



# Hilton Lane Primary School

## PSHE Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>National Curriculum</b>						
<b>Being Me in My World</b>	<p>Understand the rights and responsibilities for a member of a class.</p> <p>Understand their views are important.</p> <p>Understand that their choices have consequences.</p> <p>Understand their own rights and responsibilities with their classroom.</p>	<p>Identify hopes and fears for the year ahead.</p> <p>Understand the rights and responsibilities of class members.</p> <p>Know that it is important to listen to other people.</p> <p>Understand that their own views are valuable.</p> <p>Know about rewards and consequences and that these stem from choices.</p> <p>Know that positive choices impact positively on self-learning and the learning of others.</p>	<p>Understand that they are important.</p> <p>Know what a personal goal is.</p> <p>Understanding what a challenge is.</p> <p>Know why rules are needed and how these relate to choices and consequences.</p> <p>Know that actions can affect others' feelings.</p> <p>Know that others may hold different views.</p> <p>Know that the school has a shared set of values.</p>	<p>Know how individual attitudes and actions make a difference to a class.</p> <p>Know about different roles in the school community.</p> <p>Know their place in the school community.</p> <p>Know what democracy is.</p> <p>Know that their own actions affect themselves and others.</p> <p>Know how groups work together to reach a consensus.</p> <p>Know that having a voice and democracy benefits the school community.</p>	<p>Know how to face challenges positively and understand how to set personal goals.</p> <p>Understand the rights and responsibilities associated with being a citizen in the wider community and their country.</p> <p>Know how an individual's behaviour can affect a group and the consequences of this.</p> <p>Understand how democracy and having a voice benefits the school community.</p> <p>Understand how to contribute towards the democratic process.</p>	<p>Know how to set goals for the year ahead and understand what fears and worries are.</p> <p>Know about the children's universal rights (United Nations Convention on the Rights of the Child).</p> <p>Know about the lives of children in other parts of the world.</p> <p>Know that personal choices can affect others locally and globally.</p> <p>Understand that their own choices result in different consequences and rewards.</p> <p>Understand how democracy and having a voice benefits the school community.</p> <p>Understand how to contribute towards the democratic process.</p>
<b>Sticky vocab</b>	Safe, calm, belonging, proud, consequences, upset, disappointed	Worries, hopes, fears, positive, negative, co-operate, problem solving	Valued, achievement, goal, acknowledge, emotions, nightmare, solution	Included, excluded, school community, democracy, decisions, vote, authority	Empathy, opportunities, obstacles, collaboration, legal, illegal, law, motivation, participation	Goal, attitude, citizen, views, opinions
<b>Celebrating Difference</b>	<p>Know that people have differences and similarities.</p> <p>Know what bullying means and who to tell if they or someone else is being bullied or is feeling unhappy.</p> <p>Know skills to make friends.</p> <p>Know that people are unique and that it is ok to be different.</p>	<p>Know that there are stereotypes about boys and girls.</p> <p>Know that it is ok not to conform to gender stereotypes.</p> <p>Know that it is good to be yourself.</p> <p>Know that sometimes people get bullied because of difference.</p>	<p>Know why families are important.</p> <p>Know that everybody's family is different.</p> <p>Know that sometimes family members don't get along for some reasons for this.</p> <p>Know that conflict is a normal part of relationships.</p>	<p>Know that sometimes people make assumptions about a person because of the way they look or act.</p> <p>Know there are influences that can affect how we judge a person or situation.</p> <p>Know that some forms of bullying are harder to identify</p>	<p>Know what culture means and that differences in culture can sometimes be a source of conflict.</p> <p>Know what racism is and why it is unacceptable.</p> <p>Know that rumour spreading is a form of bullying on and offline.</p>	<p>Know that there are different perceptions of 'being normal' and where these might come from.</p> <p>Know that being different could affect someone's life.</p> <p>Know that power can play a part in bullying or conflict situation.</p>



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		<p>Know the difference between right and wrong and the role that choice has to play in this.</p> <p>Know that friends can be different and still be friends.</p> <p>Know where to get help if they are being bullied.</p> <p>Know the difference between a one-off incident and bullying.</p>	<p>Know what it means to be a witness to bullying and that a witness can make a situation worse or better by what they do.</p> <p>Know that some words are used in hurtful ways and that this can have consequences.</p>	<p>e.g. tactical ignoring, cyber-bullying.</p> <p>Know what to do if they think bullying is, or might be taking place.</p> <p>Know the reasons why witnesses sometimes join in with bullying and don't tell anyone.</p> <p>Know that first impressions can change.</p>	<p>Know external forms of support in regard to bullying e.g. Childline.</p> <p>Know that bullying can be direct and indirect.</p> <p>Know how their life is different from the lives of children in the developing world.</p>	<p>Know that people can hold power over others individually or in a group.</p> <p>Know why some people choose to bully others.</p> <p>Know that people with disabilities can lead amazing lives.</p> <p>Know that difference can be a source of celebration as well as conflict.</p>
<b>Sticky Vocab</b>	<p>Similarity, difference, bullying, deliberate, unfair, unique</p>	<p>Assumptions, stereotypes, purpose, lonely, help, fairness, kindness, value</p>	<p>Family, loving, safe, connected, resolve, witness, bystander, hurtful, tale, compliment</p>	<p>Character, assumption, judgement, influence, attitude, deliberate, witness, impression</p>	<p>Culture, conflict, racism, direct, indirect, homophobic, racist, rumour</p>	<p>Ability, disability, visual impairment, empathy, perception, diversity, transgender, courage, struggle, perseverance</p>
<b>Dreams and Goals</b>	<p>Know how to set simple goals and how to achieve a goal.</p> <p>Know how to work well with a partner.</p> <p>Know that tackling a challenge can stretch their learning.</p> <p>Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them.</p> <p>Know when a goal has been achieved.</p>	<p>Know how to choose a realistic goal and think about how to achieve it.</p> <p>Know that it is important to persevere.</p> <p>Know how to recognise what working well together looks like.</p> <p>Know what good group working looks like.</p> <p>Know how to share success with other people.</p>	<p>Know about specific people who have overcome difficult challenges to achieve success.</p> <p>Know what dreams and ambitions are important to them.</p> <p>Know how they can best overcome learning challenges.</p> <p>Know that they are responsible for their own learning.</p> <p>Know what their own strengths are as a learner.</p> <p>Know what an obstacle is and how they can hinder achievement.</p> <p>Know how to take steps to overcome obstacles.</p> <p>Know how to evaluate their own learning progress and identify how it can be better next time.</p>	<p>Know what their own hopes and dreams are.</p> <p>Know that hopes and dreams don't always come true.</p> <p>Know that reflecting on positive and happy experiences can help them to counteract disappointment.</p> <p>Know how to make a new plan and set new goals even if they have been disappointed.</p> <p>Know how to work out the steps they need to take to achieve a goal.</p> <p>Know how to work as part of a successful group.</p> <p>Know how to share in the success of a group.</p>	<p>Know that they will need money to help them to achieve some of their dreams.</p> <p>Know about a range of jobs that are carried out by people I know.</p> <p>Know that different jobs pay more money than others.</p> <p>Know the types of jobs they might like to do when they are older.</p> <p>Know that young people from different cultures may have different dreams and goals.</p> <p>Know that communicating with someone from a different culture means that they can learn from them and vice versa.</p>	<p>Know their own learning strengths.</p> <p>Know how to set realistic and challenging goals.</p> <p>Know what the learning steps are they need to take to achieve their goal.</p> <p>Know a variety of problems that the world is facing.</p> <p>Know how to work with other people to make the world a better place.</p> <p>Know some ways in which they could work with others to make the world a better place.</p> <p>Know what their classmates like and admire about them.</p>



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					Know ways that they can support young people in their own culture and abroad.	
<b>Sticky Vocab</b>	Proud, success, achievement, goal, process, celebrate, obstacle, overcome, challenge, achieve, dreams, goals	Realistic, proud, success, celebrate, achievement, strength, persevere, learning together	Challenges, success, future, aspirations, cooperation, strengths	Determination, resilience, positive attitude, disappointment, fears, positive experience, motivation, commitment	Lifestyle, adult, career, profession, contribution, society, aspiration, sponsorship	Personal, realistic, unrealistic, global issue, suffering, concern, hardship
<b>Healthy Me</b>	<p>Know the difference between being healthy and unhealthy.</p> <p>Know some ways to keep healthy.</p> <p>Know how to make healthy lifestyle choices.</p> <p>Know how to keep themselves clean and healthy.</p> <p>Know that germs cause disease / illness.</p> <p>Know that all household products, including medicines, can be harmful if not used properly.</p> <p>Know that medicines can help them if they feel poorly.</p> <p>Know how to keep safe when crossing the road.</p> <p>Know about people who can keep them safe.</p>	<p>Know what their body needs to stay healthy.</p> <p>Know what relaxed means and what makes them feel relaxed / stressed.</p> <p>Know how medicines work in their bodies.</p> <p>Know that it is important to use medicines safely.</p> <p>Know how to make some healthy snacks.</p> <p>Know why healthy snacks are good for their bodies.</p> <p>Know which foods give their body energy.</p>	<p>Know how exercise affects their bodies.</p> <p>Know why their hearts and lungs are such important organs.</p> <p>Know that the amount of calories, fat and sugar that they put into their bodies will affect their health.</p> <p>Know that there are different types of drugs.</p> <p>Know that there are things, places and people that can be dangerous.</p> <p>Know a range of strategies to keep themselves safe.</p> <p>Know when something feels safe or unsafe.</p> <p>Know that their bodies are complex and need taking care of.</p>	<p>Know how different friendship groups are formed and how they fit into them.</p> <p>Know which friends they value most.</p> <p>Know that there are leaders and followers in groups.</p> <p>Know that they can take on different roles according to the situation.</p> <p>Know the facts about smoking and its effects on health.</p> <p>Know some of the reasons some people start to smoke.</p> <p>Know the facts about alcohol and its effects on health, particularly the liver.</p> <p>Know some of the reasons some people drink alcohol.</p> <p>Know ways to resist when people are putting pressure on them.</p> <p>Know what they think is right and wrong.</p>	<p>Know the health risks of smoking.</p> <p>Know how smoking tobacco affects the lungs, liver and heart.</p> <p>Know some of the risks linked to misusing alcohol, including antisocial behaviour.</p> <p>Know basic emergency procedures including the recovery position.</p> <p>Know how to get help in emergency situations.</p> <p>Know that the media, social media and celebrity culture promotes certain body types.</p> <p>Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure.</p> <p>Know what makes a healthy lifestyle.</p>	<p>Know how to take responsibility for their own health.</p> <p>Know how to make choices that benefit their own health and well-being.</p> <p>Know about different types of drugs and their uses.</p> <p>Know how these different types of drugs can affect people's bodies, especially their liver and heart.</p> <p>Know that some people can be exploited and made to do things that are against the law.</p> <p>Know why some people join gangs and the risk that this can involve.</p> <p>Know what it means to be emotionally well.</p> <p>Know that stress can be triggered by a range of things.</p> <p>Know that being stressed can cause drug and alcohol misuse.</p>
<b>Sticky Vocab</b>	Healthy, unhealthy, balanced, exercise, sleep, clean, hygiene, safe medicines, toothbrush, safe, green cross code	Healthy choices, motivation, relaxation, tense, portion, energy, fuel, nutritious	Oxygen, energy, calories, heartbeat, lungs, heart, fitness, labels, sugar, fat, drugs, attitude, safe, anxious, scared, advice, harmful, risk, choice	Emotions, healthy, value, roles, leader, follower, assertive, smoking, pressure, peers, guilt, advice, alcohol,	Healthy behaviour, unhealthy behaviour, informed decision, pressure, media influence, emergency, procedure, level-headed, altered	Responsibility, choice, immunisation, prevention, prescribed, unrestricted, illegal, vulnerable, exploited, criminal,



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				disease, fear, belief, assertive, opinion		gangs, reputation, crime, mental health, stress, triggers, strategies
<b>Relationships</b>	<p>Know that everyone's family is different.</p> <p>Know that there are lots of different types of families.</p> <p>Know that families are founded on belonging, love and care.</p> <p>Know how to make a friend.</p> <p>Know the characteristics of healthy and safe friends.</p> <p>Know that physical contact can be used as a greeting.</p> <p>Know about the different people in the school community and how they help.</p> <p>Know who to ask for help in the school community.</p>	<p>Know that everyone's family is different.</p> <p>Know that families function well when there is trust, respect, care, love and co-operation.</p> <p>Know that there are lots of forms of physical contact within a family</p> <p>Know how to say stop if someone is hurting them.</p> <p>Know some reasons why friends have conflicts.</p> <p>Know that friendships have ups and downs and sometimes change with time.</p> <p>Know there are good secrets and worry secrets and why it is important to share worry secrets.</p> <p>Know what trust is.</p>	<p>Know that different family members carry out different roles or have different responsibilities within the family.</p> <p>Know that gender stereotypes can be unfair e.g. Mum is always the caer, Dad always goes to work etc.</p> <p>Know some of the skills of friendship, e.g. taking turns, being a good listener.</p> <p>Know some strategies for keeping themselves safe online.</p> <p>Know how some of the actions and work of people around the world help and influence my life.</p> <p>Know that they and all children have rights (UNCRC).</p> <p>Know the lives of children around the world can be different from their own.</p>	<p>Know some reasons why people feel jealousy.</p> <p>Know that jealousy can be damaging to relationships.</p> <p>Know that loss is a normal part of relationships.</p> <p>Know that negative feelings are a normal part of loss.</p> <p>Know that memories can support us when we lose a special person or animal.</p> <p>Know that change is a natural part of relationships/friendship.</p> <p>Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe.</p>	<p>Know that a personality is made up of many different characteristics, qualities and attributes.</p> <p>Know that belonging to an online community can have positive and negative consequences.</p> <p>Know that there are rights and responsibilities in an online community or social network.</p> <p>Know that there are rights and responsibilities when playing a game online.</p> <p>Know that too much screen time isn't healthy.</p> <p>Know how to stay safe when using technology to communicate with friends.</p>	<p>Know that it is important to take care of their own mental health.</p> <p>Know ways that they can take care of their own mental health.</p> <p>Know the stages of grief and that there are different types of loss that cause people to grieve.</p> <p>Know that sometimes people can try to gain power or control them.</p> <p>Know some of the dangers of being 'online.'</p> <p>Know how to use technology safely and positively to communicate with their friends and family.</p>
<b>Sticky Voab</b>	Family, belong, qualities, friendships, greeting, dislike, community, proud, celebrate	Physical contact, communication, like, dislike, acceptable, good secret, worry, frightened, trust	Conflict, solution, internet, social media, online, gaming, inequality, climate, rights, wants, justice, United Nations, equality, deprivation, hardship, appreciation	Jealousy, emotions, loss, shock, denial, despair, memorial, empathy, betrayal, amicable, hope, memento	Qualities, characteristics, unique, comparison, risky, grooming, troll, gambling, trustworthy, betting, mental health, peer pressure, passwords, privacy	Ashamed, stigma, anxiety, support, worried, signs, warning, judgement, hopelessness, acceptance, influences
<b>Changing Me</b>	<p>Know that animals including humans have a life cycle.</p> <p>Know that changes happen when we grow up.</p> <p>Know that people grow up at different rates and that is normal.</p>	<p>Know that life cycles exist in nature.</p> <p>Know that aging is a natural process including old-age.</p> <p>Know that some changes are out of an individual's control.</p>	<p>Know that in animals and humans lots of changes happen between conception and growing up.</p> <p>Know that in nature it is usually the female who carries the baby.</p>	<p>Know that personal hygiene is important during puberty and as an adult.</p> <p>Know that change is a normal part of life and that some cannot be controlled and have to be accepted.</p>	<p>Know what perception means and that perceptions can be right or wrong.</p> <p>Know how girls' and boy's bodies change during puberty and understand the importance</p>	<p>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.</p> <p>Know how a baby develops from conception through the nine</p>



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	<p>Know the names of male and female private body parts.</p> <p>Know that there are correct names for private body parts and nicknames, and when to use them.</p> <p>Know which parts of the body are private and that they belong to that person and that nobody has a right to hurt these.</p> <p>Know who to ask for help if they are worried or frightened.</p> <p>Know that learning brings about change.</p>	<p>Know how their bodies have changed from when they were a baby and that they will continue to change as they age.</p> <p>Know the physical differences between male and female bodies.</p> <p>Know the correct names for private body parts.</p> <p>Know that private body parts are special and that no one has the right to hurt these.</p> <p>Know who to ask for help if they are worried or frightened.</p> <p>Know there are different types of touch and that some are acceptable and some are unacceptable.</p>	<p>Know that babies need love and care from their parents.</p> <p>Know some of the changes that happen between being a baby and a child.</p>	<p>Know that change can bring about a range of different emotions.</p>	<p>of looking after themselves physically and emotionally.</p> <p>Know that becoming a teenager involves various changes and also brings growing responsibility.</p>	<p>months of pregnancy and how it is born.</p> <p>Know how being physically attracted to someone changes the nature of the relationship.</p> <p>Know the importance of self-esteem and what they can do to develop it.</p> <p>Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class.</p>
Sticky Vocab	Changes, baby, adulthood, growing up, mature, male, female, vagina, penis	Fully grown, baby, toddler, child, teenager, independent, timeline, public, private, squeeze, hug	Changes, birth, animals, babies, nutrients, survive, love, affection, care	Personal, control, acceptance, emotions	Body-image, self-image, characteristics, personality, perception, self-esteem, affirmation, comparison	Uterus, womb, age appropriate, legal, law, opportunities, attraction, relationships, transition, journey, secondary school