

WITHINFIELDS PRIMARY SCHOOL

PSHE CURRICULUM –KS2

	Y3	Y4	Y5	Y6
Our Happy School	<p>Know something about everyone in my class Be able to work in a cooperative way with others Know that everyone has to live by rules</p>	<p>Know what it feels like to be unwelcome Be able to work with others to achieve a shared goal Know how to develop and maintain a positive learning environment</p>	<p>Know that I am valued at school Be able to identify my strengths and how I can contribute to a group Know about the importance of rules and keeping them</p>	<p>Know how to work well in a group Be able to listen to and show respect for other people's views when working in a group Know about what makes a group function well so that we can learn together</p>
Out and About	<p>Know how to take turns when talking Be able to spot dangers in the home including dangers online Know about how to stay safe</p>	<p>Know how to enjoy fireworks safely Be able to use peaceful problem solving to sort out difficulties Know about ways to manage difficult feelings</p>	<p>Know that different ways of behaving are appropriate in different types of relationships Be able to protect my personal safety Know about how stereotyping can affect people in different ways</p>	<p>Know how to protect myself online Be able to use my skills for solving problems peacefully to help other people resolve conflict Know about strategies I can use to stay safe when faced with risky situations</p>
Looking forward	<p>Know some enterprising ways I can support a charity Know how others can help me achieve my goals and how I can help others Know about the importance of teamwork</p>	<p>Know what can influence how people spend or save Know I am responsible for my own learning and behaviour Know about why people spend and save</p>	<p>Be able to explain how people manage their money Know the skills and attributes of a successful learner Know about how to save up for an item, and how to restrict my other spending to do so</p>	<p>Be able to help organize an enterprise activity Know it is up to me to get things done by taking the first step Know about how money affects the way I live</p>
My friends and family	<p>Know that families can be different from one another Be able to say no to peer pressure Know about the importance of caring for myself and keeping myself clean</p>	<p>Know the names for male and female body parts Be able to take responsibility for what I choose to do Know about how and why my body will change</p>	<p>Know some things to do when I feel embarrassed Be able to describe some of the physical changes of puberty Know about how my body will change during puberty, how I may feel, and what to do about these feelings</p>	<p>Know some of the feelings that people have when someone close dies or leaves Be able to recognise and challenge stereotyping and discrimination Know about how the media can influence the way we think and feel about people and situations</p>

	Y3	Y4	Y5	Y6
Healthy Bodies, Healthy Minds	<p>Know that eating too much salt, sugar and fat is bad for me</p> <p>Be able to recognise when I find something difficult and do something about it or cope with how that makes me feel</p> <p>Know about how to keep my body healthy</p>	<p>Know I am responsible for taking exercise to look after my body</p> <p>Know how to say no, if offered a cigarette</p> <p>Be able to stop and think before I act</p> <p>Know about how to make sensible choices</p>	<p>Know that alcohol is a drug</p> <p>Be able to describe the Eat Well plate and a balanced diet</p> <p>Be able to stand up for what I think after listening to others and making my own choice</p> <p>Know about how I can have a healthy mind and body</p>	<p>Know why I should exercise</p> <p>Know what addiction means</p> <p>Understand that sometimes the feeling part of my brain takes over and I might make mistakes</p> <p>Know what I can do when I feel pressured</p>
Ready, Steady, Go	<p>Know some people who I can turn to for help at difficult times</p> <p>Know that everybody goes through many sorts of change all the time</p> <p>Know about ways of keeping myself safe including how to contact Childline</p>	<p>Know some ways of dealing with changes that make me feel uncomfortable</p> <p>Know some ways of dealing with the feelings that arise from changes</p> <p>Know about ways to keep myself safe when I am out with my friends</p>	<p>Know how people often respond to difficult changes</p> <p>Be able to take responsibility for my own safety</p> <p>Know about how to deal with difficult feelings to do with loss</p>	<p>Know that sometimes there can be positive outcomes from changes that we didn't welcome initially</p> <p>Be able to look for the positives in big changes I am facing</p> <p>Know about the positive aspects of moving on to secondary school</p>