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EYFS

<i>Term & Focus</i>	<i>Pupil outcomes / Year 1 readiness Skills, knowledge and understanding</i>	<i>Other opportunities to develop understanding</i>
<p>Autumn <u>1 Being Me In My World</u></p> <p><u>2. Celebrating Differences</u></p>	<p>I understand school expectations, rewards and consequences and our learning charter in my class this year. I can understand making good choices. I know if I make a bad choice there will be a consequence. I can learn about myself.</p> <p>I can make friends and make others feel welcomes. I understand what some of my feelings are and can share them with others.</p>	<p>School rules and expectations Settling into class Making connections Social, moral development</p> <p>ELG: Self-Regulation Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p>
<p>Spring <u>3 Dreams and Goals</u></p> <p><u>4 Healthy Me</u></p>	<p>I can talk openly about my own needs, wants, interests and opinions.</p> <p>I can talk about myself in a good way and talk about what I can do.</p> <p>I can say what happens to my body after exercise.</p>	<p>Link with PE learning and staying active Consider how active they are when they are outside People who help me – emergency services and how to contact them (linked to first aid)</p> <p>ELG: Managing Self Children at the expected level of development will: - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;</p>



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	<p>I can understand that by being active and exercising it will make me healthy.</p> <p>I know how to make a call to the emergency services.</p> <p>I know how to ask for help with first aid.</p> <p>I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>	<ul style="list-style-type: none"> - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
<p>Summer</p> <p><u>5 Relationships</u></p>	<p>I know which behaviour is OK and which is not and I am able to talk about it. I know that the things I do affect how other feel.</p> <p>I know that the things I do affect others around me.</p> <p>I know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>I know where to get advice e.g. family, school and/or other sources.</p>	<p>Friendships</p> <p>Family (family history in history)</p> <p>ELG: Building Relationships</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.
<p><u>6 Changing Me</u></p>	<p>I can start conversations, I can listen and respond to what others say, I can say and talk about what I know, I can ask questions.</p> <p>I understand that things grow and change.</p>	



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Year 1

<i>Term & Focus</i>	<i>Knowledge</i>	<i>Skills</i>
<p>Autumn <u>1 Being Me In My World</u></p> <p><u>2. Celebrating Differences</u></p>	<p>I know class rules, rewards and consequences and our learning charter in my class this year. I know the difference between right and wrong.</p> <p>I know that differences make us all special and unique. I know how people are similar and different.</p>	<p>I can tell you some ways I am different from my friends. I can offer a variety of views. I can reflect on and learn about myself.</p> <p>I can celebrate how I am different to my friends. I can join in cultural opportunities.</p>
<p>Spring <u>3 Dreams and Goals</u></p> <p><u>4 Healthy Me</u></p>	<p>I know how to store the feeling of success in my internal treasure chest.</p> <p>I know why it is important to keep my body healthy. I know some ways to keep my body healthy. I know how to make a clear and efficient call to emergency services if necessary. I know some basic concepts of basic first-aid, for</p>	<p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. I can recognise how being healthy helps me to feel happy.</p>



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	<p>example dealing with common injuries, including head injuries.</p> <p>I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>	
<p>Summer <u>5 Relationships</u></p>	<p>I know why relationships are important. I know who my friends are. I know that families are important because they give love.</p> <p>I know how to report concerns or abuse, and the vocabulary and confidence needed to do so. I know where to get advice e.g. family, school and/or other sources.</p>	<p>I can tell you why I appreciate someone who is special to me. I can express how I feel about them.</p>
<p><u>6 Changing Me</u></p>	<p>I know and respect my body and understand which parts are private.</p>	<p>I can identify the parts of the body that make boys different to girls and can use the correct names for these; penis, testicles, vagina.</p>



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Year 2

<i>Term & Focus</i>	<i>Knowledge</i>	<i>Skills</i>
Autumn <u>1 Being Me In My World</u> <u>2. Celebrating Differences</u>	<p>I know my rights and responsibilities, rewards and consequences and our learning charter in my class this year.</p> <p>I know that everyone is unique and celebrate everyone's differences. I know and appreciate cultural differences.</p>	<p>I can tell you some ways I am different from my friends. I can understand these differences make us all special and unique. I can offer a variety of views. I know the difference between right and wrong.</p> <p>I can respect and tolerate those who are different to me. I can celebrate how I am similar and different to members of my family or friendship groups.</p>
Spring <u>3 Dreams and Goals</u> <u>4 Healthy Me</u>	<p>I know how it feels to have a dream.</p> <p>I know some ways to keep my body healthy.</p>	<p>I can explain some of the ways in which I worked collaboratively to help my group create the end product. I can express how it felt to be working as part of this group.</p>



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	<p>I know the principles of planning and preparing a range of healthy meals.</p> <p>I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>I know how to make a call to the emergency services.</p> <p>I know how to get help if someone is injured.</p>	<p>I can make some healthy snacks and explain why they are good for my body.</p> <p>I can express how it feels to share healthy food with my friends.</p>
<p>Summer</p> <p><u>5 Relationships</u></p>	<p>I know why relationships are important.</p> <p>I know some strategies to help me deal with conflicts.</p> <p>I know that families are important because they give love and security.</p> <p>I know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>I know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>I know how to ask for advice or help for themselves or others, and to keep trying.</p> <p>I know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>I know where to get advice e.g. family, school and/or other sources.</p>	<p>I can identify some of the things that can cause conflict between me and my friends.</p> <p>I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends.</p>
<p><u>6 Changing Me</u></p>	<p>I know the physical differences between girls and boys.</p> <p>I know about the natural process of growing from young to old and understand that this is not in my control.</p> <p>I know I am becoming more independent and feel proud.</p>	<p>I can recognise the physical differences between boys and girls and use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private.</p> <p>I can recognise cycles of life in nature.</p> <p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p>



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		I can tell you what I like/don't like about being a boy/girl.
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Year 3

<i>Term & Focus</i>	<i>Knowledge</i>	<i>Skills</i>
<p>Autumn <u>1 Being Me In My World</u></p> <p><u>2. Celebrating Differences</u></p>	<p>I know rights and responsibilities, rewards and consequences and our learning charter in my class this year. I know why rules are important. I know what democracy is and the impact on school. I know that it is important that all, including those in power, follow the rules and expectation both in school and in wider life.</p> <p>I know why mutual respect for and tolerance of those with different faiths and beliefs and for those without faith is important. I know how to give and receive compliments. I know how to offer suggestions on how people can improve. I know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p>	<p>I can tell someone else our class rules. I can tell others what our rules are. I can offer a variety of views. I know the difference between right and wrong.</p> <p>I tolerate, accept, respect and celebrate diversity. I can tell you about a time when my words affected someone's feelings and what the consequences were.</p>



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<p>Spring <u>3 Dreams and Goals</u></p>	<p>I am confident with sharing my success with others and know how to store my feelings of success in my internal treasure chest.</p> <p>I know how to make a clear and efficient call to emergency services if necessary.</p> <p>I know some basic first-aid, for example dealing with common injuries, including head injuries.</p> <p>I know the mental and physical benefits of an active lifestyle.</p> <p>I know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p>	<p>I can evaluate my own learning process and identify how it could be better next time.</p>
<p><u>4 Healthy Me</u></p>	<p>I know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p>I know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>I know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p> <p>I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>	<p>I can identify things, people and places that you need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.</p> <p>I can express how being anxious or scared feels.</p>



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<p>Summer <u>5 Relationships</u></p>	<p>I know why relationships are important. I know some strategies to help resolve conflicts. I know that families are important because they give love, stability and security. I know the characteristics of healthy family life, commitment to each other and the importance of spending time together and sharing each other's lives. I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>I know how to report concerns or abuse, and the vocabulary and confidence needed to do so. I know where to get advice e.g. family, school and/or other sources.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings.</p>	<p>I can explain how some of the actions and work of people around the world help and influence my life. I can show an awareness of how this could affect my choices. I can show an awareness that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p>
<p><u>6 Changing Me</u></p>	<p>I understand that babies grow and develop in the mother's uterus.</p>	<p>I can express how I might feel if I had a new baby in my family.</p>



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Year 4

<i>Term & Focus</i>	<i>Knowledge</i>	<i>Skills</i>
Autumn <u>1 Being Me In My World</u>	<p>I know my rights and responsibilities, rewards and consequences and our learning charter in my class this year.</p> <p>I know why my rights are important.</p> <p>I know what democracy is and the impact on both school and wider life.</p> <p>I know that it is important that all, including those in power, follow the rules and expectation both in school and in wider life. I know and enjoy learning about myself, others and the surrounding world.</p>	<p>I can tell others why our class rules are important.</p> <p>I can fulfil my responsibilities.</p> <p>I can tell others' what our rules are.</p> <p>I can recognise right and wrong.</p> <p>I can respect the rules and law and know that I should follow these because it's the right thing to do.</p> <p>I understand consequences.</p>
<u>2. Celebrating Differences</u>	<p>I know why mutual respect for and tolerance of those with different faiths and beliefs and for those without faith is important.</p> <p>I know how to give and receive compliments.</p> <p>I know everyone is unique.</p>	<p>I can tell you a time when my first impression of someone changed as I got to know them.</p> <p>I can explain why it is good to accept people for who they are.</p> <p>I can use a range of social skills and use some strategies to help resolve conflict.</p>
Spring <u>3 Dreams and Goals</u>	<p>I know how to make a new plan and set new goals even if I have been disappointed.</p>	<p>I can evaluate my own learning process and identify how it could be better next time.</p>



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<p><u>4 Healthy Me</u></p>	<p>I know what it means to be resilient and to have a positive attitude.</p> <p>I know how to make a clear and efficient call to emergency services if necessary.</p> <p>I know some basic first-aid, for example dealing with common injuries, including head injuries.</p> <p>I know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> <p>I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>	<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p> <p>I can express how being anxious or scared feels.</p>
<p><u>Summer 5 Relationships</u></p>	<p>I know a number of strategies to help me solve conflicts.</p> <p>I know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>I know that the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>I know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p>	<p>I can explain different points of view on an animal rights issue.</p> <p>I can express my own opinion and feelings on this.</p> <p>I can consider my online friendships and sources of information including awareness of the risks associated with people I have never met</p>



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<p><u>6 Changing Me</u></p>	<p>I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>I know how to report concerns or abuse, and the vocabulary and confidence needed to do so. I know where to get advice e.g. family, school and/or other sources.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings.</p>	<p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I can identify what I am looking forward to when I am in year 5.</p> <p>I can reflect on changes I would like to make when I am in year 5 and can describe how to go about this.</p>
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Year 5

<i>Term & Focus</i>	<i>Knowledge</i>	<i>Skills</i>
Autumn <u>1 Being Me In My World</u>	<p>I know my rights and responsibilities, rewards and consequences and our learning charter in my class this year.</p> <p>I know what democracy is and the impact on both school and wider life.</p> <p>I know that it is important that all, including those in power, follow the rules and expectation both in school and in wider life.</p> <p>I know and enjoy learning about myself, others and the surrounding world.</p> <p>I know the role of Britain’s parliamentary system.</p>	<p>I can explain our class and wider school rules to others’.</p> <p>I can explain democracy and why it is important in our community.</p> <p>I can take part in democratic events in school and understand the importance of this.</p> <p>I can recognise right and wrong.</p> <p>I can respect the rules and law and know that I should follow these because it’s the right thing to do.</p> <p>I understand consequences.</p>
<u>2. Celebrating Differences</u>	<p>I know why mutual respect for and tolerance of those with different faiths and beliefs and for those without faith is important.</p> <p>I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p>	<p>I can accept responsibility for my own behaviour and ensure this is respectful to others.</p> <p>I can explain the differences between direct and indirect types of bullying.</p> <p>I can use a range of social skills, appreciate diverse viewpoints and use a range of strategies to resolve conflict</p>



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<p>Summer <u>5 Relationships</u></p>	<p>I know how to solve conflicts. I know how to develop my own self esteem. I know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p> <p>I know how to report concerns or abuse, and the vocabulary and confidence needed to do so. I know where to get advice e.g. family, school and/or other sources.</p>	<p>I can explain how to stay safe when using technology to communicate with my friends. I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.</p>
<p><u>6 Changing Me</u></p>	<p>I know how my body will change. I know the changes that growing up will bring and am confident I can cope with them. I know and am aware of my own self-image and how my body image fits into that. I understand that puberty is a natural process that happens to everybody and that it will be ok for me. I understand that sexual intercourse is usually how a baby is made but that sometimes people need IVF to help them have a baby. I know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p>	<p>I can describe how boys' and girls' bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty. I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>I can identify what I am looking forward to about becoming a teenager and understand that this means increased independence and responsibilities.</p> <p>I can identify what I am looking forward to when I am in Year 6.</p>



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	<p>I know that in school and in wider society I can expect to be treated with respect by others, and that in turn I should show due respect to others, including those in positions of authority.</p> <p>I know the importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>I know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>I know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>I know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>I know where to get advice e.g. family, school and/or other sources.</p> <p>I recognise how I feel when I reflect on the development and birth of a baby.</p> <p>I know how my body will change.</p> <p>I know how I feel when I reflect on the birth of a baby.</p> <p>I know the changes that growing up will bring and am confident I can cope with them.</p> <p>I know and am aware of my own self-image and how my body image fits into that.</p>	<p>I can describe how boys' and girls' bodies change during puberty.</p> <p>I can express how I feel about the changes that will happen to me during puberty.</p> <p>I can identify what I am looking forward to about becoming a teenager and understand that this means increased independence and responsibilities.</p>
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6 Changing Me



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	<p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me.</p> <p>I understand that sexual intercourse is usually how a baby is made but that sometimes people need IVF to help them have a baby.</p>	<p>I can describe how boys' and girls' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>I can describe how a baby develops from conception through the nine months of pregnancy and how it is born.</p>
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