



Stimpson Avenue Academy

PSHE Curriculum Overview – Foundation and KS1



Identity		Relationships	Lifestyle	Diversity & Equality	Rights & Responsibilities	Changes	Careers
		Nursery	Reception	Year 1	Year 2		
Autumn 1	Being Me in My World	<ol style="list-style-type: none"> Who... Me?! How am I feeling today? Being at Nursery/Pre-School Gentle Hands Our Rights (Nursery/Pre-school Charter) Our Responsibilities 	<ol style="list-style-type: none"> Who... Me?! How am I feeling today? Being at School Gentle Hands Our Rights Our Responsibilities 	<ol style="list-style-type: none"> Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences Owning Our Learning Charter 	<ol style="list-style-type: none"> Hopes and Fears for the Year Rights and Responsibilities Rewards and Consequences Rewards and Consequences Our Learning Charter Owning our Learning Charter 		
Autumn 2	Celebrating Difference	<ol style="list-style-type: none"> What am I good at? I'm Special, I'm Me! Families Houses and Homes Making Friends Standing Up for Yourself 	<ol style="list-style-type: none"> What am I good at? I'm Special, I'm Me! Families Houses and Homes Making Friends Standing Up for Yourself 	<ol style="list-style-type: none"> The same as... Different from... What is 'bullying'? What do I do about bullying? Making new friends Celebrating difference; celebrating me 	<ol style="list-style-type: none"> Boys and girls Boys and girls Why does bullying happen? Standing up for myself and others Making a new friend Celebrating difference and still being friends 		
Spring 1	Dreams and Goals	<ol style="list-style-type: none"> Challenge Never Giving Up Setting a goal Obstacles and Support Flight to the Future Footprint Awards 	<ol style="list-style-type: none"> Challenge Never Giving Up Setting a goal Obstacles and Support Flight to the Future Footprint Awards 	<ol style="list-style-type: none"> My Treasure Chest of Success Steps to Goals Achieving Together Stretchy Learning Overcoming Obstacles Celebrating My Success 	<ol style="list-style-type: none"> Goals to Success My Learning Strengths Learning with Others A Group Challenge Continuing Our Group Challenge Celebrating Our Achievement 		
Spring 2	Healthy Me	<ol style="list-style-type: none"> Everybody's Body We like to move it, move it! Food, Glorious Food Sweet Dreams Keeping Clean Stranger Danger 	<ol style="list-style-type: none"> Everybody's Body We like to move it, move it! Food, Glorious Food Sweet Dreams Keeping Clean Stranger Danger 	<ol style="list-style-type: none"> Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety Happy, Healthy Me 	<ol style="list-style-type: none"> Being Healthy Being Relaxed Medicine Safety Healthy Eating Healthy Eating The Healthy Me Cafe 		
Summer 1	Relationships	<ol style="list-style-type: none"> My Family and Me! Make friends, make friends, never ever break friends Part 1 Make friends, make friends, never ever break friends Part 2 Falling Out and Bullying Part 1 Falling Out and Bullying Part 2 Being the best friends we can be 	<ol style="list-style-type: none"> My Family and Me! Make friends, make friends, never ever break friends Part 1 Make friends, make friends, never ever break friends Part 2 Falling Out and Bullying Part 1 Falling Out and Bullying Part 2 Being the best friends we can be 	<ol style="list-style-type: none"> Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating My Special Relationships 	<ol style="list-style-type: none"> Families Keeping Safe – exploring physical contact Friends and Conflict Secrets Trust and Appreciation Celebrating My Special Relationships 		
Summer 2	Changing Me	<ol style="list-style-type: none"> My Body Respecting My Body Growing Up Growth and Change Fun and Fears Celebration 	<ol style="list-style-type: none"> My Body Respecting My Body Growing Up Fun and Fears Part 1 Fun and Fears Part 2 Celebration 	<ol style="list-style-type: none"> Life Cycles Changing Me My Changing Body Boys' and Girls' Bodies Learning and Growing Coping with Changes 	<ol style="list-style-type: none"> Life Cycles in Nature Growing from Young to Old The Changing Me Boys' and Girls' Bodies Assertiveness Looking Ahead 		



Stimpson Avenue Academy

PSHE Curriculum Overview – Year 1 to 6



		Identity	Relationships	Lifestyle	Diversity & Equality	Rights & Responsibilities	Changes	Careers
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 6
Autumn 1	Being Me in My World	<ol style="list-style-type: none"> 1. Special and Safe 2. My Class 3. Rights and Responsibilities 4. Rewards and Feeling Proud 5. Consequences 6. Owing Our Learning Charter 	<ol style="list-style-type: none"> 1. Hopes and Fears for the Year 2. Rights and Responsibilities 3. Rewards and Consequences 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. Getting to Know Each other 2. Our Nightmare School 3. Our Dream School 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. Becoming a Class 'Team' 2. Being a School Citizen 3. Rights, Responsibilities and Democracy 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. My Year Ahead 2. Being a Citizen of My Country 3. Year 5 responsibilities 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<ol style="list-style-type: none"> 1. My Year Ahead 2. Being a Global Citizen 1 3. Being a Global Citizen 2 4. The Learning Charter 5. Our Learning Charter 6. Owing our Learning Charter 	
Autumn 2	Celebrating Difference	<ol style="list-style-type: none"> 1. The same as... 2. Different from... 3. What is 'bullying'? 4. What do I do about bullying? 5. Making new friends 6. Celebrating difference; celebrating me 	<ol style="list-style-type: none"> 1. Boys and girls 2. Boys and girls 3. Why does bullying happen? 4. Standing up for myself and others 5. Making a new friend 6. Celebrating difference and still being friends 	<ol style="list-style-type: none"> 1. Families 2. Family Conflict 3. Witness and feelings 4. Witness and solutions 5. Words that harm 6. Celebrating difference: compliments 	<ol style="list-style-type: none"> 1. Judging by Appearances 2. Understanding influences 3. Understanding Bullying 4. Problem-solving 5. Special me 6. Celebrating Difference: how we look 	<ol style="list-style-type: none"> 1. Different cultures 2. Racism 3. Rumours and Name-calling 4. Types of Bullying 5. Does Money Matter? 6. Celebrating Difference across the world. 	<ol style="list-style-type: none"> 1. Am I Normal? 2. Understanding Difference. 3. Power Struggles 4. Why Bully 5. Celebrating Difference 6. Celebrating Difference 	
Spring 1	Dreams and Goals	<ol style="list-style-type: none"> 1. My Treasure Chest of Success 2. Steps to Goals 3. Achieving Together 4. Stretchy Learning 5. Overcoming Obstacles 6. Celebrating My Success 	<ol style="list-style-type: none"> 1. Goals to Success 2. My Learning Strengths 3. Learning with Others 4. A Group Challenge 5. Continuing Our Group Challenge 6. Celebrating Our Achievement 	<ol style="list-style-type: none"> 1. Dreams and Goals 2. My Dreams and Ambitions 3. A new Challenge 4. Our New Challenge 5. Our New Challenge – Overcoming Obstacles 6. Celebrating My Learning 	<ol style="list-style-type: none"> 1. Hopes and Dreams 2. Broken Dreams 3. Overcoming Disappointment 4. Creating New Dreams 5. Achieving Goals 6. We Did It! 	<ol style="list-style-type: none"> 1. When I Grow Up 2. Investigate Jobs and Careers 3. My Dream Job 4. Dreams and Goals in Other Cultures. 5. How can we support each other? 6. Rallying Support 	<ol style="list-style-type: none"> 1. Personal Learning Goals 2. Steps to Success 3. My Dreams for the World 4. Helping to Make a Difference 5. Helping to Make a Difference 6. Recognising our Achievements 	
Spring 2	Healthy Me	<ol style="list-style-type: none"> 1. Being Healthy 2. Healthy Choices 3. Clean and Healthy 4. Medicine Safety 5. Road Safety 6. Happy, Healthy Me 	<ol style="list-style-type: none"> 1. Being Healthy 2. Being Relaxed 3. Medicine Safety 4. Healthy Eating 5. Healthy Eating 6. The Healthy Me Cafe 	<ol style="list-style-type: none"> 1. Being Fit and Healthy 2. Being Fit and Healthy 3. What do I know about drugs? 4. Being Safe 5. Safe or Unsafe 6. My Amazing Body 	<ol style="list-style-type: none"> 1. My Friends and Me 2. Group Dynamics 3. Smoking 4. Alcohol 5. Healthy Friendships 6. Celebrating my Assertiveness 	<ol style="list-style-type: none"> 1. Smoking 2. Alcohol 3. Emergency Aid 4. Body Image 5. My Relationship with Food 6. Healthy Me 	<ol style="list-style-type: none"> 1. Taking responsibility for my health 2. Drugs 3. Exploitation 4. Gangs 5. Emotional and Mental health 6. Managing Stress and Pressure 	
Summer 1	Relationships	<ol style="list-style-type: none"> 1. Families 2. Making Friends 3. Greetings 4. People Who Help Us 5. Being My Own Best Friend 6. Celebrating My Special Relationships 	<ol style="list-style-type: none"> 1. Families 2. Keeping Safe – exploring physical contact 3. Friends and Conflict 4. Secrets 5. Trust and Appreciation 6. Celebrating My Special Relationships 	<ol style="list-style-type: none"> 1. Family roles and responsibilities 2. Friendship 3. Keeping myself safe online 4. Being a Global Citizen 1 5. Being a Global Citizen 2 6. Celebrating my web of relationships 	<ol style="list-style-type: none"> 1. Jealousy 2. Love and Loss 3. Memories 4. Getting on and Falling Out 5. Girl Friends and Boy Friends 6. Celebrating my relationships 	<ol style="list-style-type: none"> 1. Recognising Me 2. Safety with online communities 3. Being in an online community 4. Online Gaming 5. My relationship with technology: Screen time 6. Relationships and Technology 	<ol style="list-style-type: none"> 1. What is Mental Health 2. My Mental Health 3. Love and Loss 4. Power and Control 5. Being Online: Real or fake? Safe or unsafe? Using Technology responsibly 	
Summer 2	Change	<ol style="list-style-type: none"> 1. Life Cycles 	<ol style="list-style-type: none"> 1. Life Cycles in Nature 	<ol style="list-style-type: none"> 1. How Babies Grow 	<ol style="list-style-type: none"> 1. Unique Me 	<ol style="list-style-type: none"> 1. Self and Body Image 	<ol style="list-style-type: none"> 1. My Self Image 	

		<ul style="list-style-type: none"> 2. Changing Me 3. My Changing Body 4. Boys' and Girls' Bodies 5. Learning and Growing 6. Coping with Changes 	<ul style="list-style-type: none"> 2. Growing from Young to Old 3. The Changing Me 4. Boys' and Girls' Bodies 5. Assertiveness 6. Looking Ahead 	<ul style="list-style-type: none"> 2. Babies 3. Outside Body Changes 4. Inside Body Changes 5. Family Stereotypes 6. Looking Ahead 	<ul style="list-style-type: none"> 2. Having a baby 3. Girls and Puberty 4. Circles of Change 5. Accepting Change 6. Looking Ahead 	<ul style="list-style-type: none"> 2. Puberty for Girls 3. Puberty for Boys 4. Conception 5. Looking Ahead 1 6. Looking Ahead 2 	<ul style="list-style-type: none"> 2. Puberty 3. Babies: Conception to Birth 4. Boyfriends and Girlfriends 5. Real self and Ideal self 6. The Year Ahead
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Stimpson Avenue Academy - PSHE Curriculum



Nursery		Aut		Spr		Sum		Key Vertical Links	Horizontal Links
		1	2	1	2	1	2		
Being Me in My World	I understand how it feels to belong and that we are similar and different							Self-confidence and self-awareness Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.	
	I understand how feeling happy and sad can be expressed								
	I can work together and consider other people's feelings								
	I can use gentle hands and understand that it is good to be kind to people								
	I am starting to understand children's rights and this means we should all be allowed to learn and play								
I am learning what being responsible means									
Celebrating Difference	I know how it feels to be proud of something I am good at							Managing feelings and behaviour Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations and take changes of routine in their stride.	
	I can tell you one way I am special and unique								
	I know that all families are different								
	I know there are lots of different houses and homes								
	I can tell you how I could make new friend								
I can use my words to stand up for myself									
Dreams & Goals	I understand what a challenge means							Making relationships Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings and form positive relationships with adults and other children.	
	I can keep trying until I can do something								
	I can set a goal and work towards it								
	I know some kind words to encourage people with								
	I can start to think about the jobs I might like to do when I'm older								
I can feel proud when I achieve a goal									
Healthy Me	I know the names for some parts of my body and am starting to understand that I need to be active to be healthy							People and communities Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.	
	I can tell you some of the things I need to do to be healthy								
	I know what the word 'healthy' means and that some foods are healthier than others								
	I know how to help myself go to sleep and that sleep is good for me								
	I can wash my hands and know it is important to do this before I eat and after I go to the toilet								
I know what to do if I get lost and how to say NO to strangers									
Relationships	I can tell you about my family							The world Children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur and talk about changes.	
	I understand how to make friends if I feel lonely								
	I can tell you some of the things I like about my friends								
	I know what to say and do if somebody is mean to me								
	I can use Calm Me time to manage my feelings								
I can work together and enjoy being with my friends									
Changing Me	I can name parts of my body and show respect for myself							Health and self-care Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.	
	I can tell you some things I can do and some food I can eat to be healthy								
	I understand that we all start as babies and grow into children and then adults								
	I know that I grow and change								
	I can talk about how I feel moving to School from Nursery								
I can remember some fun things about Nursery this year									
<i>Identify</i>	<i>Relationships</i>	<i>Lifestyle</i>	<i>Diversity & Equality</i>		<i>Rights & Responsibilities</i>		<i>Changes</i>	<i>Careers</i>	



Stimpson Avenue Academy - PSHE Curriculum



Reception		Aut		Spr		Sum		Key Vertical Links	Horizontal Links
		1	2	1	2	1	2		
Being Me in My World	I understand how it feels to belong and that we are similar and different							Nursery Being Me in My World Understand how feeling happy and sad can be expressed. I can work together and consider other people's feelings. I can use gentle hand and understand that it is good to be kind to people.	
	I can start to recognise and manage my feelings								
	I enjoy working with other to make school a good place to be								
	I understand why it is good to be kind and use gentle hands								
	I am starting to understand children's rights and this means we should all be allowed to learn and play								
I am learning what being responsible means									
Celebrating Difference	I can identify something I am good at and understand everyone is good at different things							Nursery Celebrating Differences I can tell you one way I am special and unique. I know that all families are different. I know there are lots of different houses and homes. I can tell you how I could make anew friend. I can use my words t stand up for myself.	
	I understand that being different makes us all special								
	I know we are all different but the same in some ways								
	I can tell you why I think my home is special to me								
	I can tell you how to be a kind friend								
I know which words to use to stand up for myself when someone says or does something unkind									
Dreams & Goals	I understand that if I persevere, I can tackle challenges							Nursery Dreams and Goals I understand what a challenge means. I can keep trying until I can do something. I can set a goal and work towards it. I know some kind words to encourage people with. I can start to think about the jobs I might like to do when I'm older. I can feel proud when I achieve a goal.	
	I can tell you about a time I didn't give up until I achieved my goal								
	I can set a goal and work towards it								
	I can use kind words to encourage people								
	I understand the link between what I learn now and the job I might like to do when I'm older								
I can say how I feel when I achieve a goal and know what it means to feel proud									
Healthy Me	I understand that I need to exercise to keep my body healthy							Nursery Healthy Me I know the names for some parts of my body and am starting to understand that I need to be active to be healthy. I know what the word 'healthy' means and that some foods are healthier than others. I know how to help myself go to sleep and that sleep is good for me I can wash my hands and know it is important to do this before I eat and after I go to the toilet. I know what to do if I get lost and how to say NO to strangers.	
	I understand how moving and resting are good for my body								
	I know which foods are healthy and not so healthy and can make healthy eating choices								
	I know how to help myself go to sleep and understand why sleep is good for me								
	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet								
I know what a stranger is and how to stay safe if a stranger approaches me									
Relationships	I can identify some of the jobs I do in my family and how I feel like I belong							Nursery Relationships I can tell you about my family. I understand how to make friends if I feel lonely. I can tell you some of the things I like about my friends. I know what to say and do if somebody is mean to me. I can use Calm Me time to manage my feelings. I can work together and enjoy being with my friends.	
	I know how to make friends to stop myself from feeling lonely								
	I can think of ways to solve problems and stay friends								
	I am starting to understand the impact of unkind words								
	I can use Calm Me time to manage my feelings								
I know how to be a good friend									
Changing Me	I can name parts of the body							Nursery Changing Me I can name parts of my body and show respect for myself. I can tell you some things I can do and some food I can eat to be healthy. I understand that we all start as babies and grow into children and then adults. I know that I grow and change.	
	I can tell you some things I can do and foods I can eat to be healthy								
	I understand that we all grow from babies to adults								
	I can express how I feel about moving to Year 1								
	I can talk about my worries and/or the things I am looking forward to about being in Year 1								
I can share my memories of the best bits of this year in Reception									



Stimpson Avenue Academy - PSHE Curriculum



Reception			Aut	Spr	Sum	Key Vertical Links	Horizontal Links	
			1	2	1			2
Identify	Relationships	Lifestyle	Diversity & Equality			Rights & Responsibilities	Changes	Careers

Year 1			Aut	Spr	Sum	Key Vertical PSHE Links	Horizontal/Diagonal Links
			1	2	1		
Being Me in My World	I know how to use my Jigsaw Journal					Reception Being Me in My World I understand how it feels to belong and that we are similar and different. I can start to recognise and manage my feelings I understand why it is good to be kind and use gentle hands. I am starting to understand children's rights and this means we should all be allowed to learn and play.	
	I understand the rights and responsibilities as a member of my class						
	I understand the rights and responsibilities for being a member of my class						
	I know my views are valued and can contribute to the Learning Charter						
	I can recognise the choices I make and understand the consequences						
	I understand my rights and responsibilities within our Learning Charter						
Celebrating Difference	I can identify similarities between people in my class					Reception Celebrating Differences I can identify something I am good at and understand everyone is good at different things. I understand that being different makes us all special. I can tell you how to be a kind friend. I know which words to use to stand up for myself when someone says or does something unkind	
	I can identify differences between people in my class						
	I can tell you what bullying is						
	I know some people who I could talk to if I was feeling unhappy or being bullied						
	I know how to make new friends						
	I can tell you some ways I am different from my friends						
Dreams & Goals	I can set simple goals					Reception Dreams and Goals I understand that if I persevere, I can tackle challenges. I can set a goal and work towards it. I can use kind words to encourage people. I understand the link between what I learn now and the job I might like to do when I'm older. I can say how I feel when I achieve a goal and know what it means to feel proud.	
	I can set a goal and work out how to achieve it						
	I understand how to work well with a partner						
	I can tackle a new challenge and understand this might stretch my learning						
	I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them						
	I can tell you how I felt when I succeeded in a new challenge and how I celebrated						
Healthy Me	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy					Reception Healthy Me I understand that I need to exercise to keep my body healthy. I know which foods are healthy and not so healthy and can make healthy eating choices. I know how to help myself go to sleep and understand why sleep is good for me. I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. I know what a stranger is and how to stay safe if a stranger approaches me.	Year 1 Autumn 1 Science Learn about the senses: sight, taste and touch. Learn about the senses of hearing and smell.
	I know how to make healthy lifestyle choices						
	I know how to keep myself clean and healthy, and understand how germs cause disease/illness						
	I know that all household products including medicines can be harmful if not used properly						
	I understand that medicines can help me if I feel poorly and I know how to use them safely						
	I know how to keep safe when crossing the road, and about people who can help me to stay safe						
Relationships	I can identify the members of my family and understand that there are lots of different types of families					Reception Relationships I can identify some of the jobs I do in my family and how I feel like I belong. I know how to make friends to stop myself from feeling lonely. I can think of ways to solve problems and stay friends. I am starting to understand the impact	Year 1 Summer RE Why is family important? What else is important to the Jewish family?
	I can identify what being a good friend means to me						
	I know appropriate ways of physical contact to greet my friends and know which ways I prefer						
	I know who can help me in my school community						
	I can recognise my qualities as a person and a friend						
	I can tell you why I appreciate someone who is special to me						



Stimpson Avenue Academy - PSHE Curriculum



Year 1		Aut		Spr		Sum		Key Vertical PSHE Links	Horizontal/Diagonal Links				
		1	2	1	2	1	2						
								of unkind words. I know how to be a good friend.					
Changing Me	I am starting to understand the life cycles of animals and human							Reception Changing Me I can name parts of the body. I can tell you some things I can do and foods I can eat to be healthy. I understand that we all grow from babies to adults. I can talk about my worries and/or the things I am looking forward to about being in Year 1					
	I can tell you some things about me that have changed and some things about me that have stayed the same												
	I can tell you how my body has changed since I was a baby												
	I can identify the parts of the body that makes boys different to girls and can use the correct names for these: penis, testicles, vagina												
	I understand that every time I learn something new, I change a little bit												
	I can tell you about changes that have happened in my life												
<i>Identify</i>		<i>Relationships</i>		<i>Lifestyle</i>		<i>Diversity & Equality</i>		<i>Rights & Responsibilities</i>		<i>Changes</i>		<i>Careers</i>	



Stimpson Avenue Academy - PSHE Curriculum



Year 2		Aut	Spr	Sum	Key Vertical PSHE Links	Horizontal/Diagonal Links
		1	2	1		
Being Me in My World	I can identify some of my hopes and fears for the year					
	I know how to use my Jigsaw Journal					
	I understand the rights and responsibilities for being a member of my class and school					
	I understand the rights and responsibilities for being a member of my class					
	I can listen to other people and contribute my own ideas about rewards and consequences					
	I understand how following the Learning Charter will help me and others learn					
	I can recognise the choices I make and understand the consequences					
Celebrating Difference	I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)					
	I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)					
	I understand that bullying is sometimes about difference					
	I can recognise what is right and wrong and know how to look after myself					
	I know some ways to make new friends					
	I know some ways I am different from friends					
Dreams & Goals	I can choose a realistic goal and think about how to achieve it					
	I can persevere even when I find tasks difficult					
	I can recognise who it is easy for me to work with and who it is more difficult for me to work with					
	I can work cooperatively in a group to create an end product					
	I know how to share success with other people					
Healthy Me	I know what I need to keep my body healthy					
	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed					
	I understand how medicines work in my body and how important it is to use them safely					
	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy					
	I can decide which foods to eat to give my body energy					
	I can make some healthy snacks and explain why they are good for my body					
Relationships	I can identify different members of my family, understand my relationships with each of them and know why it is important to share and cooperate					
	I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not					
	I can identify some of the things that cause conflict with my friends					
	I understand that sometimes it is good to keep a secret and sometimes it is not					
	I recognise and appreciate people who can help me in my family, school and community					
	I can express my appreciation for the people in my special relationships					
Changing Me	I can recognise cycles of life in nature					
	I can tell you about the natural process of growing from young to old and understand that this is not in my control					
	I can recognise how my body has changed since I was a baby and where I am now					
	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and know that some body parts are private					
	I understand there are different types of touch and can tell you which ones I like and don't like					
	I can identify what I am looking forward to when I am in Year 3					

Year 1 Being Me in My World
Rights and Responsibilities. Choices and Consequences.

Year 1 Celebrating Differences
Similarities and differences between people in class. Bullying and making friends.

Year 1 Dreams and Goals
Setting Goals, identifying obstacles and overcoming challenges.

Year 1 Healthy Me
Healthy Lifestyles choices and medicines.

Year 1 Relationships
Recognise the qualities in a good friend. Know who can help me in the school community.

Year 1 Changing Me
Understand life cycles of animals and humans. Physical differences between boys and girls. Understand changes in life so far.

DT Year 2 Spring 1
Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The Eatwell plate.

Year 1 Computing Spring 2
Find and use pictures on the web
Know what to do if they encounter pictures that cause concern.

Year 2 Autumn 2 Science
Learn the life cycle of birth, growth, reproduction and death. Learn how humans grow by looking at how babies grow into adults
Describe the stages of life from adulthood to old age.
Year 1 Autumn 1 Science
Learn about the senses: sight, taste and touch.



Stimpson Avenue Academy - PSHE Curriculum



Year 2

Aut	Spr	Sum
1	2	1
2	1	2

Key Vertical
PSHE Links

Horizontal/Diagonal Links

Identity

Relationships

Lifestyle

Diversity & Equality

*Rights &
Responsibilities*

Changes

Careers



Stimpson Avenue Academy - PSHE Curriculum



Year 3		Aut	Spr		Sum		Key Vertical PSHE Links	Horizontal/Diagonal Links
		1	2	1	2	1		
Being Me in My World	I can recognise my worth and can identify positive things about myself and my achievements.						Year 2 Being Me in My World Understand rights and responsibilities of being a class member. Contribute ideas about rewards and consequences.	
	I can set personal goals.							
	I can face new challenges positively, make responsible choices and ask for help when I need it.							
	I understand why rules are needed and how they relate to rights and responsibilities.							
	I can make responsible choices and take action.							
	I understand my actions affect others and try to see things from their point of view.							
Celebrating Difference	I understand that everybody's family is different and important to them.						Year 2 Celebrating Difference Understand stereotypes, recognise right and wrong, now some ways to make friends.	
	I understand that differences and conflicts sometimes happen among family members.							
	I know what it means to be a witness to bullying.							
	I know that witnesses can make the situation better or worse by what they do.							
	I recognise that some words are used in hurtful ways.							
	I can tell you about a time a when my words affected someone's feelings and what the consequences were.							
Dreams & Goals	I can tell you about a person who has faced difficult challenges and achieved successes.						Year 2 Dreams and Goals Perseverance, working cooperatively and know how to share success with other people.	
	I can identify a dream/ambition that is important to me							
	I enjoy facing new learning challenges and working out the best ways for me to achieve them.							
	I am motivated and enthusiastic about achieving our new challenge							
	I can recognise obstacles which might hinder my achievement and can take steps to overcome them.							
	I can evaluate my own learning process and identify how it can be better next time.							
Healthy Me	I understand how exercise affects my body and know why my heart and lungs are such important organs.						Year 2 Healthy Me Understand about safe medicine use. Healthy foods and snacks.	Year 2 Spring DT Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The Eatwell plate. Year 2 Summer 1 Science Learn the importance of nutrition for humans. Know how to keep healthy through daily exercise. Know how to keep healthy through diet
	I know that the number of calories, fat and sugar I put into my body will affect my health.							
	I can tell you my knowledge and attitude towards drugs.							
	I can identify things, people and places that I need to keep safe from and can tell you some strategies for keeping myself safe including who to go to for help.							
	I can identify when something feels safe or unsafe.							
	I understand how complex my body is and how important it is to take care of it							
Relationships	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.						Year 2 Relationships Understand acceptable forms of physical contact within a family. Identify causes of conflict and recognise people who can help.	Year 3 Summer RE Islam - Keeping the Five Pillars – what difference does it make?
	I can identify and put into practice some of the skills of friendship e.g. Taking turns, being a good listener.							
	I know and can use some strategies for keeping myself safe online.							
	I can explain how some of the actions and work of people around the world help and influence my life.							
	I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.							
	I know how to express my appreciation to my friends and family							
Changing Me	I understand that in animals and humans lots of changes happen between conception and growing.						Year 2 Changing Me Recognise life cycles in nature, understand natural process of growing old. Physical differences between boys and girls.	Year 2 Autumn 2 Science Learn the life cycle of birth, growth, reproduction and death. Learn how humans grow by looking at how babies grow into adults Describe the stages of life from adulthood to old age. Year 3 Autumn 2 Science Compare generations of families to help understand how characteristics are inherited.
	I understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.							
	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.							
	I can identify how boys' and girls' bodies change on the outside during this growing up process.							
	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.							
	I can start to recognise stereotypical ideas I might have about parenting and family roles.							
	Identify what I am looking forward to next year.							



Stimpson Avenue Academy - PSHE Curriculum



Year 3

Aut	Spr	Sum
1	2	1
2	1	2

Key Vertical
PSHE Links

Horizontal/Diagonal Links

<i>Identity</i>	<i>Relationships</i>	<i>Lifestyle</i>	<i>Diversity & Equality</i>	<i>Rights & Responsibilities</i>	<i>Changes</i>	<i>Careers</i>
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Stimpson Avenue Academy - PSHE Curriculum



Year 4		Aut	Spr	Sum	Key Vertical PSHE Links	Horizontal/Diagonal Links
		1	2	1		
Being Me in My World	I know my attitudes and actions make a difference to the class team.				Year 3 Being Me in My World Setting goals and facing challenges positively. Make responsible choices and understand that my actions affect others.	
	I understand who is in my school community, the role they play and how I fit in.					
	I understand how democracy works through the School Council.					
	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.					
	I understand how groups come together to make decisions					
	I understand how democracy and having a voice benefits the school community.					
Celebrating Difference	I understand that, sometimes, we make assumptions based on what people look like				Year 3 Celebrating Difference Understand difference and conflicts sometimes happen. Know what it means to be a witness to bullying. Recognise that some words are used in hurtful ways.	Year 3 Summer RE Islam - Keeping the Five Pillars – what difference does it make? Year 4 Autumn RE What have we learned from Hindus (Yr4), Christians and Jews (Yr3) about the symbolism of light?
	I understand what influences me to make assumptions based on how people look.					
	I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.					
	I can tell you why witnesses sometimes join in with bullying and sometimes don't tell.					
	I can identify what is special about me and value the ways in which I am unique.					
	I can tell you a time when my first impression of someone changed when I got to know them.					
Dreams & Goals	I can tell you about some of my hopes and dreams.				Year 3 Dreams and Goals Identify a dream/ambition that is important to me. Recognise obstacles and take steps to overcome them. Evaluate my own learning process and identify how it can be better next time.	Year 3 Spring RE Jesus - Why is Jesus an inspirational leader for some people? Year 3 Summer RE Islam - Keeping the Five Pillars – what difference does it make?
	I understand that sometimes hopes and dreams do not come true and that this can hurt.					
	I know that reflecting on positive and happy experiences can help me to counteract disappointment.					
	I know how to make a new plan and set new goals even if I have been disappointed.					
	I know how to work out the steps to take to achieve a goal and can do this successfully as part of a group.					
	I can identify the contributions made by myself and others to the group's achievement.					
Healthy Me	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most.				Year 3 Healthy Me Understand how exercise, calories, fat and sugar will affect my health. Tell you my knowledge and attitude towards drugs. Identify when something feels safe or unsafe.	
	I understand there are people who take on the roles of leaders or followers in a group.					
	I understand the facts about smoking and its effects on health and also some of the reasons some people start to smoke.					
	I understand the facts about alcohol and its effects on health, particularly the liver and also some of the reasons people drink alcohol.					
	I can recognise when people are putting me under pressure and can explain ways to resist this.					
	I know myself well enough to have a clear picture of what I believe is right and wrong.					
Relationships	I can recognise situations which can cause jealousy in relationships.				Year 3 Relationships Identify and put into practice some of the skills of friendship. Know and use strategies for keeping myself safe online. Understand how my needs and rights are shared by children around the world.	
	I can identify someone I love and can express why they are special to me.					
	I can tell you about someone I know that I no longer see.					
	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.					
	I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older.					
	I know how to show love and appreciation to the people and animals who are special to me.					
Changing Me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.				Year 3 Changing Me Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow. Understand that boys' and girls' bodies change. Recognise stereotypical ideas about parenting and family roles.	Year 3 Autumn 2 Science Compare generations of families to help understand how characteristics are inherited.
	I can correctly label the internal and external parts of the male and female bodies that are necessary for making a baby.					
	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of life.					
	I know how the circle of changes works and can apply it changes I want to make in my life.					
	I can identify changes outside of my control that I learnt to accept.					
Identity	Relationships	Lifestyle	Diversity & Equality	Rights & Responsibilities	Changes	Careers



Stimpson Avenue Academy - PSHE Curriculum



Year 5		Aut		Spr		Sum		Key Vertical PSHE Links	Horizontal/Diagonal Links
		1	2	1	2	1	2		
Being Me in My World	I can face new challenges positively and know how to set personal goals.							Year 4 Being Me in My World Understand how democracy works through the School Council. Understand that my actions affect myself and others.	
	I understand my rights and responsibilities as a citizen of my country.								
	I understand my rights and responsibilities as a citizen of my country and as a member of my school.								
	I can make choices about my own behaviour because I understand how rewards and consequences feel.								
	I understand how an individual's behaviour can impact on a group.								
	I understand how democracy and having a voice benefits the school community and know how to participate in this.								
Celebrating Difference	I understand that cultural differences sometimes cause conflict.							Year 4 Celebrating Difference Understand that, sometimes, we make assumptions based on what people look like.	
	I understand what racism is								
	I understand how rumour-spreading and name-calling can be bullying behaviours.								
	I can explain the difference between direct and indirect types of bullying.								
	I can compare my life with people in the developing world.								
	I can understand a different culture from my own.								
Dreams & Goals	I understand that I will need money to help me achieve some of my dreams.							Year 4 Dreams and Goals Understand that sometimes hops and dreams do not come true and that this can hurt. Know how to work out the steps to take to achieve a goal and can do this successfully as part of a group.	Year 5 Spring RE What can we learn from reflecting on Christian, Sikh and Muslim wisdom?
	I know about a range of jobs carried out by people how much people earn in different jobs.								
	I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.								
	I can describe the dreams and goals of young people in a culture different to mine.								
	I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.								
Healthy Me	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.							Year 4 Healthy Me Understand there are people who take the roles of leaders or followers in a group. Understand the facts about smoking and alcohol and their effects on health. Recognise when people are putting me under pressure and explain ways to resist this.	Year 3 Spring DT Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught.
	I know some of the risks of misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.								
	I know and can put into practice basic emergency aid procedures (including recover position) and know how to get help in emergency situations.								
	I understand how the media, social media and celebrity culture promotes certain body types.								
	I can describe the different roles food can play in people's lives and can explain how people develop eating problems relating to body image pressures.								
	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.								
Relationships	I have an accurate picture of who I am in terms of my characteristics and personal qualities.							Year 4 Relationships Recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. Understand what having a boyfriend/girlfriend might mean and this it is a special relationship for when I am older.	Year 5 Computing Spring 2 Develop their understanding of e-safety and responsible use of technology
	I understand that belonging to an online community can have positive and negative consequences.								
	I understand there are rights and responsibilities in an online community or social network.								
	I know are rights and responsibilities when playing games online.								
	I can recognise when I am spending too much time using devices (screen time)								
	I can explain how to stay safe when using technology to communicate with my friends.								
Changing Me	I am aware of my own self-image and how my body image fits into that.							Year 4 Changing Me Correctly label the internal and external parts of the male and female bodies that are necessary for making a baby. Describe how a girl's body changes in order for he to have babes when she is an adult and that menstruation is a natural part of life.	Year 5 Spring 1 Science Know about the human reproductive organs. Exploring gestation periods. Describe the changes which happen in childhood. Understand changes which happen in adolescence.
	I can explain how a girl's body changes during puberty and understand the importance of looking yourself physically and emotionally.								
	I can describe how boys' and girls' bodies change during puberty.								
	I understand that sexual intercourse can lead to conception.								
	I understand that sometimes people need IVF.								
	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. (age of consent)								
	I can identify what I am looking forward to when I move to my next class.								
Identity	Relationships	Lifestyle	Diversity & Equality	Rights & Responsibilities	Changes	Careers			



Stimpson Avenue Academy - PSHE Curriculum



Year 6		Aut		Spr		Sum		Key Vertical PSHE Links	Horizontal/Diagonal Links
		1	2	1	2	1	2		
Being Me in My World	I can identify my goals for this year, understand my fears and worries about the future and know how to express them.							Year 5 Being Me in My World Understand my rights and responsibilities as a citizen of my country and a member of my school. Understand how an individual's behaviour can impact on a group.	Year 5 Spring RE What can we learn from reflecting on Christian, Sikh and Muslim wisdom?
	I know that there are universal rights for all children but for many these rights are not met.								
	I understand that my actions affect other people locally and globally.								
	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.								
	I understand how an individual's behaviour can impact on a group.								
	I understand how democracy and having a voice benefits the school community.								
Celebrating Difference	I understand there are different perceptions about what normal means							Year 5 Celebrating Difference Understand that cultural differences sometime cause conflict. Understand what racism is. Explain the differences between direct and indirect types of bullying.	
	I understand how being different could affect someone's life.								
	I can explain some of the ways in which one person or a group can have power over another.								
	I know some of the reasons why people use bullying behaviours.								
	I can give examples of people with disabilities who lead amazing lives.								
	I can explain ways in which difference can be a source of conflict and a cause for celebration.								
Dreams & Goals	I know my learning strengths and can set challenging but realistic goals for myself.							Year 5 Dreams and Goals Understand that I will need money to help me achieve some of my dreams. Identify a job I would like to do when I grow up. Describe the dreams and goals of young people in a culture different to mine.	
	I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.								
	I can identify problems in the world that concern me and talk to other people about them.								
	I can work with other people to help make the world a better place.								
	I can describe some ways in which I can work with other people to help make the world a better place.								
	I know what some people in my class like or admire about me and can accept their praise.								
Healthy Me	I can take responsibility for my health and make choices that benefit my health and well-being.							Year 5 Healthy Me Know the health risks of smoking. Know some of the risks of misusing alcohol, including anti-social behaviour. Know and put into practice basic emergency aid procedures. Know what makes a healthy lifestyle.	Year 6 Spring 2 Science Describe what affects your heart rate. Explore the different food groups and identify ways to eat a balanced diet. Describe the consequences of an unhealthy lifestyle.
	I know about different types of drugs and their uses and their effects on the body.								
	I understand that some people can be exploited and made to do things that are against the law.								
	I know why some people join gangs and the risks.								
	I understand what it means to be emotionally well and can explore people's attitudes towards mental health and illness.								
	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.								
Relationships	I know that it is important to take care of my mental health.							Year 5 Relationships I have an accurate picture of who I am in terms of my characteristics and personal qualities. I understand that belonging to an online community can have positive and negative consequences.	
	I know how to take care of my mental health.								
	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.								
	I can recognise when people are trying to gain power or control.								
	I can judge whether something online is safe and helpful for me.								
	I can use technology positively and safely to communicate with my friends and family.								
Changing Me	I am aware of my own body and self-image							Year 5 Changing Me I can explain how boys' and girls' bodies change during puberty. I understand that sexual intercourse can lead to conception. I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities	Year 5 Spring 1 Science Know about the human reproductive organs. Exploring gestation periods. Describe the changes which happen in childhood. Understand changes which happen in adolescence.
	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.								
	I can describe how a baby develops from conception through the nine months of pregnancy.								
	I understand how being physically attracted to someone changes the nature of the relationship and what it means having a girlfriend/boyfriend.								
	I am aware of the importance of a positive self-esteem and what I can do to develop it.								
	I can identify what I am looking forward to and what worries me about the transition to secondary school/or moving to my next class.								



Stimpson Avenue Academy - PSHE Curriculum



Year 6

Aut	Spr	Sum
1	2	1
2	1	2

Key Vertical PSHE Links

Horizontal/Diagonal Links

<i>Identity</i>	<i>Relationships</i>	<i>Lifestyle</i>	<i>Diversity & Equality</i>	<i>Rights & Responsibilities</i>	<i>Changes</i>	<i>Careers</i>
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