

WITHINFIELDS PRIMARY SCHOOL

PSHE CURRICULUM –KS2

	Y3	Y4	Y5	Y6
Physical Health and Mental Wellbeing	<p><u>Health & Wellbeing</u> Know about the choices that people make in daily life that could affect their health Can identify healthy and unhealthy choices Know what can help people to make healthy choices and what might negatively influence them Know about habits and that sometimes they can be maintained, changed or stopped Understands the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle Know what is meant by a healthy, balanced diet Know that regular exercise such as walking or cycling has positive benefits for their mental and physical health Recognises positive body image Know about the things that affect feelings both positively and negatively Know strategies to identify and talk about their feelings</p>	<p><u>Health & Wellbeing</u> Can identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally Know what good physical health means and how to recognise early signs of physical illness Know that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary Know how to maintain oral hygiene and dental health, including how to brush and floss correctly Know the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</p>	<p><u>Health & Wellbeing</u> Know how sleep contributes to a healthy lifestyle Know healthy sleep strategies and how to maintain them Know about the benefits of being outdoors and in the sun for physical and mental health Know how to manage risk in relation to sun exposure, including skin damage and heat stroke Know how medicines can contribute to health and how allergies can be managed Know that some diseases can be prevented by vaccinations and immunisations Know that bacteria and viruses can affect health Know how they can prevent the spread of bacteria and viruses with everyday hygiene routines Recognise the shared responsibility of keeping a clean environment</p>	<p><u>Health & Wellbeing</u> Know that mental health is just as important as physical health and that both need looking after Recognise that anyone can be affected by mental ill-health Know how negative experiences such as being bullied or feeling lonely can affect mental wellbeing Recognise positive strategies for managing feelings Know that there are situations when someone may experience mixed or conflicting feelings Know the importance of asking for support from a trusted adult Know about the changes that may occur in life including death, and how these can cause conflicting feelings Know that changes can mean people experience feelings of loss or grief Know about the process of grieving Know how balancing time online with other activities Know strategies to manage time spent online and foster positive habits Know what to do and whom to tell if they are frightened or worried about something online</p>

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Growing and Changing	<p><u>Health & Wellbeing</u> Know that everyone is an individual and has unique and valuable contributions to make Can recognise how strengths and interests form part of a person's identity Know how to identify their own personal strengths and interests and what they're proud of Can recognise common challenges to self-worth Know basic strategies to manage and reframe setbacks</p>	<p><u>Health & Wellbeing</u> Can identify external genitalia and reproductive organs Know about the physical and emotional changes during puberty – positive body image Know key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams Know strategies to manage the changes during puberty including menstruation Know the importance of personal hygiene routines during puberty including washing regularly and using deodorant Know how to discuss the challenges of puberty with a trusted adult Know how to get information, help and advice about puberty</p>	<p><u>Health & Wellbeing</u> Know about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes Know that for some people their gender identity does not correspond with their biological sex Know how to recognise, respect and express their individuality and personal qualities Know ways to boost their mood and improve emotional wellbeing Know about the link between participating in interests, hobbies and community groups and mental wellbeing</p>	<p><u>Health & Wellbeing</u> Recognise some of the changes as they grow up e.g. increasing independence Know about what being more independent might be like, including how it may feel Know about the transition to secondary school and how this may affect their feelings Know about how relationships may change as they grow up or move to secondary school Know practical strategies that can help to manage times of change and transition Identify the links between love, committed relationships and conception Know what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults Know how pregnancy occurs Know that pregnancy can be prevented with contraception Know about the responsibilities of being a parent or carer and how having a baby changes someone's life</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Keeping Safe</p>	<p><u>Health & Wellbeing</u> Know how to identify typical hazards at home and in school Know how to predict, assess and manage risk in everyday situations Know about fire safety at home including the need for smoke alarms Recognises the importance of following safety rules from parents and other adults Know how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety</p>	<p><u>Health & Wellbeing</u> Know the importance of taking medicines correctly and using household products safely Recognises what is meant by a 'drug' Know that drugs common to everyday life and can affect health and wellbeing Can identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects Can identify some of the risks associated with drugs common to everyday life Know that for some people using drugs can become a habit which is difficult to break</p>	<p><u>Health & Wellbeing</u> Can identify when situations are becoming risky, unsafe or an emergency Can identify occasions where they can help take responsibility for their own safety Can differentiate between positive risk taking and dangerous behaviour Know how to deal with common injuries using basic first aid Know how to respond in an emergency, including when and how to contact different emergency services Know that female genital mutilation (FGM) is against British law¹</p>	<p><u>Health & Wellbeing</u> Know how to protect personal information online Identify potential risks of personal information being misused Know strategies for dealing with requests for personal information Identify types of images that are appropriate to share with others and those which might not be Know that images or text can be quickly shared with others, and what the impact of this might be Know what to do if they take, share or come across an image which may upset, hurt or embarrass them or others Know how to report the misuse of personal information Know about the different age rating systems for social media, T.V, films, games and online gaming Know why age restrictions are important Know about the risks and effects of different drugs Know about the laws relating to drugs common to everyday life and illegal drugs Recognise why people choose to use or not use drugs Know about the organisations where people can get help and support Know about mixed messages in the media relating to drug use</p>
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	Y3	Y4	Y5	Y6
Families and Friendships	<p><u>Relationships</u> Know to recognise and respect that there are different types of families Know that being part of a family provides support, stability and love Recognises positive aspects of being part of a family Know about the different ways that people can care for each other Can identify if/when something in a family might make someone upset or worried Know what to do and whom to tell if family relationships are making them feel unhappy or unsafe</p>	<p><u>Relationships</u> Know about the features of positive healthy friendships such as mutual respect, trust and sharing interests Know strategies to build positive friendships Know how to seek support with relationships if they feel lonely or excluded Know how to communicate respectfully with friends Know how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know Know what to do or whom to tell if they are worried about any contact online</p>	<p><u>Relationships</u> Know what makes a healthy friendship and how they make people feel included Know strategies to help someone feel included Know about peer influence and how it can make people feel or behave Know the impact of the need for peer approval in different situations, including online Know strategies to manage peer influence and the need for peer approval Know that it is common for friendships to experience challenges Know strategies to positively resolve disputes and reconcile differences in friendships Know that friendships can change over time and the benefits of having new and different types of friends Know how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable Know when and how to seek support in relation to friendships</p>	<p><u>Relationships</u> Know what it means to be attracted to someone and different kinds of loving relationships Know that people who love each other can be of any gender, ethnicity or faith Know the difference between gender identity and sexual orientation and everyone's right to be loved Know about the qualities of healthy relationships that help individuals flourish Know ways in which couples show their love and commitment to one another, including those who are not married or who live apart Know what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults Know that people have the right to choose whom they marry or whether to get married Know that to force anyone into marriage is illegal Know how and where to report forced marriage or ask for help if they are worried</p>

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Safe Relationships	<p><u>Relationships</u> Know what is appropriate to share with friends, classmates, family and wider social groups including online Know about what privacy and personal boundaries are, including online Know basic strategies to help keep themselves safe online Know that bullying and hurtful behaviour is unacceptable in any situation Know about the effects and consequences of bullying for the people involved Know about bullying online, and the similarities and differences to face-to-face bullying Know what to do and whom to tell if they see or experience bullying or hurtful behaviour</p>	<p><u>Relationships</u> Can differentiate between playful teasing, hurtful behaviour and bullying, including online Know how to respond if they witness or experience hurtful behaviour or bullying, including online Can recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable Know how to manage pressures associated with dares Know when it is right to keep or break a confidence or share a secret Know how to recognise risks online such as harmful content or contact Know how people may behave differently online including pretending to be someone they are not Know how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</p>	<p><u>Relationships</u> Can identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations Know how to ask for, give and not give permission for physical contact Know how it feels in a person's mind and body when they are uncomfortable Know that it is never someone's fault if they have experienced unacceptable contact Know how to respond to unwanted or unacceptable physical contact Know that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about Know whom to tell if they are concerned about unwanted physical contact</p>	<p><u>Relationships</u> Know how to compare the features of a healthy and unhealthy friendship Know about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong Know strategies to respond to pressure from friends including online Know how to assess the risk of different online 'challenges' and 'dares' Know how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable Know how to get advice and report concerns about personal safety, including online Know what consent means and how to seek and give/not give permission in different situations</p>

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Respecting Ourselves and Others	<p><u>Relationships</u> Can recognise respectful behaviours Know how to model respectful behaviour in different situations Know the importance of self-respect and their right to be treated respectfully by others Know what it means to treat others, and be treated, politely Know the ways in which people show respect and courtesy in different cultures and in wider society</p>	<p><u>Relationships</u> Can recognise differences between people such as gender, race, faith Can recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations Know about the importance of respecting the differences and similarities between people</p>	<p><u>Relationships</u> Can recognise that everyone should be treated equally Know why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own Know what discrimination means and different types of discrimination e.g. racism, sexism, homophobia Can identify online bullying and discrimination of groups or individuals e.g. trolling and Harassment Know the impact of discrimination on individuals, groups and wider society Know ways to safely challenge discrimination Know how to report discrimination online</p>	<p><u>Relationships</u> Know about the link between values and behaviour and how to be a positive role model Know how to discuss issues respectfully Know how to listen to and respect other points of view Know how to constructively challenge points of view they disagree with Know ways to participate effectively in discussions online and manage conflict or disagreements</p>

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Belonging to a Community	<p><u>Living in the Wider World</u> Know the reasons for rules and laws in wider society Know the importance of abiding by the law and what might happen if rules and laws are broken Know what human rights are and how they protect people Can identify basic examples of human rights including the rights of children Know about how they have rights and also responsibilities Know that with every right there is also a responsibility</p>	<p><u>Living in the Wider World</u> Know the meaning and benefits of living in a community Can recognise that they belong to different communities as well as the school community Know about the different groups that make up and contribute to a community Know about the individuals and groups that help the local community, including through volunteering and work Know how to show compassion towards others in need and the shared responsibilities of caring for them</p>	<p><u>Living in the Wider World</u> Know about how resources are allocated and the effect this has on individuals, communities and the environment Know the importance of protecting the environment and how everyday actions can either support or damage it Know how to show compassion for the environment, animals and other living things Know about the way that money is spent and how it affects the environment</p>	<p><u>Living in the Wider World</u> Know what prejudice means Know to differentiate between prejudice and discrimination Know how to recognise acts of discrimination Know strategies to safely respond to and challenge discrimination Know how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups Know how stereotypes are perpetuated and how to challenge this</p>

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Media literacy and Digital resilience	<p><u>Living in the Wider World</u> Know how the internet can be used positively for leisure, for school and for work Can recognise that images and information online can be altered or adapted and the reasons for why this happens Know strategies to recognise whether something they see online is true or accurate Can evaluate whether a game is suitable to play or a website is appropriate for their age-group Know to make safe, reliable choices from search results Know to report something seen or experienced online that concerns them</p>	<p><u>Living in the Wider World</u> Know that everything shared online has a digital footprint Know that organisations can use personal information to encourage people to buy things Can recognise what online adverts look like Can compare content shared for factual purposes and for advertising Know why people might choose to buy or not buy something online e.g. from seeing an advert Know that search results are ordered based on the popularity of the website and that this can affect what information people access</p>	<p><u>Living in the Wider World</u> Can identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise Know basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased Know that some media and online content promote stereotypes – body image Know how to assess which search results are more reliable than others Can recognise unsafe or suspicious content online Know how devices store and share information</p>	<p><u>Living in the Wider World</u> Know about the benefits of safe internet Know how and why images online might be manipulated, altered, or faked Know how to recognise when images might have been altered Know why people choose to communicate through social media and some of the risks and challenges of doing so Know that social media sites have age restrictions and regulations for use Know the reasons why some media and online content is not appropriate for children Know how online content can be designed to manipulate people's emotions and encourage them to read or share things Know about sharing things online, including rules and laws relating to this Know how to recognise what is appropriate to share online Know how to report inappropriate online content or contact</p>

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Money and Work	<p><u>Living in the Wider World</u> Know about jobs that people may have from different sectors Know that people can have more than one job at once or over their lifetime Know about common myths and gender stereotypes related to work Know to challenge stereotypes through examples of role models in different fields of work Know about some of the skills needed to do a job, such as teamwork and decision-making Know to recognise their interests, skills and achievements and how these might link to future jobs Know how to set goals that they would like to achieve this year</p>	<p><u>Living in the Wider World</u> Know how people make different spending decisions based on their budget, values and needs Know how to keep track of money and why it is important to know how much is being spent Know about different ways to pay for things such as cash, cards, e-payment and the reasons for using them Know that how people spend money can have positive or negative effects on others e.g. charities, single use plastics</p>	<p><u>Living in the Wider World</u> Can identify jobs that they might like to do in the future Know about the role ambition can play in achieving a future career Know how or why someone might choose a certain career Know about what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values Know the importance of diversity and inclusion to promote people's career opportunities Know about stereotyping in the workplace, its impact and how to challenge it Know that there is a variety of routes into work e.g. college, apprenticeships, university, training</p>	<p><u>Living in the Wider World</u> Know about the role that money plays in people's lives, attitudes towards it and what influences decisions about money Know about value for money and how to judge if something is value for money Know how companies encourage customers to buy things and why it is important to be a critical consumer Know how having or not having money can impact on a person's emotions, health and wellbeing Know about common risks associated with money, including debt, fraud and gambling Know how money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk Know how to get help if they are concerned about gambling or other financial risks</p>