

PSHE Skills Overview

This plan has been written after a PSHE audit across the federation which found various gaps in the children’s learning. The previous planning (largely based on SEAL) did not meet the new Statutory expectations for RSE. We have decided to base our new PSHE curriculum on SCARF (Coram Life Education). PSHE must be taught for 30 minutes every week, following the new curriculum below, to ensure that we are meeting the new government statutory requirements for the subject. Any ad hoc/reactive PSHE lessons must be IN ADDITION to the weekly lesson, not instead of.

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/>

Junior school LKS2/UKS2 assemblies each week will be based on PSHE topics. See assembly plan.

Year group	Autumn- Relationships (Class Pledge) (Online Safety) (Bonfire Night Safety)	Spring- Living in a Wider World (Road Safety) (Emergency services calls) (First Aid)	Summer- Health and Wellbeing (Sun Safety)
-------------------	--	---	--

EYFS

See themselves as a valuable individual.
 Build constructive and respectful relationships.
 Express their feelings and consider the feelings of others.
 Show resilience and perseverance in the face of challenge.
 Identify and moderate feelings socially and emotionally
 Think about the perspectives of others.
 Know and talk about the different factors that support their overall health and wellbeing:

- Regular physical activity
- Healthy eating
- Tooth brushing
- Sensible amounts of ‘screen time’
- Having a good sleep routine
- Being a safe pedestrian
- Manage personal hygiene
- Know how to keep themselves safe- pantasaurus
- Use self control
- Develop awareness of learning powers (Learnosaurus, Shareosaurus (reciprocity), Explorasaurus (resourcefulness), Tryosaurus (resilience), Thinkosaurus (reflective))

PSHE Skills Overview

<p>Year 1</p>	<p>Understand the difference between surprise and secret. Know when something shouldn't be kept a secret Know who to talk to about secrets. Know the PANTS rule of privacy. Know what touching is ok and what isn't. Know what to do if they do not like being touched/if someone else doesn't like them touching them. Understand the difference between teasing and bullying. Understand what counts as bullying. Know what to do if they feel they are being bullied. Know that others won't agree with them all the time. Know what to do when they disagree with someone. Understand how to handle conflict with peers. Understand how facial expressions/body language can show someone's behaviour. Know how their emotions can affect others and vice versa. Understand that feelings can be hurt. Know who is in their family. Understand that different people have different families. Understand that family isn't just about blood relatives. Understand that 'fair' doesn't always mean 'the same'. Understand the importance of kindness. Know how to show kindness to others. Understand what makes a friendship. Know how to be a good friend. Know what to do if someone isn't being a good friend to them. Understand that nobody is the same as anybody else.</p>	<p>Understand why we have class rules (and why these rules may be different in other classes). Know the class rules and what to do if someone isn't following them. Know the rules of the school and how/why they may be different in different areas. Know the key members of staff in school and what they can help with. Know what they have to do to look after school. Know what they are responsible for at school and at home. Know how responsibilities change as we get older. Understand why and how we look after personal possessions. Know the different communities they are apart of. Know the main emergency services and what they do. Know how to make a 999 call. Know what to do if someone was hurt. Understand how we earn money and why we need it. Know how to keep money safe. Understand the concept of saving money.</p>	<p>Identify a range of feelings. Know how to say how they are feeling. Know strategies of how to handle negative feelings. Understand a range of safe and unsafe situations. Know physical and emotional signs of feeling unsafe. Know who to ask for help from when feeling unsafe. Understand that what we eat can affect our physical and mental health. Know which foods we should eat more of which we should eat less of. Know what counts as a 'balanced diet'. Understand why sleep is important. Know what to do to get a good night's sleep. Understand how germs spread. Know how to prevent germs spreading. Understand importance of good hygiene. Understand the effects of bad hygiene. Know and follow hygiene routines in and out of school. Understand why we take medicines. Know who should give medicines and who is not allowed. Know which body parts are private. Know how to keep private parts private.</p>
----------------------	---	---	--

PSHE Skills Overview

	<p>Explore the differences between peers. Celebrate the differences between peers.</p>		
<p>Year 2</p>	<p>Understand the difference between secrets and surprises. Know when secrets shouldn't be kept secret. Understand responsibility in keeping themselves and others safe. Understand they have the right to say no. Understand body language can tell us how someone feels. Know who to talk to if they have been made to feel uncomfortable. Know who makes them feel safe. Understand that some touching is not fun and can hurt/be upsetting. Know what counts as bullying. Understand the difference between bullying and teasing in different situations. Know strategies to handle bullying. Know who to talk to if bullying is happening. Understand there are different types of bullying. Know who is part of their support network. Understand why these people are special to them. Understand how families can come in different shapes and sizes. Know how to communicate feelings to others. Understand how others feel. Understand how to deal with negative feelings. Know what to do if they are upset by someone else's behaviour.</p>	<p>Understand and follow class rules. Know how to make their class a positive place to be. Understand how rules help. Take responsibility for their actions and behaviour. Understand that all living things have rights that have to be respected. Know how to share and take turns. Understand they belong to various communities. Know how to work as a team and how to avoid anyone being left out. Know what is good about the school environment. Understand how weaknesses of the school environment could be improved. Understand their responsibility to look after the school environment. Know that money can be saved. Understand the choices they have with money. Understand the difference between essential purchases and non-essential purchases. Know how to make a 999 call. Know what to do if someone was hurt.</p>	<p>Understand importance of good hygiene. Know what could happen if someone had poor hygiene. Know and follow simple hygiene routine. Understand what situations might be unsafe. Know how to act in unsafe situations. Know who to talk to when feeling unsafe. Know that everyone deserves personal privacy. Understand concept of consent. Understand why medicines are needed. Know how to help themselves feel better without medicines. Understand medicine safety and responsibility. Be aware of some of the changes they may face at this age. Understand emotions surrounding change and loss (i.e. moving house). Know how to support themselves during change and who to seek help from. Understand different parts of the human life cycle (baby to death). Know what humans physically can and cannot do at different ages. Understand the main differences between male and female. Know that humans can have the same body parts but they can look different.</p>

PSHE Skills Overview

	<p>Know how to negotiate to maintain positive relationships.</p> <p>Know how to support others.</p> <p>Understand how their behaviour can affect other people.</p> <p>Understand fair, unfair, kind and unkind.</p> <p>Understand how friends care for each other.</p> <p>Know that friendship is a type of relationship.</p> <p>Understand physical and non-physical differences and similarities between people.</p> <p>Understand how to talk about other people respectfully.</p>		
<p>Year 3</p>	<p>Know the difference between secret and surprise.</p> <p>Know how they can make people feel.</p> <p>Understand when secrets are not ok.</p> <p>Understand cooperation and collaboration.</p> <p>Know the different skills people can bring to a team.</p> <p>Know what a positive relationship is.</p> <p>Know how to maintain positive relationships.</p> <p>Know how their actions can affect others.</p> <p>Understand how a relationship can be unhealthy and what to do if this happens.</p> <p>Know everyone has the right to personal space.</p> <p>Know when touch is inappropriate.</p> <p>Know what to do if they are unhappy with touch.</p> <p>Know and use strategies to resolve conflict.</p> <p>Know qualities of friendship.</p> <p>Understand why friends sometimes fall out.</p> <p>Know how to handle with peer pressure.</p> <p>Understand why bullying happens.</p>	<p>Know why we have rules.</p> <p>Understand consequences of broken rules</p> <p>Understand our diverse country.</p> <p>Know similarities and differences between some cultures.</p> <p>Understand the importance of respect and tolerance.</p> <p>Understand how people can have different opinions.</p> <p>Understand how what is said isn't always true.</p> <p>Know that the internet isn't always right/safe.</p> <p>Know the different responsibilities of those in their community.</p> <p>Understand the different communities they are a part of and what they add to each community.</p> <p>Know other members in the community.</p> <p>Understand what we mean by environment.</p> <p>Understand difference between want and need.</p>	<p>Understand healthy/balanced eating.</p> <p>Eat-well plate.</p> <p>How infections pass between people.</p> <p>Medicine and non-medicine ways to feel better.</p> <p>Know that medicines are drugs.</p> <p>Know proper use of medicines.</p> <p>Know and understand risky situations.</p> <p>How to minimise risk.</p> <p>Who can help?</p> <p>Know key risks and effects of cigarettes and alcohol.</p> <p>Know term 'drug' and what it means.</p> <p>Understand feelings associated with loss.</p> <p>Know how to cope with these feelings.</p> <p>Know own skills/talents and be able to identify skills/talents of others.</p> <p>Know own achievements and areas of development.</p>

PSHE Skills Overview

	<p>Understand what prejudice is. Understand what is meant by respect. Know how to show respect, even when opinions are different. Understand there are different types of family. Know about adoption, fostering and same-sex relationship. Understand that differences between people are ok.</p>	<p>Understand what needs to be paid for in the home. Understand income and how it is a different amount for different people. Know how to make a 999 call. Know what someone who is hurt needs. Understand why different injuries need different treatment.</p>	
<p>Year 4</p>	<p>Know how to withstand peer pressure. Understand how peer pressure is unhealthy. Understand how to deal with dares that make them feel uncomfortable. Understand it is ok to say no to a friend. Know how to say no to something they do not want to do. Understand they have the right to personal space and privacy. Know what to do when they feel uncomfortable with someone's actions towards them. Know how to work collaboratively towards shared goals. Know how to negotiate and compromise in a respective way. Understand the laws relating to marriage including age, same sex marriage. Understand why some couples may decide not to get married. Understand a wide range of emotions. Understand how different emotions can be felt in the same situation. Understand how emotions can link to our physical feelings.</p>	<p>Understand what is meant by community. Know the different communities they are part of. Understand the different members of their class and school community and what they do to support. Know why we have rules and laws. Understand why different rules and laws are needed in different situations. Understand how to be a part of changing rules. Know how to find out about and talk about topical issues that affect them. Understand how media portrayal isn't always realistic. Understand and appreciate the range of identities in the UK. Understand what a stereotype is. Understand why stereotypes are formed. Understand the media's influence/use of stereotypes. Understand that everyone has human rights. Know what some human rights of children are.</p>	<p>What choices do we make. What choices do others make. When can these choices be different? How our bodies get energy. Eat-well plate. Understand difference between dangerous, risky or hazardous. How to manage risk. Know who in the community keeps us safe. Understand consequences of risky behaviour. Know key risks and effects of alcohol and cigarettes. Know the risks of medicines. Understand how diseases spread. Understand link between emotions and facial/body expressions. Understand how feelings about something can change. How to handle conflicting emotions. How feelings can affect us physically . Understand how to compromise.</p>

PSHE Skills Overview

	<p>Know the difference between secrets and surprises. Know when it is ok to 'break a secret'. Understand that some secrets are bad and should be told to a trusted adult. Understand the different types of relationships common for their age. Know how these different relationships can have an impact on them. Understand that everyone is unique. Appreciate what makes them different. Understand that they can make different choices to their friends. Know what to do when someone is unkind due to a difference.</p>	<p>Understand that human rights are protected. Understand how members of the community help. Understand and respect the role of a volunteer. Understand the importance of volunteering. Know ways in which they can care for the environment. Understand how different organisations take care of the environment. Understand why this is important. Understand 'income' and 'expenses'. Know what expenses there are at home and at school. Know which expenses are essential and which are non-essential. Understand what Tax is. Understand what tax is used for and who pays it. Know how to make a 999 call. Know how to help someone who is unconscious. Know how to help someone who is bleeding. Understand why an injured person may need to be left where they are for help to come to them.</p>	<p>Know common changes they may experience during childhood. Know the emotions associated with change and how to cope with them. Know what to be proud of and what to work on. Understand why we shouldn't compare ourselves to what others can do.</p>
<p>Year 5</p>	<p>Understand how actions have consequences for themselves and others. Know who they can trust for different things. Understand how to handle situations in which they feel uncomfortable. Know how to work as part of a team. Understand how to negotiate and compromise.</p>	<p>Understand how rules and laws protect the community. Understand how laws are made and changed. Understand how the information we see online isn't always true. Know how to find out about topical issues that may affect them.</p>	<p>Understand misconceptions around smoking. Know harmful effects of smoking and alcohol. Know what the body needs to survive and thrive.</p>

PSHE Skills Overview

	<p>Understand how bullying and discrimination can affect people. Know what makes a relationship healthy. Understand how bullying can happen due to personal expression. Know how bullying can be stopped. Understand how to respond to the emotions of others. Know how they are a good friend themselves. Know how to be respectful to others. Understand how kindness is needed in order to make a friendship last. Know what type of secrets are safe and which should be told. Know when it is important to break a confidence. Understand and handle 'dares'. Understand what discrimination and injustice are. Know why discrimination and injustice happen. Know how to challenge discrimination and injustice.</p>	<p>Understand how different groups/communities make up the UK. Know the importance of mutual respect . Know the difference between rights, responsibilities and duties. Explain how not following them can cause problems for individuals and whole communities. Understand what being part of a community means to an individual. Know how to propose ideas to improve the school community. Understand how volunteers contribute to the community. Understand that making items cost. Understand that research should be carried out before making a large purchase. Understand how to look after their own money.</p>	<p>Know difference between positive and negative risks. Know when to take risks. Understand emotional needs and risks. Understand habits and how they can make life more tricky. Understand their level of independent increases as they grow up. Understand who keeps them safe. Know their emotional needs and how they can change depending on circumstances. Understand that they do not always have to agree with peers. Know how to resist peer pressure. Understand the importance of resilience and how to build it. Understand how legal drugs could damage your health. Understand that some drugs are illegal. Know their own strengths/talents. Know their areas of improvement. Understand the main changes people go through during puberty and how to handle them. Know these changes happen at different times for different people. Understand menstruation. Know who to talk to about puberty. Understand some of the changes people face in life. Know how to cope with these changes.</p>
<p>Year 6</p>	<p>Understand some challenges that can arise from friendship.</p>	<p>Understand the human rights of children in the past.</p>	<p>Know what can affect their physical and mental health.</p>

PSHE Skills Overview

<p>Understand how to handle conflict respectfully. Know the importance of team work. Know how to work collaboratively. Understand negotiation and compromise as terms. Know how to negotiate respectfully and how to reach a compromise. Understand some physical contact is ok, and some is not. Know what to do when physical contact does not feel ok. Understand that some inappropriate touch is illegal. Understand the importance of being assertive when being pressured. Understand how to avoid peer-pressure by being assertive. Understand the consequences of reacting to others actions. Understand how commitment works in healthy relationships. Understand the laws surrounding marriage and that everyone has the right to choose. Understand the different relationships they have. Understand the importance of different types of relationships. Understand the importance of respect at all times. Know how to show respect to different people Understand that everyone deserves respect, regardless of race, family, religion, gender sexual orientation etc.</p>	<p>Understand how the human rights of children have changed over timer. Know that children have their own human rights. Know the human rights that apply to them Understand what prejudice is. Understand the benefits of living in a diverse society. Understand the importance of respecting differences. Understand the term democracy. Understand how democracy works. Know how democracy happens in the UK. Understand the process of elections. Understand the process of law making. Understand the importance of laws. Understand their place in the community. Understand the importance of feeling part of a community. Understand how different charities and companies support local and national communities. Understand the importance of caring for the environment. Understand responsibility in terms of environmental care. Know how we can care for the environment. Understand what is meant by being environmentally sustainable. Know the benefits of saving money. Understand different methods of saving money. Understand different jobs are paid differently.</p>	<p>Understand how to look after their own wellbeing. Understand how media images can be changed from reality. Know the negative parts of fame. Understand importance of personality, not just looks. Understand the difference between fact and opinion. Understand that the same drugs can have different uses. Understand the laws regarding drugs in this country. Understand why misperceptions of alcohol exist. Understand the effects and risks of drinking alcohol. Know that all humans have basic emotional needs. Know how emotional needs can be met. Understand difference between enjoyment and addiction. Know that addiction is an emotional need. Know how to handle conflicting emotions. Understand the consequences of some risk-taking. Understand the norm around drinking and smoking. Understand the different risks related to growing up. Know how their body changes at is reaches puberty.</p>
--	--	---

PSHE Skills Overview

	<p>Understand how to respond to discrimination as a bystander.</p>	<p>Understand who has to pay tax and what it is used for.</p>	<p>Understand how to get support if they are concerned about their body. Know their own goals for life. Understand how to work towards these goals. Understand emotional responses to changes. Know positive strategies to deal with change. Understand what a stereotype is. Know how to challenge stereotypes. Know how the media can reinforce stereotypes. Understand the biological process of reproduction and birth.</p>
--	--	---	---