



King's Meadow  
Academy

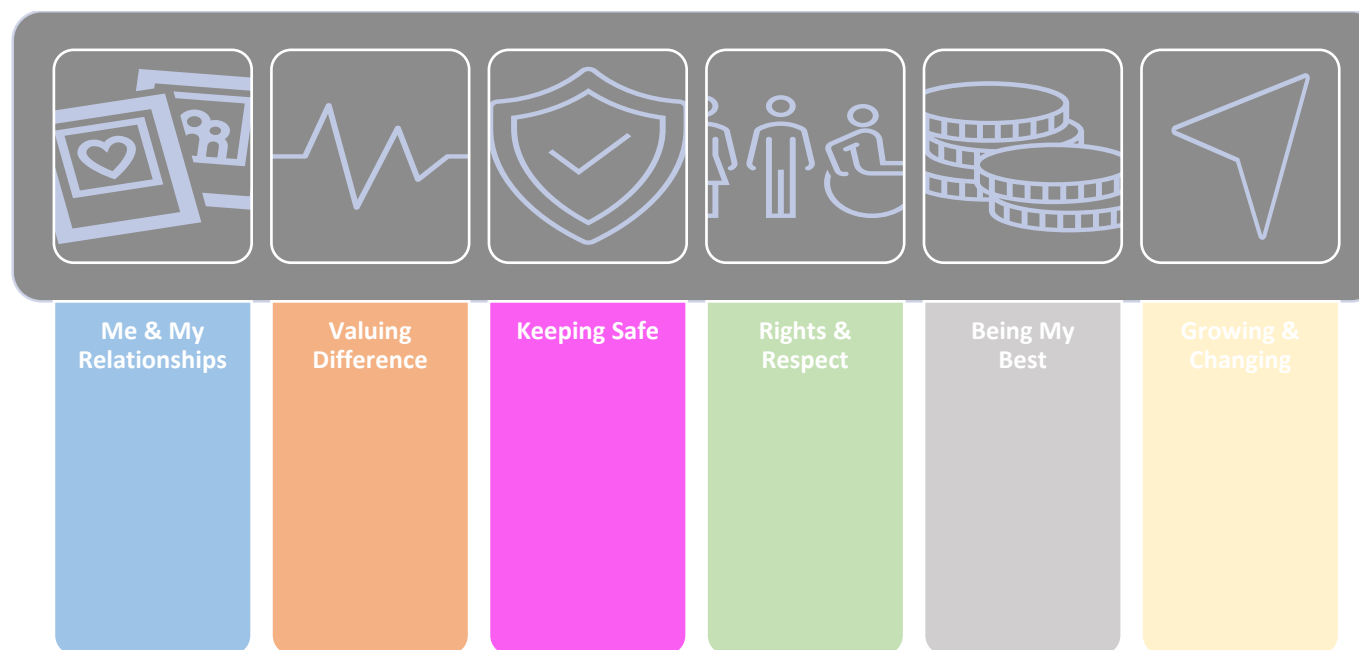
# PSHE Curriculum Overview



*“happy children who are confident,  
independent and thoughtful.”*

## Our Curriculum Design

We have used the **SCARF** scheme as the back bone of our PSHE curriculum. Our **cyclical** curriculum is built on the EYFS, National Curriculum, Equality Act, Statutory RSE and Health Education Guidance from the DFE and also references to the PSHE Association Programmes of Study. From Y1 onwards it is delivered as ONE 1 hour lessons and in EYFS it is delivered as one session as part of the learning our children access through the **Personal, Social and Emotional Development (PSED) strand** of the EYFS framework. It is broken down into the 6 aspects below and our pupils revisit these aspects each year. Each time they revisit an aspect, it is with **increasing complexity** to build on their **prior knowledge** in that aspect from the year before. **Padlet** is used from EYFS-Y6 to document pupils learning in this area. We have identified age appropriate texts for each half term across school to further develop our pupils ability to reflect and in EYFS there is a map of the additional coverage of PSED across the themed units that make up the EYFS curriculum offer.



## Our Learning Cycles

Below is an overview of our unit titles, which are colour coded to show the overarching theme that pupils make prior knowledge links to.

	AUTUMN		SPRING		SUMMER	
<b>EYFS</b>	<b>Me &amp; My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights &amp; Respect</b>	<b>Being My Best</b>	<b>Growing &amp; Changing</b>
<b>Y1</b>	<b>Me &amp; My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights &amp; Respect</b>	<b>Being My Best</b>	<b>Growing &amp; Changing</b>
<b>Y2</b>	<b>Me &amp; My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights &amp; Respect</b>	<b>Being My Best</b>	<b>Growing &amp; Changing</b>
<b>Y3 (KS2)</b>	<b>Me &amp; My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights &amp; Respect</b>	<b>Being My Best</b>	<b>Growing &amp; Changing</b>
<b>Y4 (KS2)</b>	<b>Me &amp; My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights &amp; Respect</b>	<b>Being My Best</b>	<b>Growing &amp; Changing</b>
<b>Y5 (KS2)</b>	<b>Me &amp; My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights &amp; Respect</b>	<b>Being My Best</b>	<b>Growing &amp; Changing</b>
<b>Y6 (KS2)</b>	<b>Me &amp; My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>	<b>Rights &amp; Respect</b>	<b>Being My Best</b>	<b>Growing &amp; Changing</b>

YR	Autumn		Spring		Summer	
<b>Knowledge &amp; Skills</b>	<p><b>Me &amp; My Relationships</b></p> <ul style="list-style-type: none"> <li>Talk about similarities and differences.</li> <li>Name special people in their lives.</li> <li>Describe different feelings.</li> <li>Identify who can help if they are sad, worried or scared.</li> <li>Identify ways to help others or themselves if they are sad or worried.</li> </ul>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Be sensitive towards others and celebrate what makes each person unique.</li> <li>Recognise that we can have things in common with others.</li> <li>Use speaking and listening skills to learn about the lives of their peers.</li> <li>Know the importance of showing care and kindness towards others.</li> <li>Demonstrate skills in building friendships and cooperation.</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Talk about how to keep their bodies healthy and safe.</li> <li>Name ways to stay safe around medicines.</li> <li>Know how to stay safe in their home, classroom and outside.</li> <li>Know age-appropriate ways to stay safe online.</li> <li>Name adults in their lives and those in their community who keep them safe.</li> </ul>	<p><b>Rights &amp; Respect</b></p> <ul style="list-style-type: none"> <li>Understand that they can make a difference.</li> <li>Identify how they can care for their home, school and special people.</li> <li>Talk about how they can make an impact on the natural world.</li> <li>Talk about similarities and differences between themselves.</li> <li>Demonstrate building relationships with friends.</li> </ul>	<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>Feel resilient and confident in their learning.</li> <li>Name and discuss different types of feelings and emotions.</li> <li>Learn and use strategies or skills in approaching challenges.</li> <li>Understand that they can make healthy choices.</li> <li>Name and recognise how healthy choices can keep us well.</li> </ul>	<p><b>Growing &amp; Changing</b></p> <ul style="list-style-type: none"> <li>Understand that there are changes in nature and humans.</li> <li>Name the different stages in childhood and growing up.</li> <li>Understand that babies are made by a man and a woman.</li> <li>Use the correct vocabulary when naming the different parts of the body.</li> <li>Know how to keep themselves safe.</li> </ul>
<b>Vocab</b>	Special family feelings practice favourite help friends happy effort same special people help sad same different same emojis kind helpful	special same family home likes different dislikes kind favourite unkind new friend friendship kindness	keep clean sleep safe keep safe water unsafe food detective fresh air cuddle medicine chemist doctors grown up tummy feelings tell uncomfortable adult trust address	family look after help each other be alone working together responsibility helpful caring money shop buy cost pay environment litter electricity pollution recycling	try try again bounce back food energy grow healthy fruit vegetable dairy sleep wash energy grow exercise routine heart calm muscle sleep	seasons growing spring life cycles summer egg autumn seed winter baby cycle grow change old young baby child teenager adult old age
<b>Continuous Provision</b>	<p><b>Continuous Provision Enhancements</b></p> <ul style="list-style-type: none"> <li>Throughout each day pupils will develop independence in self-care through getting ready for outdoor play and through learning different routines.</li> <li>Activities will regular provide children with choices to make and will also develop positive attitudes towards diet and physical activity.</li> <li>A range of books will allow pupils to discuss different families, feelings, friendship and emotions.</li> <li>Role play, small world and construction will provide opportunities for children to explore everyday scenarios and take on different roles and responsibilities.</li> </ul>					

Y1	Autumn		Spring		Summer	
<b>Knowledge &amp; Skills</b>	<p><b>Me &amp; My Relationships</b></p> <ul style="list-style-type: none"> <li>Understand that classroom rules help everyone to learn and be safe.</li> <li>Explain their classroom rules and be able to contribute to making these.</li> <li>Demonstrate attentive listening skills;</li> <li>Suggest simple strategies for resolving conflict situations;</li> <li>Give and receive positive feedback, and experience how this makes them feel</li> <li>Recognise how others might be feeling by reading body language/facial expressions;</li> <li>Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.)</li> <li>Identify a range of feelings;</li> <li>Identify how feelings might make us behave:</li> <li>Suggest strategies for someone experiencing 'not so good' feelings to manage these.</li> <li>Recognise that people's bodies and feelings can be hurt;</li> <li>Suggest ways of dealing with different kinds of hurt.</li> <li>Identify simple qualities of friendship;</li> <li>Suggest simple strategies for making up.</li> </ul>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Identify the differences and similarities between people;</li> <li>Empathise with those who are different from them;</li> <li>Begin to appreciate the positive aspects of these differences.</li> <li>Explain the difference between unkindness, teasing and bullying;</li> <li>Understand that bullying is usually quite rare.</li> <li>Explain some of their school rules and how those rules help to keep everybody safe.</li> <li>Recognise and explain what is fair and unfair, kind and unkind;</li> <li>Suggest ways they can show kindness to others.</li> <li>Identify some of the people who are special to them;</li> <li>Recognise and name some of the qualities that make a person special to them.</li> <li>Recognise that they belong to various groups and communities such as their family;</li> <li>Explain how these people help us and we can also help them to help us.</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Recognise the importance of sleep in maintaining a healthy, balanced lifestyle;</li> <li>Identify simple bedtime routines that promote healthy sleep.</li> <li>Recognise emotions and physical feelings associated with feeling unsafe;</li> <li>Identify people who can help them when they feel unsafe.</li> <li>Understand and learn the PANTS rules;</li> <li>Name and know which parts should be private;</li> <li>Explain the difference between appropriate and inappropriate touch;</li> <li>Understand that they have the right to say "no" to unwanted touch;</li> <li>Start thinking about who they trust and who they can ask for help.</li> <li>Understand that medicines can sometimes make people feel better when they're ill;</li> <li>Explain simple issues of safety and responsibility about medicines and their use.</li> <li>Recognise the range of feelings that are associated with loss.</li> </ul>	<p><b>Rights &amp; Respect</b></p> <ul style="list-style-type: none"> <li>Recognise how a person's behaviour (including their own) can affect other people.</li> <li>Identify what they like about the school environment;</li> <li>Recognise who cares for and looks after the school environment.</li> <li>Recognise the importance of regular hygiene routines;</li> <li>Sequence personal hygiene routines into a logical order.</li> <li>Demonstrate responsibility in looking after something (e.g. a class pet or plant);</li> <li>Explain the importance of looking after things that belong to themselves or to others.</li> <li>Explain where people get money from;</li> <li>List some of the things that money may be spent on in a family home.</li> <li>Recognise that different notes and coins have different monetary value;</li> <li>Explain the importance of keeping money safe;</li> <li>Identify safe places to keep money;</li> <li>Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it).</li> </ul>	<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>Recognise the importance of fruit and vegetables in their daily diet;</li> <li>Know that eating at least five portions of vegetables and fruit a day helps to maintain health.</li> <li>Recognise that they may have different tastes in food to others;</li> <li>Select foods from the <b>Eatwell Guide</b> (formerly Eatwell Plate) in order to make a healthy lunch;</li> <li>Recognise which foods we need to eat more of and which we need to eat less of to be healthy.</li> <li>Understand how diseases can spread;</li> <li>Recognise and use simple strategies for preventing the spread of diseases.</li> <li>Recognise that learning a new skill requires practice and the opportunity to fail, safely;</li> <li>Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges.</li> <li>Demonstrate attentive listening skills;</li> <li>Suggest simple strategies for resolving conflict situations;</li> <li>Give and receive positive feedback, and experience how this makes them feel.</li> <li>Name major internal body parts (heart, lungs, blood, stomach, intestines, brain);</li> </ul>	<p><b>Growing &amp; Changing</b></p> <ul style="list-style-type: none"> <li>Understand that the body gets energy from food, water and air (oxygen);</li> <li>Recognise that exercise and sleep are important parts of a healthy lifestyle.</li> <li>Identify things they could do as a baby, a toddler and can do now;</li> <li>Identify the people who help/helped them at those different stages.</li> <li>Understand some of the tasks required to look after a baby;</li> <li>Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.</li> <li>Explain the difference between teasing and bullying;</li> <li>Give examples of what they can do if they experience or witness bullying;</li> <li>Say who they could get help from in a bullying situation.</li> <li>Explain the difference between a secret and a nice surprise;</li> <li>Identify situations as being secrets or surprises;</li> <li>Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.</li> </ul>

					<ul style="list-style-type: none"> <li>Understand and explain the simple bodily processes associated with them.</li> </ul>	<ul style="list-style-type: none"> <li>Identify parts of the body that are private;</li> <li>Describe ways in which private parts can be kept private;</li> <li>Identify people they can talk to about their private parts.</li> </ul>
<b>Texts</b>	<p><b>The Colour Monster-</b> Anna Llenas <b>Leon and Bob-</b>Simon James</p>	<p><b>Beegu-</b>Alexis Deacon <b>Roxy the Raccoon-</b>Alice Reeves</p>	<p><b>Almost Anything-</b>Sophie Henn <b>The Koala Who Could-</b>Rachel Bright</p>	<p><b>Elmer-</b>David McKee <b>Dogs don't do ballet-</b>Anna kemp <b>You can't take an elephant on the bus-</b>Patricia Cleveland-Peck</p>	<p><b>Families, families, families-</b> Suzanne Lang <b>Worm loves worm-</b>Mike Carato <b>Smed and Smoodes-</b>Julia Donaldson</p>	<p><b>The Thing Lou couldn't do (YET!)-</b>Ashley Spires <b>The Suitcase-</b>Chris Naylor-Ballesteros</p>
<b>Vocab</b>	Friends, help, rules, family, hurt, safe, feelings, listen	Respect, feelings, different, safe, bully, fair, rules, special people, tease, similar, same, kind	air sleep exercise stop unsafe share nervous internet medicine uncomfortable body feelings food water safe healthy private worried scared	clean environment routine first aid spending litter risk responsibility danger safe help money saving environment look after responsible	starchy dairy protein sugar practise fruit difficult learning make mistakes hygiene cereal bread spread try water energy help healthy support vitamins vegetables germs	adult heart brain stomach trusted growing lungs vulva penis learning

Y2	Autumn		Spring		Summer	
<b>Knowledge &amp; Skills</b>	<p><b>Me &amp; My Relationships</b></p> <ul style="list-style-type: none"> <li>Suggest actions that will contribute positively to the life of the classroom;</li> <li>Make and undertake pledges based on those actions.</li> <li>Take part in creating and agreeing classroom rules.</li> <li>Use a range of words to describe feelings;</li> <li>Recognise that people have different ways of expressing their feelings;</li> <li>Identify helpful ways of responding to other's feelings.</li> <li>Recognise, name and understand how to deal with feelings (e.g. anger, loneliness);</li> <li>Explain where someone could get help if they were being upset by someone else's behaviour.</li> <li>Recognise that friendship is a special kind of relationship;</li> <li>Identify some of the ways that good friends care for each other.</li> <li>Explain the difference between bullying and isolated unkind behaviour;</li> <li>Recognise that there are different types of bullying and unkind behaviour;</li> <li>Understand that bullying and unkind behaviour are both unacceptable ways of behaving.</li> <li>Understand and describe strategies for dealing with bullying:</li> </ul>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Identify some of the physical and non-physical differences and similarities between people;</li> <li>Know and use words and phrases that show respect for other people.</li> <li>Identify people who are special to them;</li> <li>Explain some of the ways those people are special to them.</li> <li>Recognise and explain how a person's behaviour can affect other people.</li> <li>Explain how it feels to be part of a group;</li> <li>Explain how it feels to be left out from a group;</li> <li>Identify groups they are part of;</li> <li>Suggest and use strategies for helping someone who is feeling left out.</li> <li>Recognise and describe acts of kindness and unkindness;</li> <li>Explain how these impact on other people's feelings;</li> <li>Suggest kind words and actions they can show to others;</li> <li>Show acts of kindness to others in school.</li> <li>Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being distracted);</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Understand that medicines can sometimes make people feel better when they're ill;</li> <li>Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell;</li> <li>Explain simple issues of safety and responsibility about medicines and their use.</li> <li>Identify situations in which they would feel safe or unsafe;</li> <li>Suggest actions for dealing with unsafe situations including who they could ask for help.</li> <li>Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.</li> <li>Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation;</li> <li>Identify the types of touch they like and do not like;</li> <li>Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.</li> <li>Recognise that some touches are not fun and can hurt or be upsetting;</li> <li>Know that they can ask someone to stop touching them;</li> <li>Identify who they can talk to if someone touches them in a way</li> </ul>	<p><b>Rights &amp; Respect</b></p> <ul style="list-style-type: none"> <li>Describe and record strategies for getting on with others in the classroom</li> <li>Explain, and be able to use, strategies for dealing with impulsive behaviour.</li> <li>Identify special people in the school and community who can help to keep them safe;</li> <li>Know how to ask for help.</li> <li>Understand that people have choices about what they do with their money;</li> <li>Know that money can be saved for a use at a future time;</li> <li>Explain how they might feel when they spend money on different things.</li> <li>Recognise that money can be spent on items which are essential or non-essential;</li> <li>Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this.</li> <li>Identify what they like about the school environment;</li> <li>Identify any problems with the school environment (e.g. things needing repair);</li> <li>Make suggestions for improving the school environment;</li> <li>Recognise that it's everyone's job - including all adults and children - to respect and therefore help to look after the school environment.</li> </ul>	<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>Explain the stages of the learning line showing an understanding of the learning process;</li> <li>Help themselves and others develop a positive attitude that support their wellbeing;</li> <li>Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning.</li> <li>Understand and give examples of things they can choose themselves and things that others choose for them;</li> <li>Explain things that they like and dislike, and understand that they have choices about these things;</li> <li>Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.</li> <li>Explain how germs can be spread;</li> <li>Describe simple hygiene routines such as hand washing;</li> <li>Understand that vaccinations can help to prevent certain illnesses.</li> <li>Explain the importance of good dental hygiene;</li> <li>Describe simple dental hygiene routines.</li> <li>Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain);</li> <li>Describe how food, water and air get into the body and blood.</li> </ul>	<p><b>Growing &amp; Changing</b></p> <ul style="list-style-type: none"> <li>Demonstrate simple ways of giving positive feedback to others.</li> <li>Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.</li> <li>Identify different stages of growth (e.g. baby, toddler, child, teenager, adult);</li> <li>Understand and describe some of the things that people are capable of at these different stages.</li> <li>Identify which parts of the human body are private;</li> <li>Explain that a person's genitals help them to make babies when they are grown up;</li> <li>Understand that humans mostly have the same body parts but that they can look different from person to person.</li> <li>Explain what privacy means;</li> <li>Know that you are not allowed to touch someone's private belongings without their permission;</li> <li>Give examples of different types of private information.</li> </ul>



	<ul style="list-style-type: none"> <li>Rehearse and demonstrate some of these strategies.</li> <li>Define what is meant by the terms 'bullying' and 'teasing' showing an understanding of the difference between the two;</li> <li>Identify situations as to whether they are incidents of teasing or bullying.</li> </ul>	<ul style="list-style-type: none"> <li>Suggest strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships.</li> </ul>	<p>that makes them feel uncomfortable.</p> <ul style="list-style-type: none"> <li>Identify safe secrets (including surprises) and unsafe secrets;</li> <li>Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.</li> <li>Identify how inappropriate touch can make someone feel;</li> <li>Understand that there are unsafe secrets and secrets that are nice surprises;</li> <li>Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.</li> </ul>		<ul style="list-style-type: none"> <li>Understand that the body gets energy from food, water and oxygen;</li> <li>Recognise that exercise and sleep are important to health</li> </ul>	
<b>Texts</b>	<p><b>Ruby's Worry</b>-Tom Percival <b>A Huge Bag of Worries</b>-V Ironside</p>	<p><b>The Rainbow Fish</b>-Marcus Pfister <b>Perfectly Norman</b>-Tom Percival</p>	<p><b>The Bear and the Piano</b> <b>My Beautiful Voice</b>-Joseph Coelho</p>	<p><b>Giraffes Can't dance</b> -Guy Parker-Rees <b>10,000 Dresses</b>-Marcus Ewert</p>	<p><b>And Tango Makes Three</b>-Parnell and Richardson</p>	<p><b>The most Magnificent Thing</b>-Ashley Squires <b>After the Fall</b>-Dan Santat <b>The Rainbow Fish to the Rescue</b>-Marcus Pfister</p>
<b>Vocab</b>	<p>feelings happy teasing bullied care repeated bullying friendship help rules friendly safe break</p>	<p>unique calm point of view behaviour listening feelings helpful problem unkind respect different arguments kindness listen special people</p>	<p>medicines feelings tell safe touch worried secret surprise unsafe private uncomfortable someone you trust</p>	<p>share listen calm erupt control ask for help unsettled home school feelings</p>	<p>achieve germs injection rest choices brain soap vaccination choose water large intestine healthy lungs stomach energy learn food small intestine exercise oxygen teeth</p>	<p>supportive loss change nipples food feelings help forward growing penis care goodbye learning safe upset vulva</p>



Y3 (A)	Autumn		Spring		Summer	
<b>Knowledge &amp; Skills</b>	<p><b>Me &amp; My Relationships</b></p> <ul style="list-style-type: none"> <li>Explain why we have rules;</li> <li>Explore why rules are different for different age groups, in particular for internet-based</li> <li>Suggest appropriate rules for a range of settings;</li> <li>Consider the possible consequences of breaking the rules.</li> <li>Identify people who they have a special relationship with;</li> <li>Suggest strategies for maintaining a positive relationship with their special people.</li> <li>Rehearse and demonstrate simple strategies for resolving given conflict situations.</li> <li>Define and demonstrate cooperation and collaboration;</li> <li>Identify the different skills that people can bring to a group task;</li> <li>Demonstrate how working together in a collaborative manner can help everyone to achieve success.</li> <li>Identify qualities of friendship;</li> <li>Suggest reasons why friends sometimes fall out;</li> <li>Rehearse and use, now or in the future, skills for making up again.</li> <li>Express opinions and listen to those of others;</li> <li>Consider others' points of view;</li> </ul>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Reflect on listening skills;</li> <li>Give examples of respectful language;</li> <li>Give examples of how to challenge another's viewpoint, respectfully.</li> <li>Recognise that there are many different types of family;</li> <li>Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'</li> <li>Define the term 'community';</li> <li>Identify the different communities that they belong to;</li> <li>Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.</li> <li>Explain that people living in the UK have different origins;</li> <li>Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds;</li> <li>Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together.</li> <li>Recognise the factors that make people similar to and different from each other;</li> <li>Recognise that repeated name calling is a form of bullying;</li> <li>Suggest strategies for dealing with name calling (including talking to a trusted adult).</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Identify situations which are safe or unsafe;</li> <li>Identify people who can help if a situation is unsafe;</li> <li>Suggest strategies for keeping safe.</li> <li>Define the words danger and risk and explain the difference between the two;</li> <li>Demonstrate strategies for dealing with a risky situation.</li> <li>Identify risk factors in given situations;</li> <li>Suggest ways of reducing or managing those risks.</li> <li>Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;</li> <li>Recognise and describe appropriate behaviour online as well as offline;</li> <li>Identify what constitutes personal information and when it is not appropriate or safe to share this;</li> <li>Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.</li> <li>Evaluate the validity of statements relating to online safety;</li> <li>Recognise potential risks associated with browsing online;</li> <li>Give examples of strategies for safe browsing online.</li> </ul>	<p><b>Rights &amp; Respect</b></p> <ul style="list-style-type: none"> <li>Identify key people who are responsible for them to stay safe and healthy;</li> <li>Suggest ways they can help these people.</li> <li>Understand the difference between 'fact' and 'opinion';</li> <li>Understand how an event can be perceived from different viewpoints;</li> <li>Plan, draft and publish a recount using the appropriate language.</li> <li>Define what a volunteer is;</li> <li>Identify people who are volunteers in the school community;</li> <li>Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer.</li> <li>Understand the terms 'income', 'saving' and 'spending';</li> <li>Recognise that there are times we can buy items we want and times when we need to save for items;</li> <li>Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)</li> <li>Explain that people earn their income through their jobs;</li> <li>Understand that the amount people get paid is due to a</li> </ul>	<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>Explain how each of the food groups on the <b>Eatwell Guide</b> (formerly Eatwell Plate) benefits the body;</li> <li>Explain what is meant by the term 'balanced diet';</li> <li>Give examples what foods might make up a healthy balanced meal.</li> <li>Explain how some infectious illnesses are spread from one person to another;</li> <li>Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses;</li> <li>Suggest medical and non-medical ways of treating an illness.</li> <li>Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain);</li> <li>Describe how food, water and air get into the body and blood.</li> <li>Develop skills in discussion and debating an issue;</li> <li>Demonstrate their understanding of health and wellbeing issues that are relevant to them;</li> <li>Empathise with different view points;</li> <li>Make recommendations, based on their research.</li> <li>Identify their achievements and areas of development;</li> </ul>	<p><b>Growing &amp; Changing</b></p> <ul style="list-style-type: none"> <li>Identify different types of relationships;</li> <li>Recognise who they have positive healthy relationships with.</li> <li>Understand what is meant by the term body space (or personal space);</li> <li>Identify when it is appropriate or inappropriate to allow someone into their body space;</li> <li>Rehearse strategies for when someone is inappropriately in their body space.</li> <li>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li> <li>Recognise how different surprises and secrets might make them feel;</li> <li>Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</li> <li>Recognise that babies come from the joining of an egg and sperm;</li> <li>Explain what happens when an egg doesn't meet a sperm;</li> <li>Understand that for girls, periods are a normal part of puberty.</li> </ul>

	<ul style="list-style-type: none"> <li>Practise explaining the thinking behind their ideas and opinions.</li> <li>Explain what a dare is;</li> <li>Understand that no-one has the right to force them to do a dare;</li> <li>Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.</li> <li>Explain some of the feelings someone might have when they lose something important to them;</li> <li>Understand that these feelings are normal and a way of dealing with the situation.</li> </ul>	<ul style="list-style-type: none"> <li>Understand and explain some of the reasons why different people are bullied;</li> <li>Explore why people have prejudiced views and understand what this is.</li> </ul>	<ul style="list-style-type: none"> <li>Understand that medicines are drugs and suggest ways that they can be helpful or harmful.</li> <li>Identify some key risks from and effects of cigarettes and alcohol;</li> <li>Know that most people choose not to smoke cigarettes; (Social Norms message)</li> <li>Define the word 'drug' and understand that nicotine and alcohol are both drugs.</li> <li>Demonstrate strategies for assessing risks;</li> <li>Understand and explain decision-making skills;</li> <li>Understand where to get help from when making decisions.</li> </ul>	<p>range of factors (skill, experience, training, responsibility etc.)</p> <ul style="list-style-type: none"> <li>Define what is meant by the environment;</li> <li>Evaluate and explain different methods of looking after the school environment;</li> <li>Devise methods of promoting their priority method.</li> <li>Explain whose responsibility it is to look after the local environment;</li> <li>Plan and carry out an event which will benefit the local environment.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise that people may say kind things to help us feel good about ourselves;</li> <li>Explain why some groups of people are not represented as much on television/in the media.</li> <li>Explain some of the different talents and skills that people have and how skills are developed;</li> <li>Recognise their own skills and those of other children in the class.</li> <li>Demonstrate how working together in a collaborative manner can help everyone to achieve success;</li> <li>Understand and explain how the brain sends and receives messages through the nerves.</li> </ul>	
<b>Texts</b>	<b>The Princess and the Fog</b> Michael Rosen's Sad Book	<b>The Day the Crayons Quit!</b> -Oliver Jeffers <b>The Selfish Giant</b> – Oscar Wilde	<b>The Wonder</b> -Faye Hanson	<b>Red, a Crayon's Story</b> -Michael Hall	<b>Ellie and the Cat</b> -Mallorie Blackman <b>And Tango Makes Three!</b> -Parnell and Richardson	<b>Salt in his shoes</b> – The Michael Jordan story <b>Thanks for the Feedback, I Think</b> -J Cook
<b>Vocab</b>	apologise respect disagree responsibility calm disputes arguments feelings persuade friendship opinions listening family friendship falling out special people	family different name calling prejudice tolerance community strangers bullying differences belonging respect identity families similarities	alcohol personal details risk (risky) internet safety cigarettes private nicotine trust medicines public unsafe search engine harmful situation e-cigarettes vapes	online false check safe parent carer adult search fact opinion	achieve fruit medicine bones goal-setting muscles skills teeth balanced diet talents improve practise proteins water sleep healthy starchy carbohydrates dairy exercise energy vegetables	angry penis relationships body space touch assertive vagina jealous womb period/menstruation pad trust lining respect breasts uncomfortable caring genitals upset egg healthy puberty testicles

Y4 (B)	Autumn		Spring		Summer	
<b>Knowledge &amp; Skills</b>	<p><b>Me &amp; My Relationships</b></p> <ul style="list-style-type: none"> <li>• Demonstrate strategies for working on a collaborative task;</li> <li>• Define successful qualities of teamwork and collaboration.</li> <li>• Explain what we mean by a 'positive, healthy relationship';</li> <li>• Describe some of the qualities that they admire in others.</li> <li>• Recognise that there are times when they might need to say 'no' to a friend;</li> <li>• Describe appropriate assertive strategies for saying 'no' to a friend.</li> <li>• Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;</li> <li>• Explain how different words can express the intensity of feelings.</li> <li>• Identify a wide range of feelings;</li> <li>• Recognise that different people can have different feelings in the same situation;</li> <li>• Explain how feelings can be linked to physical state.</li> <li>• Demonstrate a range of feelings through their facial expressions and body language;</li> <li>• Recognise that their feelings might change towards someone or something once they have further information.</li> <li>• Give examples of strategies to respond to being bullied,</li> </ul>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• Define the terms 'negotiation' and 'compromise';</li> <li>• Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.</li> <li>• List some of the ways that people are different to each other (including differences of race, gender, religion);</li> <li>• Recognise potential consequences of aggressive behaviour;</li> <li>• Suggest strategies for dealing with someone who is behaving aggressively.</li> <li>• List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);</li> <li>• Define the word <i>respect</i> and demonstrate ways of showing respect to others' differences.</li> <li>• Understand and identify stereotypes, including those promoted in the media.</li> <li>• Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);</li> <li>• Give examples of features of these different types of relationships, including how they influence what is shared.</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>• Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;</li> <li>• Identify situations which are either dangerous, risky or hazardous;</li> <li>• Suggest simple strategies for managing risk.</li> <li>• Define what is meant by the word 'dare';</li> <li>• Identify from given scenarios which are dares and which are not;</li> <li>• Suggest strategies for managing dares.</li> <li>• Describe stages of identifying and managing risk;</li> <li>• Suggest people they can ask for help in managing risk.</li> <li>• Understand that we can be influenced both positively and negatively;</li> <li>• Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.</li> <li>• Identify images that are safe/unsafe to share online;</li> <li>• Know and explain strategies for safe online sharing;</li> <li>• Understand and explain the implications of sharing images online without consent.</li> <li>• Understand that medicines are drugs;</li> <li>• Explain safety issues for medicine use;</li> </ul>	<p><b>Rights &amp; Respect</b></p> <ul style="list-style-type: none"> <li>• Explain how different people in the school and local community help them stay healthy and safe;</li> <li>• Define what is meant by 'being responsible';</li> <li>• Describe the various responsibilities of those who help them stay healthy and safe;</li> <li>• Suggest ways they can help the people who keep them healthy and safe.</li> <li>• Understand that humans have rights and also responsibilities;</li> <li>• Identify some rights and also responsibilities that come with these.</li> <li>• Understand the reason we have rules;</li> <li>• Suggest and engage with ways that they can contribute to the decision-making process in school (e.g. through pupil voice/school council);</li> <li>• Recognise that everyone can make a difference within a democratic process.</li> <li>• Define the word <i>influence</i>;</li> <li>• Recognise that reports in the media can influence the way they think about a topic;</li> <li>• Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.</li> <li>• Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;</li> </ul>	<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>• Identify ways in which everyone is unique;</li> <li>• Appreciate their own uniqueness;</li> <li>• Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</li> <li>• Give examples of choices they make for themselves and choices others make for them;</li> <li>• Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</li> <li>• Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;</li> <li>• Plan a menu which gives a healthy balanced of foods from across the food groups on the <b>Eatwell Guide</b> (formerly Eatwell Plate).</li> <li>• Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);</li> <li>• Suggest ways the Seven Rs recycling methods can be applied to different scenarios.</li> <li>• Define what is meant by the word 'community';</li> <li>• Suggest ways in which different people support the school community;</li> </ul>	<p><b>Growing &amp; Changing</b></p> <ul style="list-style-type: none"> <li>• Describe some of the changes that happen to people during their lives;</li> <li>• Explain how the Learning Line can be used as a tool to help them manage change more easily;</li> <li>• Suggest people who may be able to help them deal with change.</li> <li>• Name some positive and negative feelings;</li> <li>• Understand how the onset of puberty can have emotional as well as physical impact</li> <li>• Suggest reasons why young people sometimes fall out with their parents;</li> <li>• Take part in a role play practicing how to compromise.</li> <li>• Identify parts of the body that males and females have in common and those that are different;</li> <li>• Know the correct terminology for their genitalia;</li> <li>• Understand and explain why puberty happens.</li> <li>• Know the key facts of the menstrual cycle;</li> <li>• Understand that periods are a normal part of puberty for girls;</li> <li>• Identify some of the ways to cope better with periods.</li> </ul>

	<p>including what people can do and say;</p> <ul style="list-style-type: none"> <li>Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.</li> </ul>	<ul style="list-style-type: none"> <li>Understand that they have the right to protect their personal body space;</li> <li>Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;</li> <li>Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.</li> </ul>	<ul style="list-style-type: none"> <li>Suggest alternatives to taking a medicine when unwell;</li> <li>Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).</li> <li>Understand some of the key risks and effects of smoking and drinking alcohol;</li> <li>Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).</li> <li>Identify strategies for keeping personal information safe online;</li> <li>Describe safe behaviours when using communication technology.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise that they can play a role in influencing outcomes of situations by their actions.</li> <li>Define the terms 'income' and 'expenditure';</li> <li>List some of the items and services of expenditure in the school and in the home;</li> <li>Prioritise items of expenditure in the home from most essential to least essential.</li> <li>Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';</li> <li>Understand how a payslip is laid out showing both pay and deductions;</li> <li>Prioritise public services from most essential to least essential.</li> <li>Understand some of the ways that various national and international environmental organisations work to help care of the environment;</li> <li>Understand and explain the value of this work.</li> </ul>	<ul style="list-style-type: none"> <li>Identify qualities and attributes of people who support the school community.</li> <li>Define what a volunteer is;</li> <li>Use the Five Ways to Wellbeing theory to suggest some of the reasons why people volunteer.</li> </ul>	<ul style="list-style-type: none"> <li>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li> <li>Recognise how different surprises and secrets might make them feel;</li> <li>Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</li> <li>Understand that marriage is a commitment to be entered into freely and not against someone's will;</li> <li>Recognise that marriage includes same sex and opposite sex partners;</li> <li>Know the legal age for marriage in England or Scotland;</li> <li>Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.</li> </ul>
<b>Texts</b>	<b>What to do with a problem</b> -Kobi Yamada	<b>The Tear Thief</b> -Caron Ann Duffy <b>All I said was</b> - Michael Morpurgo	<b>A Splash of Red</b> -Jen Bryant	<b>The Barnabus Project</b> -The Fan Brothers	<b>James and the Giant Peach</b> / <b>Matilda</b> -Roald Dahl <b>Alien Nation</b> -Matty Donaldson	<b>The Boy, the Mole, the Fox and the Horse</b> -Charlene Mackesy
<b>Vocab</b>	ignored delighted teasing calm confident feelings compromise body language emotions frightened excluded collaborate pressure bullying joyful excited respectful scared alone worried lonely	challenge labelled confidence stereotype negotiate unique positive compromise label prejudice differences invade similarities respect	hazard risky liver decisions choices danger situation influence alcohol consequences lungs brain dare drug harmful cigarettes vapes shared e-cigarettes downloaded	anti-social behaviour media United Nations rights spending reduce influence environment public services income tax negative recycle essential actions positive community responsibility reuse volunteer School Council	accident emergency affects balanced diet recycle breathing community repair reduce creative give to others injury exercise choices wound mental health active first aid repair connect future choking reuse wellbeing be mindful	breasts testicles womb choice civil partnership sperm enjoy penis hormones pubic hair periods marriage love puberty live together civil partnership uncomfortable feelings menstruation vagina vulva compromise share

Y5	Autumn		Spring		Summer	
<b>Knowledge &amp; Ski</b>	<p><b>Me &amp; My Relationships</b></p> <ul style="list-style-type: none"> <li>Explain what collaboration means;</li> <li>Give examples of how they have worked collaboratively;</li> <li>Describe the attributes needed to work collaboratively.</li> <li>Explain what is meant by the terms negotiation and compromise;</li> <li>Describe strategies for resolving difficult issues or situations.</li> <li>Understand that online communication can be misinterpreted;</li> <li>Accept that responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face.</li> <li>Demonstrate how to respond to a wide range of feelings in others;</li> <li>Give examples of some key qualities of friendship;</li> <li>Reflect on their own friendship qualities.</li> <li>Identify what things make a relationship unhealthy;</li> <li>Identify who they could talk to if they needed help.</li> <li>Recognise basic emotional needs, understand that they change according to circumstance;</li> <li>Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this</li> </ul>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Define some key qualities of friendship;</li> <li>Describe ways of making a friendship last;</li> <li>Explain why friendships sometimes end.</li> <li>Rehearse active listening skills;</li> <li>Demonstrate respectfulness in responding to others;</li> <li>Respond appropriately to others.</li> <li>Develop an understanding of discrimination and its injustice, and describe this using examples;</li> <li>Empathise with people who have been, and currently are, subjected to injustice, including through racism;</li> <li>Consider how discriminatory behaviour can be challenged.</li> <li>Identify and describe the different groups that make up their school/wider community/other parts of the UK;</li> <li>Describe the benefits of living in a diverse society;</li> <li>Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.</li> <li>Understand that the information we see online, either text or images, is not always true or accurate;</li> <li>Recognise that some people post things online about</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Demonstrate strategies to deal with both face-to-face and online bullying;</li> <li>Demonstrate strategies and skills for supporting others who are bullied;</li> <li>Recognise and describe the difference between online and face-to-face bullying.</li> <li>Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private;</li> <li>Recognise that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face;</li> <li>Know how to protect personal information online;</li> <li>Recognise disrespectful behaviour online and know how to respond to it.</li> <li>Recognise which situations are risky;</li> <li>Explore and share their views about decision making when faced with a risky situation;</li> <li>Suggest what someone should do when faced with a risky situation.</li> <li>Define what is meant by a dare;</li> <li>Explain why someone might give a dare;</li> <li>Suggest ways of standing up to someone who gives a dare.</li> <li>Describe some of the health risks caused by vaping;</li> <li>Understand that there are potential health risks of vaping that are not yet fully known;</li> <li>Use critical thinking skills when reading information/media;</li> </ul>	<p><b>Rights &amp; Respect</b></p> <ul style="list-style-type: none"> <li>Identify, write and discuss issues currently in the media concerning health and wellbeing;</li> <li>Express their opinions on an issue concerning health and wellbeing;</li> <li>Make recommendations on an issue concerning health and wellbeing.</li> <li>Understand the difference between a fact and an opinion;</li> <li>Understand what biased reporting is and the need to think critically about things we read.</li> <li>Explain what we mean by the terms voluntary, community and pressure (action) group;</li> <li>Give examples of voluntary groups, the kind of work they do and its value.</li> <li>Define the differences between responsibilities, rights and duties;</li> <li>Discuss what can make them difficult to follow;</li> <li>Identify the impact on individuals and the wider community if responsibilities are not carried out.</li> <li>State the costs involved in producing and selling an item;</li> <li>Suggest questions a consumer should ask before buying a product.</li> </ul>	<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>Know the basic functions of the four systems covered and know they are inter-related.</li> <li>Explain the function of at least one internal organ.</li> <li>Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health.</li> <li>Identify their own strengths and talents;</li> <li>Identify areas that need improvement and describe strategies for achieving those improvements.</li> <li>State what is meant by community;</li> <li>Explain what being part of a school community means to them;</li> <li>Suggest ways of improving the school community.</li> <li>Identify people who are responsible for helping them stay healthy and safe;</li> <li>Identify ways that they can help these people.</li> <li>Describe 'star' qualities of celebrities as portrayed by the media;</li> <li>Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life;</li> <li>Describe 'star' qualities that 'ordinary' people have.</li> </ul>	<p><b>Growing &amp; Changing</b></p> <ul style="list-style-type: none"> <li>Use a range of words and phrases to describe the intensity of different feelings</li> <li>Distinguish between good and not so good feelings, using appropriate vocabulary to describe these;</li> <li>Explain strategies they can use to build resilience.</li> <li>Identify people who can be trusted;</li> <li>Understand what kinds of touch are acceptable or unacceptable;</li> <li>Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.</li> <li>Explain the difference between a safe and an unsafe secret;</li> <li>Identify situations where someone might need to break a confidence in order to keep someone safe.</li> <li>Identify some products that they may need during puberty and why;</li> <li>Know what menstruation is and why it happens.</li> <li>Know the correct words for the external sexual organs;</li> <li>Discuss some of the myths associated with puberty.</li> <li>Recognise how our body feels when we're relaxed;</li> </ul>

	<p>situation, including emotional risks.</p> <ul style="list-style-type: none"> <li>Identify characteristics of passive, aggressive and assertive behaviours;</li> <li>Understand and rehearse assertiveness skills.</li> </ul>	<p>themselves that aren't true, sometimes this is so that people will like them;</p> <ul style="list-style-type: none"> <li>Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.</li> <li>Recognise that some people can get bullied because of the way they express their gender;</li> <li>Give examples of how bullying behaviours can be stopped.</li> <li>Identify the consequences of positive and negative behaviour on themselves and others;</li> <li>Give examples of how individual/group actions can impact on others in a positive or negative way.</li> </ul>	<ul style="list-style-type: none"> <li>Understand that companies selling vaping products do so to make money;</li> <li>Describe some of the possible outcomes of taking a risk.</li> <li>Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks;</li> <li>Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.</li> <li>Explain what a habit is, giving examples;</li> <li>Describe why and how a habit can be hard to change.</li> <li>Understand some of the complexities of categorising drugs;</li> <li>Know that all medicines are drugs but not all drugs are medicines;</li> <li>Understand ways in which medicines can be helpful or harmful and used safely or unsafely.</li> <li>Understand the actual norms around smoking and the reasons for common misperceptions of these.</li> </ul>	<ul style="list-style-type: none"> <li>Define the terms loan, credit, debt and interest;</li> <li>Suggest advice for a range of situations involving personal finance.</li> <li>Explain some of the areas that local councils have responsibility for;</li> <li>Understand that local councillors are elected to represent their local community.</li> </ul>		<ul style="list-style-type: none"> <li>List some of the ways our body feels when it is nervous or sad;</li> <li>Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.</li> <li>Identify the consequences of positive and negative behaviour on themselves and others;</li> <li>Give examples of how individual/group actions can impact on others in a positive or negative way.</li> <li>Explain how someone might feel when they are separated from someone or something they like;</li> <li>Suggest ways to help someone who is separated from someone or something they like.</li> </ul>
<b>Texts</b>	<b>The Mozart Question</b> -Morpurgo	<b>The Amazing Story of Owen and Mzee</b>	<b>The Dot</b> – Peter Reynolds	<b>The man who planted a forest</b> -Jadav Payeng <b>Only one of me</b> – James Berry	<b>The Day I Swapped my Dad for two Goldfish</b> -Neil Gaiman <b>FArTHER</b> -Graham Baker Smith	<b>Scribbleboy</b> <b>How to Live Forever</b> -Colin Thompson
<b>Vocab</b>	collaborate aggressive resolution conflict pressure emotional needs passive assertiveness negotiation unsafe compromise body language respect uncomfortable touching qualities unhealthy relationship	multicultural society compare point of view stereotype discrimination diverse racism false impression respect prejudice similarities excluded conflict celebrate religious social media cultural tolerance acceptance	habit cigarettes drugs pressure alcohol vapes weigh up risk influence privacy settings assertive cyberbullying decision social norms assessing risk e-cigarettes	councillors environment interest rights responsibility debit costs borrow credit health community group public services loan council exercise vote duties sustainable elections	perseverance media-influence kindness celebrities independence patience resilience consideration confidence personal qualities	respect wellbeing trust hormones mood swings confidential confidence resilience puberty crush embarrassed menstruation unwanted attention separation unwanted touch period products

Y6	Autumn		Spring		Summer	
<b>Knowledge &amp; Skills</b>	<p><b>Me &amp; My Relationships</b></p> <ul style="list-style-type: none"> <li>• Demonstrate a collaborative approach to a task;</li> <li>• Describe and implement the skills needed to do this.</li> <li>• Explain what is meant by the terms 'negotiation' and 'compromise';</li> <li>• Suggest positive strategies for negotiating and compromising within a collaborative task;</li> <li>• Demonstrate positive strategies for negotiating and compromising within a collaborative task.</li> <li>• Identify strategies for keeping personal information safe online;</li> <li>• Describe safe and respectful behaviours when using communication technology.</li> <li>• Recognise some of the challenges that arise from friendships;</li> <li>• Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach.</li> <li>• Describe the consequences of reacting to others in a positive or negative way;</li> <li>• Suggest ways that people can respond more positively to others.</li> <li>• Recognise and empathise with patterns of behaviour in peer-group dynamics;</li> <li>• Recognise basic emotional needs and understand that they change according to circumstance;</li> <li>• Suggest strategies for dealing assertively with a situation where</li> </ul>	<p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences;</li> <li>• Suggest strategies for dealing with bullying, as a bystander;</li> <li>• Describe positive attributes of their peers.</li> <li>• Know that all people are unique but that we have far more in common with each other than what is different about us;</li> <li>• Consider how a bystander can respond to someone being rude, offensive or bullying someone else;</li> <li>• Demonstrate ways of offering support to someone who has been bullied .</li> <li>• Demonstrate ways of showing respect to others, using verbal and non-verbal communication.</li> <li>• Understand and explain the term prejudice;</li> <li>• Identify and describe the different groups that make up their school/wider community/other parts of the UK;</li> <li>• Describe the benefits of living in a diverse society;</li> <li>• Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.</li> <li>• Explain the difference between a friend and an acquaintance;</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>• Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face;</li> <li>• Understand and describe the ease with which something posted online can spread.</li> <li>• Know that it is illegal to create and share sexual images of children under 18 years old;</li> <li>• Explore the risks of sharing photos and films of themselves with other people directly or online;</li> <li>• Know how to keep their information private online.</li> <li>• Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour;</li> <li>• Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.</li> <li>• Explain how drugs can be categorised into different groups depending on their medical and legal context;</li> <li>• Demonstrate an understanding that drugs can have both medical and non-medical uses;</li> <li>• Explain in simple terms some of the laws that control drugs in this country.</li> <li>• Understand some of the basic laws in relation to drugs;</li> <li>• Explain why there are laws relating to drugs in this country.</li> </ul>	<p><b>Rights &amp; Respect</b></p> <ul style="list-style-type: none"> <li>• Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them;</li> <li>• Describe the language and techniques that make up a biased report;</li> <li>• Analyse a report also extract the facts from it.</li> <li>• Know the legal age (and reason behind these) for having a social media account;</li> <li>• Understand why people don't tell the truth and often post only the good bits about themselves, online;</li> <li>• Recognise that people's lives are much more balanced in real life, with positives and negatives.</li> <li>• Explain some benefits of saving money;</li> <li>• Describe the different ways money can be saved, outlining the pros and cons of each method;</li> <li>• Describe the costs that go into producing an item;</li> <li>• Suggest sale prices for a variety of items, taking into account a range of factors;</li> <li>• Explain what is meant by the term <i>interest</i>.</li> <li>• Recognise and explain that different jobs have different levels of pay and the factors that influence this;</li> </ul>	<p><b>Being My Best</b></p> <ul style="list-style-type: none"> <li>• Identify aspirational goals;</li> <li>• Describe the actions needed to set and achieve these.</li> <li>• Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues.</li> <li>• Identify risk factors in a given situation;</li> <li>• Understand and explain the outcomes of risk-taking in a given situation, including emotional risks.</li> <li>• Recognise what risk is;</li> <li>• Explain how a risk can be reduced;</li> <li>• Understand risks related to growing up and explain the need to be aware of these;</li> <li>• Assess a risk to help keep themselves safe.</li> <li>• Explain what the five ways to wellbeing are;</li> <li>• Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.</li> </ul>	<p><b>Growing &amp; Changing</b></p> <ul style="list-style-type: none"> <li>• Understand that fame can be short-lived;</li> <li>• Recognise that photos can be changed to match society's view of perfect;</li> <li>• Identify qualities that people have, as well as their looks.</li> <li>• Define what is meant by the term stereotype;</li> <li>• Recognise how the media can sometimes reinforce gender stereotypes;</li> <li>• Recognise that people fall into a wide range of what is seen as normal;</li> <li>• Challenge stereotypical gender portrayals of people.</li> <li>• Understand the risks of sharing images online and how these are hard to control, once shared;</li> <li>• Understand that people can feel pressured to behave in a certain way because of the influence of the peer group;</li> <li>• Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.</li> <li>• Recognise some of the changes they have experienced and their emotional responses to those changes;</li> <li>• Suggest positive strategies for dealing with change;</li> <li>• Identify people who can support someone who is dealing with a challenging time of change.</li> <li>• Define the word 'puberty' giving examples of some of</li> </ul>



	<p>someone under pressure may do something they feel uncomfortable about.</p> <ul style="list-style-type: none"> <li>List some assertive behaviours;</li> <li>Recognise peer influence and pressure;</li> <li>Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.</li> <li>Describe ways in which people show their commitment to each other;</li> <li>Know the ages at which a person can marry, depending on whether their parents agree;</li> <li>Understand that everyone has the right to be free to choose who and whether to marry.</li> <li>Recognise that some types of physical contact can produce strong negative feelings;</li> <li>Know that some inappropriate touch is also illegal.</li> </ul>	<ul style="list-style-type: none"> <li>Describe qualities of a strong, positive friendship;</li> <li>Describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative).</li> <li>Define what is meant by the term stereotype;</li> <li>Recognise how the media can sometimes reinforce gender stereotypes;</li> <li>Recognise that people fall into a wide range of what is seen as normal;</li> <li>Challenge stereotypical gender portrayals of people.</li> </ul>	<ul style="list-style-type: none"> <li>Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these;</li> <li>Describe some of the effects and risks of drinking alcohol.</li> <li>Understand that all humans have basic emotional needs and explain some of the ways these needs can be met;</li> <li>Explain how these emotional needs impact on people's behaviour;</li> <li>Suggest positive ways that people can get their emotional need met.</li> <li>Understand and give examples of conflicting emotions;</li> <li>Understand and reflect on how independence and responsibility go together.</li> </ul>	<ul style="list-style-type: none"> <li>Explain the different types of tax (income tax and VAT) which help to fund public services;</li> <li>Evaluate the different public services and compare their value.</li> <li>Explain what is meant by living in an environmentally sustainable way;</li> <li>Suggest actions that could be taken to live in a more environmentally sustainable way.</li> <li>Explain what we mean by the terms voluntary, community and pressure (action) group;</li> <li>Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group.</li> </ul>		<p>the physical and emotional changes associated with it;</p> <ul style="list-style-type: none"> <li>Suggest strategies that would help someone who felt challenged by the changes in puberty;</li> <li>Understand what FGM is and that it is an illegal practice in this country;</li> <li>Know where someone could get support if they were concerned about their own or another person's safety.</li> <li>Identify the changes that happen through puberty to allow sexual reproduction to occur;</li> <li>Know a variety of ways in which the sperm can fertilise the egg to create a baby;</li> <li>Know the legal age of consent and what it means.</li> </ul>
<b>Texts</b>	<p><b>I had a Black Dog</b>-M Johnstone</p> <p><b>Jelly-Jo</b> Cotterill</p> <p><b>Boy at the Back of the Class</b></p>	<p><b>Cloudbursting</b>-Malorie Blackman</p>	<p><b>After the Fall</b> - Dan Santat</p> <p><b>The Little Book of Resilience</b>-M Johnstone</p>	<p><b>Harriet versus the Galaxy</b>-S Baines</p>	<p><b>The Great Kapok Tree</b>-Lynne Cherry</p>	<p><b>How to Change the World</b>-Rashmi Sireshpande</p>
<b>Vocab</b>	<p>assertiveness appropriate sensitive collaboration respectful response appropriate culture inappropriate religion bullied compromise illegal active forced marriage negotiation community bystanders passive civil partnership</p>	<p>disrespect bystander self-esteem diversity prejudice identity empathy stereotype tolerance assumption media influence situation gender stereotype community</p>	<p>online safety legal privacy sharing online emotional needs inappropriate physical needs age restrictions possess parental consent permission social media alcohol medical supply non-medical produce personal information</p>	<p>biased elections candidate image profile interest tax stereotype saving cash voting shop local debit card reuse pressure public services sustainable recycling unbiased environmentally sustainable bank (building society) account democracy online safety social media</p>	<p>give connect influence be active assessing risk problems choices goal setting overcome vaping practise media aspirations take notice (mindful) weigh up achieve challenges perseverance keep learning (get creative)</p>	<p>Media manipulation puberty sexual intercourse discuss confidential online safety self-esteem right to privacy age of consent stereotype peer pressure uncomfortable physical changes body image emotional changes in confidence sharing online</p>



## SCARF lesson plans and British Values

SCARF supports children's spiritual, moral, social, cultural and emotional development, fostering a sense of respect for themselves and others; it promotes health and wellbeing across the school community within a robust PSHE framework. Within this context, it contributes significantly to British Values in their broadest sense both explicitly and implicitly. The focus across the three themes of Health and Wellbeing, Relationships and Living in the Wider World help to foster and develop in children a responsibility for their own actions; respect for the actions and beliefs of others; an understanding of how each individual is protected by the rule of law; and how everyone can make a positive contribution to society through the democratic process.

Individual lessons which relate directly to the British Values themes of:

- *Democracy*
- *The rule of law*
- *Individual liberty and*
- *Mutual respect and tolerance of those with different faiths and beliefs*

are as follows, although you will be able to make further links across a range of the SCARF lessons.

Lesson	PSHE Learning Opportunity Updated LOs - 2020	British Values
Y1 It's not fair! Y2 An act of kindness	R4. to recognise what is fair and unfair, kind and unkind, what is right and wrong	Tolerance and Respect for others
Y1 Same or different? Y2 What makes us who we are?	R8. to identify and respect the differences and similarities between people	Tolerance and respect for others
Y1 Why we have classroom rules Y2 Our ideal classroom 1 & 2	LWW1. how to contribute to the life of the classroom LWW2. to help construct, and agree to follow, group and class rules and to understand how these rules help them	Democracy

Lesson	PSHE Learning Opportunity Updated LOs - 2020	British Values
Y1 Taking care of something Y2 Getting on with others	LWW3. that people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed)	Tolerance and respect for others
Y1 Our special people Y2 When someone is feeling left out	LWW4. that they belong to various groups and communities such as family and school	Individual Liberty
Y5 Independence and Responsibility	HW11. increased responsibility to keep themselves and others safe to recognise their increasing independence brings in	Individual Liberty
Y4 Different feelings Y5 How good a friend are you? Y6 Dan's Day	R1. to recognise and respond appropriately to a wider range of feelings in others	Tolerance and respect for others
Y3 Respect and challenge Y4 Diversity World Y4 What makes me Me! Y5 Kind Conversations Y5 The land of the red people Y6 Respecting Differences	R10. to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge their points of view. R32. About respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background. R33. To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own. R34. How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. L4. The importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others. LWW8. About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.	Tolerance and respect for others

Lesson	PSHE Learning Opportunity Updated LOs - 2020	British Values
Y3 Let's celebrate our differences! Y4 What would I do? Y4 Can you sort it? Y5 Happy Being me! Y6 OK to be different	R10. to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge their points of view R14. to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviour	Tolerance and respect for others
Y3 As a rule Y4 How do we make a difference? Y5 Local Councils	LWW2. why and how rules and laws that protect themselves and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules	Democracy The rule of law
Y3 It's your right! Y5 or Y6 Captain Coram module	LWW3. to understand that everyone has human rights, all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child & LWW4. that these universal rights are there to protect everyone and have primacy both over national law and family and community practices	Tolerance and respect for others The rule of law
Y4 The people we share our world with	LWW11. to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom	Tolerance and respect for others
Y6 Democracy in Britain 1 & 2	LWW1. To recognise reasons for rules and laws; consequences of not adhering to rules and laws.	Democracy The rule of law