and Changing: Recognise everyone’s different talents. Dealing with loss. Know the names of the reproductive organs,</p> <p>Similarities and difference: Recognise different types of love.</p> <p>Y5/6 only - Changes: Recognise the physical and emotional changes that take place in puberty.</p>	<p>Healthy Lifestyles: Understand ways to prevent and treat illness.</p> <p>Y5/6 only - Personal Hygiene: Understand the different ways necessary to keeping clean as I approach puberty.</p>	<p>Caring for the Environment: Understand the benefits of being part of a community and volunteering. Suggest improvements that could be made to the local environment.</p> <p>Money: Understand the terms 'income', 'saving' and 'spending'; Recognise that sometimes we can afford to spend and sometimes we need to save.</p>

Cycle 2	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2020 - 21	<p>Keeping Safe: Identify dangers, risks and hazards and ways to deal with them. Understand different ways to treat illnesses including medicines. Understand when it isn't safe to take medicine.</p> <p>Feelings and Emotions: Recognise a range of feelings and that different people might experience different feelings in the same circumstance. Identify dares and strategies for dealing with them.</p>	<p>Rules, Rights and Responsibilities (incl basic 1st aid): Respect people of all diversity. Understand how I might be influenced by the media and its use of stereotypes. Understand the role a bystander can play when they see bullying. Understand how our responsibilities change as we grow older.</p>	<p>Healthy relationships: Understand different types of relationships, from friends to acquaintances. Develop methods to deal with aggressive behaviour.</p> <p>Valuing Difference: Value my own uniqueness.</p>	<p>Growing and Changing: Understand the physical changes that occur as I get towards puberty. Know the correct terminology for genitalia. Preparing for periods.</p>	<p>Healthy Lifestyles: Understand a range of choices I might have to make and that it is ok to make different choices to my friends.</p> <p>Personal Hygiene: Understand the different ways to treat infection and that antibiotics should be taken only as prescribed.</p>	<p>Caring for the Environment: Understand how various national and international organisations care for the environment. Understand how I can care for the environment, including recycling.</p> <p>Money: understand terms 'income' and 'expenditure'; understand the terms 'income tax', 'National Insurance' and 'VAT'.</p>
Cycle 3	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2021 - 22	<p>Keeping Safe: Understand how I might change unwanted habits. Understand positive and negative risks and their consequences. Understand how communication can be misunderstood. Develop methods to be assertive.</p> <p>Y5/6 only Understand the different categories of drugs and that medicine is a type of drug. Understand the actual norms around smoking/alcohol and the reasons for common misperceptions.</p>	<p>Rules, Rights and Responsibilities (incl basic 1st aid): understand the responsibilities of local councils. Understand the difference between fact and opinion in the media. Understand the benefits of living in a diverse community.</p>	<p>Healthy relationships: Identify the consequences of positive and negative behaviour. Develop collaboration skills Recognise some people get bullied because of the way they express their gender. Develop skills to challenge bullying.</p> <p>Valuing Difference: Define key qualities of friendship. Understand that not all friendships last. Develop listening skills. Empathise with people who have been, and currently are, subjected to injustice, including through racism</p>	<p>Growing and Changing: Identify my own strengths and talents and where I need to improve. Identify good and not so good feelings. Develop strategies to build resilience. Recognise that the way people are portrayed in the media isn't always an accurate reflection of them and recognise "star" qualities ordinary people have. Understand how someone might feel when they are separated from someone or something they like.</p> <p>Y5/6 only – Changes: Understand the physical and emotional changes that take place during puberty .</p>	<p>Healthy Lifestyles: Understand how to make healthy choices in food, exercise, sleep.</p>	<p>Caring for the Environment: Identify the impact on individuals and the wider community if responsibilities are not carried out. Understand the terms voluntary, community and pressure (action) group.</p> <p>Money: Understand the costs involved in producing and selling an item and questions I should ask before purchase. Understand the terms loan, credit, debt and interest. Challenge stereotypical gender portrayals of people, particularly those relating to the work place.</p>

Cycle 4	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2022 - 23	<p>Keeping Safe: Understand that respectful behaviour is necessary when interacting with others online and face-to-face.</p> <p>Feelings and Emotions: Identify situations where someone might need to break a confidence in order to keep someone safe. Describe the consequences of reacting to others in a positive or negative way;</p> <p>Y5/6 only – Understand what is meant by addiction. Understand some of the laws that control drugs and common misperceptions about drinking alcohol.</p>	<p>Rules, Rights and Responsibilities (incl basic 1st aid): Understand the term prejudice and the importance of mutual respect for different faiths and beliefs.</p>	<p>Healthy Relationships: Recognise some of the challenges that arise from friendship. Use strategies to resolve them. Develop collaboration skills Practise compromise and assertiveness.</p> <p>Valuing Difference: Describe positive attributes of peers. Understand touch that is appropriate and inappropriate.</p>	<p>Growing and Changing: Understand the term stereotype and how stereotypes are sometimes reinforced by the media.c challenge stereotypical gender portrayals of people</p> <p>Y5/6 only - Relationships, Birth and a New Baby</p>	<p>Healthy Lifestyles: Understand the five ways to wellbeing. Understand that fame can be short-lived. Identify qualities that people have, as well as their looks. Understand how a bystander can respond to someone being rude, offensive or bullying someone else and offer support.</p>	<p>Caring for the Environment: Understand how being an active part of a community helps my self-esteem. Understand what is meant by living in an environmentally sustainable way and what actions I can take. ;</p> <p>Money: Recognise and explain that different jobs have different levels of pay and the factors that influence this. Understand different types of taxes fund public services. Evaluate different public services and compare their value.</p>