



Oxford Primary School

Courage, Kindness, Curiosity

PHSE Curriculum Document

Intent for PHSE Curriculum

PSHE education at Oxford Primary School aims to develop our children’s knowledge, skills and attributes needed to keep them healthy, safe and prepared for life and work. We aim to provide a curriculum that enables our children to develop their resourcefulness, enabling them to manage life’s challenges and utilise life’s opportunities. Our Oxford values of courage, kindness and curiosity, thread through all of our learning in our commitment to ensure our children feel valued, happy and secure individuals. Three core themes are studied in every year group to develop essential skills such as self-esteem, empathy, decision- making, resilience, self-regulation, teamwork and critical thinking.

	Y1	Y2	Y3	Y4	Y5	Y6
Core Theme 1: Health & Well being						
Healthy Lifestyles: Physical Well-being	<p>Knowledge Know about the different exercises to increase our heart rate.</p> <p>Know the adults to speak to if they are worried about their health.</p>	<p>Knowledge Know the importance of eating a balanced diet.</p> <p>Know the importance of regular exercise to increase our heart rate.</p> <p>Know the importance of building regular exercise into daily & weekly routines.</p> <p>Know the adults to speak to if they are worried about their health.</p>	<p>Skills Be able to make an informed choice about balanced diet & exercise.</p> <p>Be able to make an informed choice about personal hygiene e.g. washing regularly & cleaning teeth.</p> <p>Knowledge To know about the importance of eating 5</p>	<p>Skills Be able to make informed choices about balanced diet & exercise.</p> <p>Be able to make informed choices about regular personal hygiene practices.</p> <p>Knowledge Know about the importance of reducing fat, salt & sugar in the diet.</p>	<p>Skills Be able to make informed choices about balanced diet & exercise and associated benefits to physical & mental well-being.</p> <p>Be able to make informed choices about regular personal hygiene practices linked to hormone changes in the body.</p>	<p>Skills Be able to make informed choices about balanced diet & exercise and associated benefits to physical & mental well-being.</p> <p>Be able to make informed choices about regular personal hygiene practices linked to hormone changes in the body & exercise.</p>

		<p>Know that some diseases can spread and can be controlled.</p>	<p>pieces of fruit & vegetables a day.</p> <p>Know the characteristics of a poor diet & risks associated with unhealthy eating. e.g. tooth decay)</p> <p>Know about the importance of exercising for 20 minutes daily.</p> <p>Know the importance of building regular exercise into daily & weekly routines.</p> <p>Know the adults to speak to if they are worried about their health.</p>	<p>Know the characteristics of a poor diet & risks associated with unhealthy eating. e.g. tooth decay)</p> <p>Give examples of good forms of exercise that can be sustained for 20 minutes.</p> <p>Know the importance of building regular exercise into daily & weekly routines.</p> <p>Know the adults to speak to if they are worried about their health.</p>	<p>Knowledge</p> <p>Know the food types that make a balanced diet.</p> <p>Know the principles of planning & preparing for a range of healthy meals.</p> <p>Know why 20 minutes of exercise, daily is important in sustaining a healthy lifestyle.</p> <p>Know the physical and mental benefits of an active healthy lifestyle.</p> <p>Know the risks associated with an inactive lifestyle. (including obesity)</p>	<p>Knowledge</p> <p>Know about the proportions of the food types in a balanced diet.</p> <p>Know the principles of planning & preparing for a range of healthy meals.</p> <p>Know the positive impact of exercising for 20 minutes daily and the impact on physical and mental health if people do not exercise regularly.</p> <p>Know the physical and mental benefits of an active healthy lifestyle.</p> <p>Know the risks associated with an inactive lifestyle. (including obesity)</p>
<p>Healthy Lifestyles: Mental well-being</p>	<p>Skills</p> <p>Be able to recognise & state personal feelings e.g. happy, sad, and scared.</p> <p>Knowledge</p> <p>Know and be able to describe personal likes and dislikes.</p>	<p>Skills</p> <p>Be able to recognise our feelings & know it is good to express them.</p> <p>Be able to describe what bullying behaviour looks like.</p>	<p>Skills</p> <p>Be able to recognise feelings & be aware of different self-regulation strategies.</p> <p>Be able to talk about their feelings</p>	<p>Skills</p> <p>Recognise feelings & begin to develop self - regulation strategies. Be able to talk about their feelings.</p>	<p>Skills</p> <p>Be able to recognise feelings & use self - regulation strategies.</p> <p>Be able to talk about their feelings.</p>	<p>Skills</p> <p>Be able to recognise feelings & know what self-regulation strategies work personally.</p> <p>Be able to talk about their feelings.</p>

	<p>Know what loneliness is as a concept and to tell an adult if they are feeling lonely.</p> <p>Know that bullying is an unkind behaviour that is unacceptable.</p> <p>Know what adults to go to if they are worried about their own or someone else's mental well-being.</p>	<p>Knowledge To know the importance of expressing feelings as part of personal well-being.</p> <p>Know it is okay to have any feeling but it is not okay to behave in any way you like. Know what loneliness is as a concept and to tell an adult if they are feeling lonely.</p> <p>Know what adults to go to if they are worried about their own or someone else's mental well-being.</p>	<p>Be able to judge whether they are behaving appropriately.</p> <p>Knowledge Know self-care techniques, including the importance of rest, time spent with friends & family.</p> <p>Know strategies that can help people to manage feelings and emotions.</p> <p>Know the difference between loneliness & isolation. Know to tell an adult if they are feeling lonely.</p> <p>Know that there are 3 elements to bullying: deliberate, continuous acts of unkindness that are linked to put someone down to remove their power.</p> <p>Know what adults to go to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues online).</p>	<p>Be able to judge whether they are behaving appropriately.</p> <p>Knowledge Know self-care techniques, including the importance of rest, time spent with friends & family.</p> <p>Know the difference between loneliness & isolation.</p> <p>Know and use strategies to help manage feelings and emotions.</p> <p>Know to tell an adult if they are feeling lonely.</p> <p>Know that there are 3 elements to bullying: deliberate, continuous acts of unkindness that are linked to put someone down to remove their power.</p> <p>Know what adults to go to if they are worried about their own or someone else's mental well-being or ability to control their emotions</p>	<p>Be able to judge whether they are behaving appropriately & proportionately.</p> <p>Knowledge Know mental well-being is a normal part of daily life, in the same way as mental health.</p> <p>Know the benefits of physical activity, time outdoors, community participation, voluntary and service-based activity on mental well-being & happiness.</p> <p>Know self-care techniques including rest, spending time with friends & family & the benefits of hobbies & interests.</p> <p>Know loneliness can affect children & that it is important for children to discuss their feelings with an adult or seek support. Know bullying has a negative and often lasting impact on mental well-being.</p>	<p>Be able to judge whether they are behaving appropriately & proportionately.</p> <p>Knowledge Know mental well-being is a normal part of daily life, in the same way as mental health.</p> <p>Know the benefits of physical activity, time outdoors, community participation, voluntary and service-based activity on mental well-being & happiness.</p> <p>Know self-care techniques including rest, spending time with friends & family & the benefits of hobbies & interests.</p> <p>Know loneliness can affect children & that it is important for children to discuss their feelings with an adult or seek support.</p> <p>Know bullying has a negative and often lasting impact on mental well-being.</p>
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				(including issues online).	Know what adults to go to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues online). Know it is common for people to experience mental ill health-for many people their problems can be resolved if the right support is made available.	Know what adults to go to if they are worried about their own or someone else's mental well-being or ability to control their emotions(including issues online). Know it is common for people to experience mental ill health-for many people their problems can be resolved if the right support is made available.
Healthy Lifestyles: Personal well-being	<p>Skills Be independent and develop a sense of self.</p> <p>Be self-motivated in learning and thinking.</p> <p>Be able to identify what is enjoyable and is liked.</p> <p>Be able to express likes and dislikes.</p> <p>Be able to recognise a challenge.</p> <p>Knowledge Know what is enjoyable and personally liked.</p>	<p>Skills Be independent and develop a sense of self.</p> <p>Be self-motivated in learning and thinking.</p> <p>Be able to identify what is enjoyable and is liked.</p> <p>Be able to express likes and dislikes.</p> <p>Be able to set a goal and manage challenge.</p> <p>Knowledge Know what is enjoyable and liked.</p>	<p>Skills Be independent and develop a sense of self.</p> <p>Be self-motivated in learning and thinking.</p> <p>Be able to recognise aspirations and goals.</p> <p>Start to develop an open mind set with qualities to deal with challenge and higher order thinking.</p> <p>Knowledge Know what an aspiration & goal are.</p>	<p>Skills Be independent and develop a sense of self.</p> <p>Be self-motivated in learning and thinking.</p> <p>Be able to recognise aspirations and goals.</p> <p>Continue to develop an open mind set with qualities to deal with challenge and higher order thinking.</p> <p>Knowledge Know what an aspiration & goal are.</p>	<p>Skills Be independent and develop a sense of self.</p> <p>Be self-motivated in learning and thinking.</p> <p>Be able to identify your aspirations & goals and how to achieve them.</p> <p>Develop an open mindset, developing resilience & persistence.</p> <p>Be able to think critically.</p> <p>Knowledge Know how to attain your aspirations & goals</p>	<p>Skills Be independent and develop a sense of self.</p> <p>Be self-motivated in learning and thinking.</p> <p>Be able to identify your aspirations & goals and how to achieve them.</p> <p>Develop an open mindset, developing resilience & persistence.</p> <p>Be able to think critically.</p> <p>Knowledge Know how to attain your aspirations & goals</p>

	<p>Know persistence and resilience are needed to solve a problem.</p>	<p>Know what motivates self and encourages self to do better. Know persistence and resilience are needed to solve a problem.</p> <p>Know it is okay to respond with a yes, no and maybe.</p>	<p>Know the difference between a fixed & open mindset.</p> <p>Know persistence and resilience are needed to solve a problem.</p> <p>Know it is okay to respond with a yes, no and maybe.</p>	<p>Know the difference between a fixed & open mindset.</p> <p>Know persistence and resilience are needed to solve a problem.</p> <p>Be assertive and know saying no to something you do not want to do is okay.</p>	<p>by managing mindset, persistence, resilience, thinking, and modifying strategy.</p> <p>Know what motivates self.</p> <p>Know how to evaluate learning and use this to progress and improve future skills, knowledge & understanding.</p> <p>Know how to problem solve and think critically.</p> <p>Know what assertiveness is.</p>	<p>by managing mind set, persistence, resilience, thinking, modifying strategy.</p> <p>Know what motivates self.</p> <p>Know how to evaluate learning and use this to progress and improve future skills, knowledge & understanding.</p> <p>Know how to problem solve and think critically.</p> <p>Know what assertiveness is.</p>
Managing change	<p>Skills Be able to recognise that feelings change.</p> <p>Knowledge Know that we change, can suffer loss and get older.</p> <p>Know that change can affect the way we feel.</p>	<p>Skills Be able to recognise that feelings change.</p> <p>Knowledge Know that we change, can suffer loss and get older.</p> <p>Know that change can affect the way we feel.</p>	<p>Skills Be able to recognise the feelings of change.</p> <p>Be able to recognise the feelings of loss.</p> <p>Knowledge Know that things in our life change and we need to recognise and manage these changes.</p> <p>Know that people can suffer loss e.g. divorce, death, friendships.</p>	<p>Skills Be able to recognise the feelings of change.</p> <p>Be able to recognise the feelings of loss.</p> <p>Knowledge Know that things in our life change and we need to recognise and manage these changes.</p> <p>Know that people can suffer loss e.g. divorce, death, friendships.</p>	<p>Skills Be aware of the link between behaviour, feelings and communication.</p> <p>Be aware of the need to manage change and feelings of change e.g. anxiety, stress, perception & reality.</p> <p>Be aware of the need to manage feelings of loss, grief and transitions.</p>	<p>Skills Be aware of the link between behaviour, feelings and communication.</p> <p>Be aware of the need to manage change and feelings of change e.g. anxiety, stress, perception & reality-secondary transition</p> <p>Be aware of the need to manage feelings of loss, grief and transitions.</p>

			Know we can manage and seek help to manage our feelings of loss and grief.	Know we can manage and seek help to manage our feelings of loss and grief.	Knowledge Know strategies for managing change and feelings of change e.g. anxiety, stress, perception & reality. Know strategies for managing feelings of loss, grief and transitions.	Knowledge Know strategies for managing change and feelings of change e.g. anxiety, stress, perception & reality. Know strategies for managing feelings of loss, grief and transitions.
Health & prevention: hygiene, sun safety, illness.	<p>Knowledge Know how we can keep our bodies clean e.g. washing, showering, bathing, cleaning teeth.</p> <p>Know to wash hands and use a tissue to sneeze into to prevent the spread of germs.</p> <p>Describe what it feels like to feel ill.</p>	<p>Knowledge Know about regular personal hygiene e.g. washing, cleaning teeth. Know to wash hands and use a tissue to sneeze into to prevent the spread of germs.</p> <p>Describe what it feels like to feel ill.</p> <p>Know the features linked to good quality sleep.</p> <p>Know that regular visits to the dentist contribute to good dental health.</p>	<p>Knowledge Know the importance of personal hygiene e.g. ways to wash</p> <p>Know germs can be spread in the air, by touch or body fluids- wash hands, cover coughs & sneezes.</p> <p>Describe the physical signs of feeling ill.</p> <p>Know people should wear a hat, high factor sun protection & seek shade in the midday sun.</p> <p>Know good quality sleep is good for health.</p> <p>Know about dental health and the benefits of good oral hygiene & dental flossing.</p>	<p>Knowledge Know the daily routine to promote personal hygiene.</p> <p>Know germs can be spread in the air, by touch or body fluids- wash hands, cover coughs & sneezes.</p> <p>Describe the physical signs of feeling ill.</p> <p>Know people should wear a hat, high factor sun protection & seek shade in the midday sun.</p> <p>Know good quality sleep is good for health.</p> <p>Know about dental health and the benefits of good oral hygiene & dental flossing.</p>	<p>Knowledge Know the importance of hygiene as a person develops into puberty.</p> <p>Know bacteria & viruses can be spread and treated with vaccinations & medicines.</p> <p>Know that weight loss or unexplained changes to the body can be early signs of illness.</p> <p>Know about safe and unsafe exposure to the sun.</p> <p>Know a lack of sleep can affect weight, mood and ability to learn.</p>	<p>Knowledge Know how the hygiene routine of a young person who is starting to go through puberty.</p> <p>Know bacteria & viruses can be spread and treated with vaccinations & medicines.</p> <p>Know facts & science related to allergies, immunisation & vaccination.</p> <p>Know that weight loss or unexplained changes to the body can be early signs of illness.</p> <p>Know how to reduce the risk of sun damage and its link to skin cancer.</p>

						Know a lack of sleep can affect weight, mood and ability to learn.
Basic First Aid	<p>Knowledge Know that people ring 999 in an emergency: fire, police, and ambulance.</p> <p>Know when to seek first aid help.</p>	<p>Knowledge Know that people ring 999 in an emergency: fire, police, and ambulance.</p> <p>Know when to seek first aid help and what this first aid could be e.g. plaster over a graze to prevent infection.</p>	<p>Knowledge Know how to make a call to emergency services, if necessary.</p> <p>Know the concepts of first aid with common 'playtime' injuries.</p>	<p>Knowledge Know how to make a call to emergency services, if necessary.</p> <p>Know the concepts of first aid with common 'playtime' injuries.</p>	<p>Knowledge Know how to make a clear and efficient call to emergency services.</p> <p>Know the concepts of first aid to deal with common injuries, including head injuries.</p>	<p>Knowledge Know how to make a clear and efficient call to emergency services.</p> <p>Know the concepts of first aid to deal with common injuries, including head injuries.</p>
	<p>Knowledge Know that we physically change and get older.</p> <p>Know the names of the main body parts.</p>	<p>Knowledge Know the names of the main body parts. (including external genitalia)</p>	<p>Knowledge Know the names of the main body parts. (including external genitalia)</p>	<p>Knowledge Know the names of the main body parts. (including external genitalia)</p>	<p>Skills Express how you might feel when going through puberty.</p> <p>Knowledge Know about changes as humans develop to old age.</p> <p>Know about female menstruation.</p> <p>Know about female and male body & hormonal changes experienced in puberty.</p> <p>Know whom you can ask about body changes and puberty.</p>	<p>Skills Express how you might feel when going through puberty.</p> <p>Knowledge Know about changes as humans develop to old age.</p> <p>Know about female menstruation.</p> <p>Know about female and male body & hormonal changes experienced in puberty.</p> <p>Know whom you can ask about body changes, puberty and human reproduction.</p>

Internet Safety	<p>Skills Be able to keep personal passwords private.</p>	<p>Skills Be able to keep personal passwords private.</p>	<p>Skills Be able to keep personal information private.</p>	<p>Skills Be able to keep personal information private.</p>	<p>Skills Be able to keep personal information private.</p>	<p>Skills Be able to keep personal information private.</p>
	<p>Knowledge Know that for most people the internet is an integral part of life and has many benefits.</p>	<p>Knowledge Know that for most people the internet is an integral part of life and has many benefits.</p>	<p>Knowledge Know that for most people the internet is an integral part of life and has many benefits.</p>	<p>Knowledge Know that for most people the internet is an integral part of life and has many benefits.</p>	<p>Be able to consider the impact of their online actions on others.</p>	<p>Be able to consider the impact of their online actions on others.</p>
	<p>Know that online time should be time rationed and balanced with other activities.</p>	<p>Know that online time should be time rationed and balanced with other activities.</p>	<p>Begin to understand that excessive time on electric devices can have a negative impact mental well-being.</p>	<p>Understand that excessive time on electric devices can have a negative impact mental well-being.</p>	<p>Knowledge Know that for most people the internet is an integral part of life and can specify the many benefits.</p>	<p>Knowledge Know that for most people the internet is an integral part of life and can specify the many benefits.</p>
	<p>Know to be respectful and polite while online.</p>	<p>Know to be respectful and polite while online.</p>	<p>Know how to display respectful behaviours online.</p>	<p>Know how to display respectful behaviours online.</p>	<p>Understand that excessive time on electric devices can have a negative impact mental well-being.</p>	<p>Understand that excessive time on electric devices can have a negative impact mental well-being.</p>
	<p>Know that some online games have age restrictions.</p>	<p>Know that some online games have age restrictions.</p>	<p>Know why some computer games and online gaming are age restricted.</p>	<p>Know why some computer games and online gaming are age restricted.</p>	<p>Begin to understand the impact of positive and negative content online on their own and other's mental & physical well-being.</p>	<p>Understand the impact of positive and negative content online on their own and other's mental & physical well-being.</p>
	<p>Know where and how to report concerns and get support with online issues.</p>	<p>Know where and how to report concerns and get support with online issues.</p>	<p>Know what a discerning online consumer is.</p>	<p>Know what a discerning online consumer is.</p>	<p>Know how to recognise and display respectful behaviours online.</p>	<p>Know how to recognise and display respectful behaviours online.</p>
		<p>Know where and how to report concerns and get support with online issues.</p>	<p>Know where and how to report concerns and get support with online issues.</p>	<p>Know why social media, some computer games and online gaming are age restricted.</p>	<p>Know why social media, some computer games and online gaming are age restricted.</p>	

					<p>Know that the internet can be a negative place where online abuse, trolling, bullying & harassment can take place.</p> <p>Know how to be a discerning consumer of information online.</p> <p>Know where and how to report concerns and get support with online issues.</p>	<p>Know that the internet can be a negative place where online abuse, trolling, bullying & harassment can take place, which can have a negative impact on mental health.</p> <p>Know how to be a discerning consumer of information online including understanding that information,, including that from search engines is ranked, selected and targeted.</p> <p>Know where and how to report concerns and get support with online issues.</p>
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Core Theme 2: Relationships

Families & people who care for me	<p>Knowledge Know families are important for growing up as they can give love, security and stability.</p> <p>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>Knowledge Know families are important for growing up as they can give love, security and stability.</p> <p>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>Knowledge Know characteristics of healthy family life: including commitment to each other, in times of difficulty, protection & care for children and other family members, spending time together and sharing each other's lives.</p> <p>Know that stable, caring relationships,</p>	<p>Knowledge Know characteristics of healthy family life: including commitment to each other, in times of difficulty, protection & care for children and other family members, spending time together and sharing each other's lives.</p> <p>Know that stable, caring relationships,</p>	<p>Knowledge Know other families in school or in the wider world, sometimes look different from their family, but they should respect these differences & know that other families are also characterised by love and care.</p> <p>Know that marriage represents a formal and</p>	<p>Knowledge Know other families in school or in the wider world, sometimes look different from their family, but they should respect these differences & know that other families are also characterised by love and care.</p> <p>Know that marriage represents a formal and</p>

			<p>which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p> <p>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>which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p> <p>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>legally recognised commitment of two people to each other, which is intended to be lifelong.</p> <p>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>legally recognised commitment of two people to each other which is intended to be lifelong.</p> <p>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>Healthy Relationships & Caring Friends (empathy, valuing & supporting others, friendship, working together, resolving conflicts)</p>	<p>Skills Be able to talk about how to resolve a conflict.</p> <p>Be able to say yes, no or maybe in a friendship.</p> <p>Be able to seek help and advice over friendships, if needed.</p> <p>Knowledge Know how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Know what a secret and a surprise are.</p>	<p>Skills Be able to express what is important to ourselves in a friendship or work partner-say yes, no or maybe.</p> <p>Be able to talk about how to resolve a conflict.</p> <p>Be able to express what is important to ourselves in a friendship or work partner-using words such as yes, no or maybe to negotiate.</p> <p>Be able to seek help and advice over friendships, if needed.</p>	<p>Skills Be able to work together cohesively in a group and manage feelings to enable this. Be able to give examples of what a dare is-be able to say no.</p> <p>Use strategies to resolve conflict.</p> <p>Be able to seek help and advice over friendships, if needed.</p> <p>Knowledge Know the characteristics of friendships, including mutual respect,</p>	<p>Skills Be able to work together cohesively in a group and manage feelings to enable this. Be able to give examples of what a dare is-be able to say no.</p> <p>Use strategies to resolve conflict and the importance of repairing relationships with those involved by inappropriate behaviours.</p> <p>Build empathy for other's feelings.</p>	<p>Skills Be able to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable.</p> <p>Be able to recognise a dare and know assertive strategies to manage them.</p> <p>Be able to seek help and advice over friendships, if needed.</p> <p>Use strategies to resolve conflict and the importance of repairing</p>	<p>Skills Be able to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable.</p> <p>Be able to recognise a dare and know assertive strategies to manage them.</p> <p>Be able to seek help and advice over friendships, if needed.</p> <p>Use strategies to resolve conflict and the importance of repairing</p>

	<p>Know about the importance of honouring our own needs in a friendship and these can be different to others.</p> <p>Know to talk through actions after a conflict and reflect on behaviours.</p> <p>Know what teasing and bullying are.</p>	<p>Knowledge Know how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Know and give examples of a secret and a surprise.</p> <p>Know about the importance of honouring our own needs in a relationship and know these can be different to others.</p> <p>Know how to resolve conflicts.</p> <p>Know and give examples of teasing and bullying.</p>	<p>truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Know and identify what a dare is.</p> <p>Know the importance of confidentiality and keeping secrets.</p> <p>Know a range of strategies to resolve a conflict.</p> <p>Know what dynamic is needed to work together positively and what can go wrong.</p>	<p>Be able to recognise other's efforts and praise them.</p> <p>Be able to seek help and advice over friendships, if needed.</p> <p>Be able to manage dares and develop assertiveness-be able to say no.</p> <p>Knowledge Know 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>Know and identify what a dare is.</p> <p>Know the importance of confidentiality and keeping secrets-who you can trust with confidential information.</p>	<p>relationships with those involved by inappropriate behaviours.</p> <p>Knowledge Know that most friendships have difficulties, 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>Know and give examples of a secret, surprise and confidentiality. Know what a dare is and give examples.</p> <p>Know & understand behaviour is communication.</p> <p>Know people can have different roles in group work to make it successful.</p>	<p>relationships with those involved by inappropriate behaviours.</p> <p>Knowledge 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>Know and give examples of a secret, surprise and confidentiality.</p> <p>Know the impact of peer group pressure on people's behaviour choices.</p> <p>Be able to recognise a dare and know strategies to manage them & be assertive.</p> <p>Know & understand that behaviour is communication.</p>
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				<p>Know what a dare is and know strategies to manage and respond to them.</p> <p>Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Know what dynamic is needed to work together positively and what can go wrong.</p> <p>Know behaviour is a choice; it does not make the person.</p> <p>Know a range of strategies to resolve a conflict.</p>		<p>Know people can have different roles in group work to make it successful.</p>
<p>Respectful relationships and valuing difference</p>	<p>Skills Be able to recognise acts of kindness. Be able to recognise acts of fairness. Be able to display awareness of the need to respect other's opinions. Recognise that people have similarities and differences.</p>	<p>Skills Be able to recognise acts of kindness. To recognise acts of fairness. Be able to display awareness of the need to respect other's opinions. Recognise that people have similarities and</p>	<p>Skills Be able to respect similarities in self and others. Be able to recognise and respect differences in others. Be able to recognise and respect other's feelings and opinions.</p>	<p>Skills Be able to respect similarities in self and others. Be able to recognise and respect differences in others. Be able to recognise and respect other's feelings and opinions.</p>	<p>Knowledge Know the importance of self-respect and how this links to their own happiness. Know that in school and in wider society, they can expect to be treated with respect by others, and that in turn they should show due respect to others,</p>	<p>Knowledge Know the importance of self-respect and how this links to their own happiness. Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others,</p>

<p>(physically, in character, personality, background, beliefs, preferences)</p> <p>Knowledge Know what acts of kindness and fairness are.</p> <p>Know what sharing is.</p> <p>Know the importance of respecting other, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Know how to get help from bullying.</p> <p>Know the importance of permission seeking and giving in relationships with friends, peers and adults.</p>	<p>differences.(physically, in character, personality, background, beliefs, preferences)</p> <p>Knowledge Know and give examples of acts of kindness and fairness.</p> <p>Know and give examples of what sharing and giving are.</p> <p>Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Know how to get help from bullying.</p> <p>Know the importance of permission seeking and giving in relationships with friends, peers and adults.</p>	<p>Knowledge Know practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>Know the conventions of courtesy and manners.</p> <p>Know what is meant by stereotyping.</p> <p>Know what different relationships can be: core, close relationships to peripheral, more removed relationships.</p> <p>Know what different types of bullying (including cyber bullying) are.</p> <p>Know about the responsibility of bystanders, with bullying behaviour.</p> <p>Know how to get help from bullying.</p> <p>Know what discrimination is.</p> <p>Know the importance of permission seeking</p>	<p>Display their rights and responsibilities in school.</p> <p>Knowledge Know practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>Know the conventions of courtesy and manners.</p> <p>Know what is meant by stereotyping.</p> <p>Know what different relationships can be: core, close relationships to peripheral, more removed relationships.</p> <p>Know what different types of bullying (including cyber bullying) are.</p> <p>Know about the responsibility of bystanders.</p> <p>Know how to get help from bullying.</p> <p>Know the importance of permission seeking and giving in</p>	<p>including those in positions of authority.</p> <p>Know what different types of bullying (including cyber bullying) are.</p> <p>Know about the responsibility of bystanders.</p> <p>Know the impact of bullying.</p> <p>Know how to get help from bullying.</p> <p>Know how stereotypes can be unfair, negative or destructive.</p> <p>Know the importance of permission seeking and giving in relationships with friends, peers and adults.</p>	<p>including those in positions of authority.</p> <p>Know what different types of bullying (including cyber bullying) are.</p> <p>Know about the responsibility of bystanders.</p> <p>Know the impact of bullying.</p> <p>Know how to get help from bullying.</p> <p>Know how stereotypes can be unfair, negative or destructive.</p> <p>Know the importance of permission-seeking and giving in relationships with friends, peers and adults.</p>
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			and giving in relationships with friends, peers and adults.	relationships with friends, peers and adults. Know what discrimination is.		
Online Relationships	<p>Knowledge Know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>Know the same principles apply to online relationships as face to face relationships, including the importance of respect for others.</p>	<p>Knowledge Know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>Know the same principles apply to online relationships as face-to-face relationships, including the importance of respect for others.</p>	<p>Knowledge Know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>Know the same principles apply to online relationships as face-to-face relationships, including the importance of respect for others.</p> <p>Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p>	<p>Knowledge Know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>Know the same principles apply to online relationships as face to face relationships, including the importance of respect for others.</p> <p>Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p>	<p>Knowledge Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>Know how information and data is shared and used online.</p> <p>Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p>	<p>Knowledge Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>Know how information and data is shared and used online.</p> <p>Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p>
Being safe	<p>Skills Be able to reflect on personal identity & family networks.</p> <p>Be able to express when there are feelings of uncertainty or unhappiness.</p>	<p>Skills Be able to recognise appropriate & inappropriate behaviours linked with self, family, friends & strangers.</p>	<p>Skills Be able to keep safe on and off line.</p> <p>Be able to recognise risk, danger and hazard.</p>	<p>Skills Be able to keep safe on and off line-give examples</p> <p>Be able to recognise risk, danger and hazard-give examples.</p>	<p>Skills Be able to keep yourself physically safe on & off line-give examples of safe & unsafe behaviours.</p>	<p>Skills Be able to keep yourself physically safe on & off line-give examples of safe & unsafe behaviours.</p>

<p>Be able to say no when they are exposed to something that is harmful or is unsafe.</p> <p>Knowledge Know the importance of managing what goes into our bodies-some things are poisonous.</p> <p>Know there are people who are responsible for keeping us safe.</p> <p>Know the rules for keeping physically safe. Know the importance of feeling safe and being able to tell someone how you feel: positive as well as when you are emotionally hurting.</p> <p>Know that it is not always right to keep secrets if they relate to being safe.</p> <p>Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p>	<p>Be able to express when there are feelings of uncertainty or unhappiness.</p> <p>Be able to say no when they are exposed to something that is harmful or is unsafe.</p> <p>Knowledge Know that some things that go into our bodies are poisonous.</p> <p>Know and identify people who are in our inner circle, outer circle & strangers. To know the rules for keeping ourselves physically & emotionally safe.</p> <p>Know what people are responsible for keeping us safe.</p> <p>Know that it is not always right to keep secrets if they relate to being safe.</p> <p>Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe</p>	<p>Be able to recognise personal pressures on behaviour.</p> <p>Be able to seek help if there are feelings of insecurity and vulnerability.</p> <p>Knowledge Know what is meant by risk, danger and hazard.</p> <p>Know what the pressures are on behaviour choices.</p> <p>Know what rules for safety are and how to get help.</p> <p>Know how to keep safe on & off line.</p> <p>Know what our responsibilities are for keeping others and ourselves safe.</p> <p>Know that it is not always right to keep secrets if they relate to being safe.</p> <p>Know that each person's body belongs to them, and the</p>	<p>Be able to recognise personal pressures on behaviour choices-give examples.</p> <p>Be able to seek help if there are feelings of insecurity and vulnerability-give examples.</p> <p>Knowledge Know what is meant by risk, danger and hazard-give examples.</p> <p>Know what the pressures are on choices -give examples.</p> <p>Know what rules for safety are and how to get help-give examples.</p> <p>Know how to keep safe on & off line-give examples.</p> <p>Know what our responsibilities are for keeping others and ourselves safe-give examples.</p> <p>Know that it is not always right to keep</p>	<p>Be able to keep yourself emotionally safe on & off line-give examples of safe & unsafe behaviours.</p> <p>Be able to manage risk online.</p> <p>Develop assertive strategies to enable you to express personal opinions and say yes, no & maybe.</p> <p>Knowledge Know how to keep physically safe on line. Know how to keep emotionally safe online.</p> <p>Know strategies for managing risk online.</p> <p>Know and recognise peer group pressure.</p> <p>Know and recognise pressure from the media on young people.</p> <p>Know what an age appropriate safe decision is.</p>	<p>Be able to keep yourself emotionally safe on & off line-give examples of safe & unsafe behaviours.</p> <p>Be able to manage risk online.</p> <p>Develop assertive strategies to enable you to express personal opinions and say yes, no & maybe.</p> <p>Knowledge Know how to keep physically safe on line. Know how to keep emotionally safe online.</p> <p>Know strategies for managing risk online. Know and recognise peer group pressure.</p> <p>Know and recognise pressure from the media on young people.</p> <p>Know what an age appropriate safe decision is.</p> <p>Know about road, rail, water, fire safety.</p>
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	<p>Know where to get advice</p>	<p>physical, and other, contact.</p> <p>Know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>Know where to get advice.</p>	<p>differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>Know where to get advice.</p>	<p>secrets if they relate to being safe.</p> <p>Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>Know where to get advice.</p>	<p>Know what to do in an emergency.</p> <p>Know the facts about legal & illegal drugs.</p> <p>Know that it is not always right to keep secrets if they relate to being safe.</p> <p>Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>Know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>Know how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p>	<p>Know what to do in an emergency.</p> <p>Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> <p>Know that it is not always right to keep secrets if they relate to being safe.</p> <p>Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>Know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p>
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Theme 3: Living in the Wider World

Rights & responsibility	<p>Skills Be able to contribute to life in the classroom.</p> <p>Be able to construct and follow rules.</p> <p>Be able to display awareness of the needs of people and other living things.</p> <p>Knowledge Know & have awareness of the needs of a community and group.</p> <p>Identify your role in the class.</p>	<p>Skills Be able to contribute to life in the classroom.</p> <p>Be able to construct and follow rules.</p> <p>Be able to display awareness of the needs of people and other living things.</p> <p>Knowledge Know & have awareness of the needs of a community and group.</p>	<p>Skills Take active role in promoting school rules. Promote school ethos of kindness, courage and curiosity.</p> <p>Knowledge Know some issues concerning health e.g. national obesity problem.</p> <p>Know some issues around well-being e.g. problems of stress and</p>	<p>Skills Take active role in promoting school rules.</p> <p>Promote school ethos of kindness, courage and curiosity.</p> <p>Be able to recognise bias in a newspaper article or online information.</p> <p>Be able to identify antisocial behaviour and the consequences.</p>	<p>Skills Take active role in promoting school rules.</p> <p>Promote school ethos of kindness, courage and curiosity.</p> <p>Be able to recognise bias in a newspaper article or online information.</p> <p>Be able to identify antisocial behaviour and the consequences.</p>	<p>Skills Take a lead in promoting the school rules.</p> <p>Take a lead in promoting our school ethos: kindness, courage, curiosity.</p> <p>Be able to recognise bias in a newspaper article or online information.</p>
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	<p>Know the importance of being aware of the needs of other people and living things.</p>	<p>Identify your role in the class.</p> <p>Know the importance of being aware of the needs of other people and living things.</p>	<p>anxiety in young people.</p> <p>Know what a rule is and why they are needed.</p> <p>Know what laws of the country are applicable to KS2 children.</p> <p>Know what a human right is.</p> <p>Know what anti-social behaviour is.</p>	<p>Knowledge</p> <p>Know some issues concerning health e.g. national obesity problem.</p> <p>Know some issues around well-being e.g. problems of stress and anxiety in young people.</p> <p>Know what a rule is and why they are needed.</p> <p>Know what laws of the country are applicable to KS2 children.</p> <p>Know what a human right is-give examples.</p> <p>Know what anti-social behaviour is-give examples.</p> <p>Know the difference between right and responsibility.</p> <p>Know some media can be biased.</p>	<p>Be able to review media information.</p> <p>Knowledge</p> <p>Know a range of health issues.</p> <p>Know a range of well-being issues.</p> <p>Know why society has to have rules and laws.</p> <p>Know what human rights citizens have in UK.</p> <p>Know the consequences of anti-social behaviour.</p>	<p>Be able to identify antisocial behaviour and the consequences.</p> <p>Be able to critique media information.</p> <p>Knowledge</p> <p>Know a range of health issues.</p> <p>Know a range of well-being issues.</p> <p>Know why society has to have rules and laws.</p> <p>Know what human rights citizens have in UK.</p> <p>Know the consequences of anti-social behaviour.</p>
<p>Taking care of the environment</p>	<p>Skills</p> <p>Be able to consider ways of looking after the school environment.</p> <p>Gain a sense of the wider world.</p>	<p>Skills</p> <p>Be able to consider ways of looking after the school environment.</p> <p>Gain a sense of the wider world.</p>	<p>Skills</p> <p>Take care of our home, school, local environment & places we visit.</p> <p>Gain a sense of the wider world.</p>	<p>Skills</p> <p>Take care of our home, school, local environment & places we visit.</p> <p>Develop personal opinions about looking</p>	<p>Skills</p> <p>Develop personal opinions about caring for the environment, the need to protect the environment, sustainability & recycling.</p>	<p>Skills</p> <p>Develop personal opinions about caring for the environment, the need to protect the environment, sustainability & recycling.</p>

	<p>Knowledge Know what could be improved in the local environment.</p> <p>Know what is harmful in the local environment.</p>	<p>Knowledge Know what could be improved in the local environment.</p> <p>Know what is harmful in the local environment.</p>	<p>Knowledge Know what our responsibilities are towards the environment in our homes, school, local environment places we visit.</p> <p>Know that charities and organisations around the world serve to promote awareness of environmental issues and protect the planet.</p> <p>Be aware of sustainability & recycling.</p>	<p>after and protecting the environment.</p> <p>Gain a sense of the wider world.</p> <p>Knowledge Know what our responsibilities are towards the environment in our homes, school, local environment places we visit.</p> <p>Know that charities and organisations around the world serve to promote awareness of environmental issues and protect the planet.</p> <p>Be aware of sustainability & recycling as measures to protect and manage resources.</p>	<p>Gain a sense of the wider world and global issues.</p> <p>Knowledge Know about global issues such as deforestation, global warming, plastic pollution, endangered animals.</p> <p>Know how the world resources are allocated.</p>	<p>Gain a sense of the wider world and global issues.</p> <p>Knowledge Know about global issues such as deforestation, global warming, plastic pollution, endangered animals.</p>
<p>Money matters</p>	<p>Skills Be able to make choices about spending money & what can influence us.</p> <p>Knowledge Know the uses of money.</p> <p>Know what saving & spending are.</p>	<p>Skills Be able to make choices about spending money & what can influence us.</p> <p>Be able to manage money and keep it safe.</p> <p>Knowledge Know the uses of money.</p>	<p>Skills Be able to use a set amount of money to buy resources and use this to gain a profit.</p> <p>Knowledge Know the role of money in our lives.</p>	<p>Skills Be able to use a set amount of money to buy resources and use this to gain a profit.</p> <p>Knowledge Know the role of money in our lives.</p>	<p>Skills Be able to use a set amount of money to buy resources and use this to gain a profit.</p> <p>Knowledge Know the role of money in our lives.</p>	<p>Skills Be able to use a set amount of money to buy resources and use this to gain a profit.</p> <p>Knowledge Know the role of money in our lives.</p>

	To know the role of money in our lives.	Know what saving & spending are. Know the role of money in our lives.	Know what is meant by borrowing, debt, interest and enterprise.	Know what is meant by borrowing, debt, interest and enterprise.	Know what is meant by borrowing, debt, interest and enterprise.	Know what is meant by borrowing, debt, interest and enterprise.
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