



Clipston Primary School – Overview for PSHRE

Reception	Key Stage 1 <i>Year A & Year B</i>	Lower Key Stage 2 <i>Year A & Year B</i>	Upper Key Stage 2 <i>Year A & Year B</i>
<p>Families & Relationships: <i>Building relationships: special relationships</i></p> <ul style="list-style-type: none"> - Why are families special and valuable? - How to identify people who are special to us and what it is to be a valued person? - Why it is important to share? - How to see myself as a valuable individual? - What makes me individual? - What is diversity and what makes us unique? <p><i>Building relationships: My family and friends</i></p> <ul style="list-style-type: none"> - Look at someone else's point of view regarding beliefs and celebrations? - Why is sharing important? - What makes a good friend? 	<p>Families & Relationships:</p> <ul style="list-style-type: none"> - How do families offer stability and love? - Are families all different? - Should we be mindful of other peoples' feelings? - How could we deal with unhappy friendships? - What are manners and courtesy? - How can we cope with change and loss? - What are gender stereotypes? - What is family? - What are friendships? - How can we recognise other people's emotions? - How can we work with others? - How can we overcome friendship problems? - What are healthy friendships? - What are gender stereotypes? <p>Health & Wellbeing:</p> <ul style="list-style-type: none"> - What different emotions do we experience? - How can we stay active? - How can we practice relaxation? - What steps can we take to succeed? - How can we develop a growth mindset? - What is a healthy diet? 	<p>Families & Relationships:</p> <ul style="list-style-type: none"> - What does a healthy friendship look like? - How does my behaviour affect others? - How does bullying impact people? - Are we influenced by gender stereotypes? - Are there other forms of stereotypes? - Are all families the same? - How can we support change and loss? - What is a healthy family? - How can friendship problems be resolved? - How are friendship problems different to bullying? - How can we communicate effectively? - Why is it important to respect people's differences? - What is stereotyping? <p>Health & Wellbeing:</p> <ul style="list-style-type: none"> - What does relaxation feel like? - How can we develop a growth mindset and understand that mistakes are useful? - Can I identify my own strengths and begin to see how they can affect others? - Can I learn how to take responsibility for my own happiness? - Can I begin to understand a range of emotions? - What is mental health and who can help if I need it? 	<p>Families & Relationships:</p> <ul style="list-style-type: none"> - What is a respectful, two-way relationship? - What other people's ideas and attitudes towards stereotypes and how can we challenge these? - How can we resolve disputes and conflict through negotiation and compromise? - What processes and emotions are related to grief? - How can I form and maintain positive friendships? - What is marriage? - What can I do if family relationships are making me unhappy? - How do stereotypes lead to discrimination and how have attitudes changed over time? <p>Health & Wellbeing:</p> <ul style="list-style-type: none"> - How can we use mindfulness to manage emotions? - Can I plan for a healthy lifestyle? - What is the potential impact of technology on physical and mental health? - How can we prevent ourselves and others from becoming ill? - How can habits be good and/or bad for our health? - What happens when we are ill and how can we seek support?

<ul style="list-style-type: none"> - Why is it important to be kind? - Why is it important to preserve when things are tricky? - How to celebrate special friendships? <p>Health & Wellbeing: <i>Managing self-my wellbeing</i></p> <ul style="list-style-type: none"> - What is exercise? - How can we stay relaxed? - Why is it important to take care of ourselves? - How do we stay safe as a pedestrian? - What is healthy eating? - What is a balanced diet? <p>Safety & the Changing Body: <i>Self-regulation –feelings</i></p> <ul style="list-style-type: none"> - How to identify feelings? - How to express my feelings? - What strategies to use to regulate emotions? - What vocabulary to can be used describe emotions? - How do different facial expressions represent different feelings? 	<ul style="list-style-type: none"> - How can we look after our teeth? - What are emotions? - What am I like? - How can we get ready for bed? - How can we relax? - How do germs spread? - How can we stay safe in the sun? - What are allergies? - Who helps us to stay healthy? <p>Safety & the Changing Body:</p> <ul style="list-style-type: none"> - What is the internet and how can we use it? - How can we communicate online? - What are the differences between secrets and surprises? - What is appropriate contact? - Why are private parts considered private? - How can we respect personal boundaries? - What is road safety? - How can we cross roads safely? - How can we stay safe with medicine? - Who works at my school and how should I speak to them? - How should I interact with adults outside of school? - What should we do if we get lost? - How can we make an emergency phone call? - What is appropriate contact? - How can we stay safe with substances? - How can we stay safe at home? - Who helps to keep us safe? <p>Citizenship:</p> <ul style="list-style-type: none"> - How do we follow rules beyond school? - What is our school environment like? - What is our local environment like? 	<ul style="list-style-type: none"> - What is a healthy lifestyle including physical activity, rest and diet? - What are the benefits of healthy eating and dental health. - What are the different aspects of my identity. - What are my own strengths and how might they affect others? - How can I break down barriers into smaller, achievable goals? - What is consent and when do I need to give it? <p>Safety & the Changing Body:</p> <ul style="list-style-type: none"> - How do age restrictions help us stay safe online? - How can you help someone with asthma? (first aid) - What is the difference between secrets and surprises? - How do we change from children to adults? - What are the risks of smoking? - How can I help in an emergency? - Why is it important to be kind online and what does it look like? - What is cyberbullying? - Why are some choices made for me and some I make myself? - Who and what may influence my decision making? - How and why do we stay safe near roads? <p>Citizenship:</p> <ul style="list-style-type: none"> - What are human rights? - How does reusing items benefit the environment? - What roles do groups play in the wider community? - What contribution do groups make to a community? - Why should diversity in a community be valued? - What is the role of local government? 	<ul style="list-style-type: none"> - What is the importance of rest? - How can we embrace failure? - How can we stay safe in the sun? - How can I treat bleeding and head injuries? (first aid) <p>Safety & the Changing Body:</p> <ul style="list-style-type: none"> - How do we become critical digital consumers? - How should we treat online relationships? - What are the physical and emotional changes of puberty? - How can we help someone who is unresponsive / choking? - What are some issues related to online friendships? - How can we stay safe online? - What physical changes happen during puberty? - What emotional changes happen during puberty? <p>Citizenship:</p> <ul style="list-style-type: none"> - What are our human rights? - What are the environmental issues relating to food and food production? - How can we show care and concern for others? - How can we recognise prejudice and discrimination? - What is the value of diversity in a community? - How does our national system of government work? - What happens when the law is broken? - What links are there between rights and responsibilities? - How can we protect the planet? - How can we contribute to our communities? - What are pressure groups? - How does parliament work?
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<ul style="list-style-type: none"> - How to moderate our behaviour in social situations? <p>Citizenship: <i>Self-regulation – listening</i></p> <ul style="list-style-type: none"> - Why it is important to listen? - Why it is important to tell the truth? - Why it is important to preserve even when things get tough? - How to follow and give instructions involving several ideas? - How to listen to and respond to phrases and instructions? <p>Transition: <i>Managing self-Taking on challenges</i></p> <ul style="list-style-type: none"> - Why rules are important? - Why it is important to have resilience when facing a challenge? - How to effectively work as a team? - What coping strategies to use in different situations. - Why it is important to persevere in the face of a challenge? 	<ul style="list-style-type: none"> - What kind of job roles are there in our local community? - What do we mean be similar yet different? - What is school council? - How can I give my opinion? - Why are rules important? - How can we care for others (animals)? - Should we consider the needs of others? - How are we similar yet different? - How can we feel like we belong? - How can we make democratic decisions? <p>Economic Wellbeing:</p> <ul style="list-style-type: none"> - Where does money come from? - How can we explore our needs? - How can we explore our wants? - What are bank cards and accounts? - What are skills and talents? - Is everyone welcome? - What is money? - How can we keep money safe? - What is a bank? - Is it important to save as well as spend? - What different job roles do adults have in school? - Can you describe different jobs out of school? <p>Transition:</p> <ul style="list-style-type: none"> - How do we create an effective learning environment during PSHRE? (start of year) - What to expect during classroom transition? (end of year) - Is it important to set rules? (start of year) - What are my strengths? (end of year) 	<ul style="list-style-type: none"> - What are children’s rights, and how does the Convention on the Rights of the Child explain these? - How can we ensure all children benefit from these rights? - What are the environmental benefits of recycling? - Who lives in our community? - How can we help charities to care for others? - Why do we have rules and what are the consequences of breaking rules at school and at home? <p>Economic Wellbeing:</p> <ul style="list-style-type: none"> - What is value for money? - Why is it important to keep track of money? - What different ways are there to keep track of money? - What influences career choices? - Why make a career change? - How can workplace stereotypes be challenged? - How do people pay for things? - What is a budget and why is it important? - How can money affect the way people feel? - Should we always buy the cheapest things? - What careers are there and what might I like to do when I grow up? - What are stereotypes and how do they affect people in the workplace? <p>Transition:</p> <ul style="list-style-type: none"> - What ground rules should we set for PSHRE lessons? (start of year) - What are our goals for next year? (end of year) - What ground rules should we set for PSHRE lessons? (start of year) - What strategies could I use to cope with change? (end of year) 	<p>Economic Wellbeing:</p> <ul style="list-style-type: none"> - How do people navigate their feelings about money? - How do people keep their money safe? - What monetary responsibilities are there in secondary school? - What are the risks of gambling? - What is a workplace? - What different career routes are there? - Why prioritise needs over wants? - What is a weekly budget? - What is borrowing and loaning? - What are the risks of handling money online? - Why challenge workplace stereotypes? - What makes a suitable career? <p>Transition:</p> <ul style="list-style-type: none"> - What ground rules should we set for PSHRE lessons? (start of year) - How can we prepare for and deal with change? (end of year) - What ground rules should we set for PSHRE lessons? (start of year) - What roles and responsibilities might we have in future? (end of year)
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Clipston Primary School – End Points for PSHRE

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Family & Relationships			
<p>To name and describe the different members or out families.</p> <p>To understand that all families are valuable and special.</p> <p>Know that we share toys so that everyone feels involved and no one feels lets out or upset.</p> <p>Understand that different people like different things.</p> <p>Understand that different all people are valuable</p> <p>Know that it is important to help listen and support others when working as a team.</p> <p>Know that it is important to tell the truth.</p>	<p>Understand that families look after us.</p> <p>Know some words to describe how people are related (eg. aunt, cousin).</p> <p>Know that some information about me and my family is personal.</p> <p>Know that families can be made up of different people which may be the same or different to mine.</p> <p>Understand some characteristics of a positive friendship.</p> <p>Understand that friendships can have problems but that these can be overcome.</p> <p>Know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.</p> <p>Understand some stereotypes related to jobs.</p> <p>Understand some ways people show their feelings.</p> <p>Understand what good manners are.</p> <p>Know that there are ways we can remember people or events.</p>	<p>Know that I can talk to trusted adults or services such as Childline if I experience family problems.</p> <p>Know that families are varied in the UK and across the world.</p> <p>Know that bullying can be physical or verbal, and that bullying is repeated, not a one-off event.</p> <p>Know that violence is never the right way to solve a friendship problem</p> <p>Know that trust is being able to rely on someone and it is an important part of relationships.</p> <p>Understand how to listen carefully and why listening is important.</p> <p>Understand that there are similarities and differences between people.</p> <p>Understand some stereotypes related to age and disability.</p> <p>Understand the courtesy and manners which are expected in different scenarios.</p> <p>Know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</p>	<p>Know that marriage is a legal commitment and is a choice people can make.</p> <p>Know that if I have a problem, I can call ChildLine on 0800 1111.</p> <p>Know what attributes and skills make a good friend and that positive attributes are the good qualities that someone has.</p> <p>Understand that stereotypes can lead to bullying and discrimination.</p> <p>Know what action a bystander can take when they see bullying.</p> <p>Know that a conflict is a disagreement or argument and can occur in friendships; this can be resolved through negotiation and compromise.</p> <p>Know that discrimination is the unfair treatment of different groups of people.</p> <p>Understand that everyone deserves respect, but respect can be lost.</p> <p>Understand that loss and change can cause a range of emotions.</p> <p>Know that grief is the process people go through when someone close to them dies.</p>

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Health & Wellbeing			
<p>Know that having a naturally colourful diet is one way to try and eat healthily.</p> <p>Know that exercise means moving our body and is important.</p> <p>Know that yoga can help our bodies and minds relax.</p> <p>Name some different feelings and emotions.</p> <p>Know that I am a valuable individual.</p> <p>Know that facial expressions can give us clues as to how a person is feeling.</p> <p>Know that I can learn from my mistakes.</p> <p>To Know some strategies to calm down.</p>	<p>Understand we can limit the spread of germs by having good hand hygiene.</p> <p>Know the five S's for sun safety: slip, slop, slap, shade, sunglasses.</p> <p>Know that certain foods and other things can cause allergic reactions in some people.</p> <p>Know that food and drinks with lots of sugar are bad for our teeth.</p> <p>Know that sleep helps my body to repair itself, to grow and restores my energy.</p> <p>Explain the importance of exercise and the need for a balanced diet in staying healthy.</p> <p>Know that breathing techniques can be a useful strategy to relax.</p> <p>Know that strengths are things we are good at and that qualities describe what we are like.</p> <p>Know the words to describe some positive and negative emotions.</p> <p>Know that we can feel more than one emotion at a time.</p> <p>Know that a growth mindset means being positive about challenges and finding ways to overcome them.</p>	<p>Know key facts about dental health including ways to prevent tooth decay.</p> <p>Understand the positive impact relaxation can have on the body.</p> <p>Know the different food groups and how much of each of them we should have to have a balanced diet.</p> <p>Know that visualisation means creating an image in our heads.</p> <p>Understand the importance of belonging.</p> <p>Understand what being lonely means and that it is not the same as being alone.</p> <p>Understand what a problem or barrier is and that these can be overcome.</p> <p>Know that different job roles need different skills and so some roles may suit me more than others.</p> <p>Know that it is normal to experience a range of emotions.</p> <p>Know that mental health refers to our emotional wellbeing, rather than physical.</p> <p>Understand that mistakes can help us to learn.</p> <p>Know who can help if we are worried about our own or other people's mental health.</p>	<p>Understand the risks of sun exposure.</p> <p>Understand that vaccinations can give us protection against disease.</p> <p>Know that changes in the body could be possible signs of illness.</p> <p>Know that relaxation stretches can help us to relax and de-stress.</p> <p>Know that what we do before bed can affect our sleep quality.</p> <p>Understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).</p> <p>Know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.</p> <p>Understand what can cause stress.</p> <p>Understand that failure is an important part of success.</p> <p>Understand that a number of factors contribute to my mental health (diet, exercise, rest/relaxation).</p> <p>Know the effects technology can have on mental health.</p>

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Safety & the Changing Body			
<p>Know that some rules are in place to keep us safe.</p> <p>To know how to behave safely on the pavement and when crossing the roads with an adult.</p>	<p>Know that some types of physical contact are never appropriate (PANTS rule).</p> <p>Know what to do if I get lost.</p> <p>Know that a hazard is something which could cause an accident or injury.</p> <p>Know that I should tell an adult if I see something which makes me uncomfortable online.</p> <p>Understand the difference between secrets and surprises.</p> <p>Know the rules for crossing the road safely.</p> <p>Know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.</p> <p>Know that medicine can help us when we are ill and that we should only take medicines when a trusted adult says we can.</p> <p>Know the names of parts of my body including private parts.</p> <p>Know that the emergency services are the police, fire service and the ambulance service.</p>	<p>Understand that cyberbullying is bullying which takes place online.</p> <p>Know the signs that an email might be fake.</p> <p>Understand that there are risks to sharing things online.</p> <p>Know the difference between private and public.</p> <p>Know the rules for being safe near roads.</p> <p>Understand that other people can influence our choices.</p> <p>Understand the risks associated with smoking tobacco.</p> <p>Know that bites or stings can sometimes cause an allergic reaction.</p> <p>Know that it is important to maintain the safety of myself and others, before giving first aid.</p> <p>Know that asthma is a condition which causes the airways to narrow.</p>	<p>Know the steps to take before sending a message online.</p> <p>Know some of the possible risks online and where to get help with online problems.</p> <p>Understand that online relationships should be treated in the same way as face-to-face relationships.</p> <p>Know some strategies I can use to overcome pressure from others and make my own decisions.</p> <p>Understand the risks associated with drinking alcohol.</p> <p>Understand the physical changes to both male and female bodies as people grow from children to adults.</p> <p>Know that puberty happens at different ages for different people.</p> <p>Know the names of the external sexual parts of the body and the internal reproductive organs.</p> <p>Know how to assess a casualty's condition.</p> <p>Know how to conduct a primary survey (using DRSABC).</p>

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Citizenship			
<p>Know that we have rules to keep everything fair and safe and enjoyable for everyone.</p> <p>Understand that we all have similarities and differences and that make us special.</p> <p>Know that we all have different beliefs and celebrate special times in different ways.</p>	<p>Know the rules in school.</p> <p>Know some of the different places where rules apply.</p> <p>Know that some rules are made to be followed by everyone and are known as 'laws'.</p> <p>Know that different pets have different needs.</p> <p>Understand the needs of younger children and that these change over time.</p> <p>Know that voting is a fair way to make a decision.</p> <p>Understand how democracy works in school through the school council.</p> <p>Understand that people are all different and that this is a good thing.</p> <p>Know some of the jobs people do to look after the environment in school and the local community.</p> <p>Understand that different groups of people make different contributions to the community.</p>	<p>Understand the UN Convention on the Rights of the Child.</p> <p>Know that human rights are specific rights that apply to all people.</p> <p>Know some of the people who protect our human rights such as police, judges and politicians.</p> <p>Understand how recycling can have a positive impact on the environment.</p> <p>Know that reusing items is of benefit to the environment.</p> <p>Know that the local council is responsible for looking after the local area.</p> <p>Know that elections are held where adults can vote for local councillors.</p> <p>Understand that councillors have to balance looking after local residents and the needs of the council.</p> <p>Understand some of the consequences of breaking rules.</p> <p>Understand the role of charities in the community.</p> <p>Know that there are a number of groups which make up the local community.</p>	<p>Know what happens when someone breaks the law.</p> <p>Know that education is an important human right.</p> <p>Understand the waste hierarchy.</p> <p>Know that our food choices can affect the environment.</p> <p>Know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</p> <p>Know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p> <p>Know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.</p> <p>Know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p> <p>Know that prejudice is making assumptions about someone based on certain information.</p> <p>Know that discrimination is treating someone differently because of certain factors.</p>

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Economic Wellbeing			
	<p>Know that people use money to buy things, including things they need for survival (such as food, water and shelter) and things they want.</p> <p>Know that coins and notes are types of money and have different values.</p> <p>Know that it is wrong to steal money.</p> <p>Know that money is valuable and needs to be looked after.</p> <p>Know that a bank account is like a special place in a bank that keeps money safe until it is needed.</p> <p>Know that a bank account card is like a special key that unlocks a bank account to access the money inside.</p> <p>Know that saving money is when we keep some money and don't spend it straight away.</p> <p>Know adults have jobs to help others and to earn money.</p> <p>Know that different jobs need different skills.</p> <p>Know that it is important for workplaces to include a variety of people to bring different viewpoints and skills.</p>	<p>Know that we can pay for things using cash, a debit card, a credit card, online banking, and digital wallets.</p> <p>Know that spending should be based on necessity, importance, available budget and value-for-money.</p> <p>Know that purchases can be influenced by needs, wants, peer pressure, and advertising.</p> <p>Know that money can cause us to have positive and negative feelings.</p> <p>Know how we spend money can affect other people and the environment.</p> <p>Know that people often earn interest when they keep savings in a bank account.</p> <p>Know that different jobs contribute to our society in different ways.</p> <p>Know that it is important to consider what they are good at and enjoy doing when choosing future careers.</p> <p>Know that they can aim for any career they are interested in and passionate about, regardless of stereotypes or other people's expectations.</p> <p>Know that people often change jobs or careers multiple times in their lives.</p>	<p>Know that being 'in debt' or 'having debt' means that you have spent more money than you have and owe money to others or the bank.</p> <p>Know the difference between money earned (income) and money spent (expenditure).</p> <p>Know that borrowing money, like loans or credit, involves the responsibility to pay it back with interest.</p> <p>Know that they should be cautious about sharing financial information.</p> <p>Know that our emotions can be linked to money.</p> <p>Know that at secondary school they may have to manage different types of expenses.</p> <p>Know that gambling can cause people to lose a lot of money and can be very addictive.</p> <p>Know that their educational choices and personal interests can play a significant role in determining their future career options and opportunities.</p> <p>Know that it is important to challenge work-related stereotypes to create a more inclusive and fair work environment.</p>

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Transition			
	<p>Understand that changes can be both positive and negative.</p> <p>Understand that change is part of life.</p>	<p>Understand that change often brings about more opportunities and responsibilities.</p> <p>Know that setting goals can help us to achieve what we want.</p>	<p>Understand the skills needed for roles in school.</p> <p>Know that a big change can bring opportunities but also worries.</p> <p>Know that identity is the way we see ourselves and also how other people see us.</p>