



PSHE Key Learning – Cycle B

Cycle B	Autumn 1 – Being Me in My World	Autumn 2 – Celebrating Difference	Spring 1 – Dreams and Goals	Spring 2 – Healthy Me	Summer 1 - Relationships	Summer 2 – Changing Me
Key Concept	Who am I and how do I fit in?	What makes me, me? What makes you, you?	How can I achieve my dreams and goals?	How can I make a healthy choice?	How can I build positive, healthy relationships?	How do we change as we grow?
Reception	<ul style="list-style-type: none"> ● How we are similar and different? ● Different feelings ● How to manage my feelings? ● Why it is good to be kind? ● Using gentle hands? ● Our right to play and learn? ● What being responsible means? 	<ul style="list-style-type: none"> ● Things that I am good at. ● How being different makes us all special? ● How I am similar yet different to others? ● How to be a kind friend? ● What to do if someone is unkind to me? 	<ul style="list-style-type: none"> ● What it means to persevere? ● How to keep trying even when it is difficult? ● How to set a goal? ● How I can be kind and encourage others? ● The jobs I might like to do when I am older? ● Different skills I might need to learn. ● How it feels to achieve a goal? 	<ul style="list-style-type: none"> ● Exercise and why it is good for us. ● Movement and rest. ● Healthy and not so healthy foods. ● Why sleep is good for our health? ● The importance of hand washing. ● Who my safe adults are? ● How to stay safe? 	<ul style="list-style-type: none"> ● My family and some of the jobs that I do. ● How to make friends? ● How it feels to be a friend and make a friend? ● What to do if I feel lonely? ● How to solve problems and stay friends? ● The impact of unkind words. ● How to use Calm Me time to manage my feelings? ● How to be a good friend? 	<ul style="list-style-type: none"> ● The different names for parts of my body. ● Respecting my body. ● Healthier food choices. ● Changes I might face such as moving class. ● How I change as I get older? ● How to talk about my worries/fears? ● How to talk about the things I am looking forward to?



Key Concept	Who am I and how do I fit in?	Why do we like to belong?	How can I overcome obstacles when working towards a goal?	How do my choices affect my health?	How can I build positive, healthy relationships?	How can I cope positively with change?
Year 1 & 2	<p>I will be learning... The rights and responsibilities as a member of my class. How my views are valued and to contribute our school Learning Charter? The choices that I make and their consequences. My rights and responsibilities within our Learning Charter.</p> <p>I will explore... How I feel special and safe in my class? Ways that I belong to my class. How to make my class a safe place for everybody to learn?</p>	<p>I will be learning... Similarities between myself and others in my class. Differences between myself and people in my class. Bullying and how it might feel. Who to talk too if I need help? Strategies to make friends.</p> <p>I will explore... How I am like my friends? How I am different from my friends? The ways I can support someone who is being bullied. How it feels to make new friends?</p>	<p>I will be learning... How to set simple goals? How to use stepping stones to reach a goal? How to work well with others? Different ways to tackle a challenge. Obstacles and how to overcome them.</p> <p>I will explore... The things that I do well. How I learn best? How to celebrate my achievements? How it feels to face a challenge and obstacles? How it feels to overcome a challenge?</p>	<p>I will be learning... The differences between healthy and unhealthy choices. How to make healthy choices? Keeping myself clean. Germs, disease and illness. Medicines and how to use them safely. Crossing the road safely.</p> <p>I will explore... How it feels to make healthy choices? How to keep myself safe? How special my body is? What to do when I feel poorly?</p>	<p>I will be learning... Different types of families. What it means to be a good friend? Appropriate ways to greet my friends. Who I can ask for help from within my school community? My qualities as a person and as a friend. Who is special to me?</p> <p>I will explore... How it feels to belong to a family? How to make a new friend? Different forms of physical contact and how they make me feel.</p>	<p>I will be learning... The life cycle of animals and humans. How I change as I get older? The things about me that stay the same. The parts of the body that make boys and girls different. Changes that have happened in my life.</p> <p>I will explore... How I feel about change? Why change happens and is a part of growing up? The changes that everyone will go through at different rates? How to respect my body and know which</p>



	<p>How it feels to be proud of an achievement? The range of feelings when I face certain consequences. My choices in following the Learning Charter.</p>	<p>What makes me special and unique?</p>		<p>Who my trusted adults and friends are?</p>	<p>What to do if I need help and how to ask for it? How to praise myself?</p>	<p>body parts are private? How to cope with change?</p>
Key Concept	<p>What are choices and consequences and why do we need them?</p>	<p>Why do we like to belong?</p>	<p>How can I overcome obstacles when working towards a goal?</p>	<p>How do my choices affect my health?</p>	<p>How can I build positive, healthy relationships?</p>	<p>How can I cope positively with change?</p>
Year 3 & 4	<p>I will be learning...</p> <ul style="list-style-type: none"> ● The rights and responsibilities as a member of my class. ● How my views are valued and contribute our school Learning Charter? ● The choices that I make and their consequences. ● My rights and 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● How all families are different? ● The differences in my own family. ● What to do if I witness bullying? ● Words that can cause harm to others. ● How my words might affect someone's feelings? 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● The challenges that some people face. ● Why having dreams and ambitions is important? ● How to face new challenges? ● How to overcome obstacles? ● How I can improve my learning process for the future? 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● How exercise affects my body? ● Why my lungs and heart are important organs? ● Calories, fat and sugar and how they can affect my health. ● Drugs, including medicine. ● How to keep myself safe? 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● The roles and responsibilities of each member of my family. ● The skills of friendship. ● Different strategies for keeping myself safe online. ● How the actions and work of people around the world help and influence my life? 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● The changes that happen from birth (animals and humans). ● How babies grow and what they need? ● How boys' and girls' bodies change on the outside and inside as we grow? ● Why change is necessary as we grow older?



	<ul style="list-style-type: none"> responsibilities within our Learning Charter. <p>I will explore...</p> <ul style="list-style-type: none"> How to value myself and others? Different emotions and how it feels when I experience different emotions. How to make my class a safe and fair place for everybody to learn? How I can work cooperatively with my peers? My choices in following the Learning Charter. 	<p>I will explore...</p> <ul style="list-style-type: none"> Who is special to me? Different ways to calm myself down. The 'solve it together' technique. How to help someone who is being bullied? The impact of the words I choose to use on others. How to give and receive compliments? 	<p>I will explore...</p> <ul style="list-style-type: none"> How a range of people have achieved success when facing personal challenges? How I might feel when I achieve my dreams/ambitions? How I am responsible for my own learning? How I can use my strengths to achieve a challenge? How to manage feelings of frustration when obstacles occur? 	<ul style="list-style-type: none"> How to call emergency services? <p>I will explore...</p> <ul style="list-style-type: none"> Setting myself a fitness challenge. Making healthy choices. My feelings and attitudes towards drugs. How being anxious or scared feels? Keeping myself and others safe. How to appreciate my body? 	<ul style="list-style-type: none"> How my needs and rights are shared by children around the world? How to express appreciation to family and friends? <p>I will explore...</p> <ul style="list-style-type: none"> How taking responsibility makes me feel? How to negotiate in conflict situations to find a win-win solution? How to keep myself safe online and who to ask for help from if I am worried? How we feel and talk about children whose lives are different to our own? 	<ul style="list-style-type: none"> Family stereotypes. The things I am looking forward to. <p>I will explore...</p> <ul style="list-style-type: none"> How I feel about babies or baby animals? How I might feel about a new baby in my own family? How to recognise my feelings and cope with change? How I feel about stereotypes? The changes that I might want to make as I grow older?
--	---	--	---	--	--	--



Key Concept	How does my world compare to other children's worlds?	Why do we like to belong?	How can I overcome obstacles when working towards a goal?	How do my choices affect my health?	How can I build positive, healthy relationships?	How can I cope positively with change?
Year 5	<p>I will be learning...</p> <ul style="list-style-type: none"> • How to face challenges positively? • What it means to have rights and responsibilities? • How everyone has the right to learn? • The affect that choices can have upon rewards and consequences. • How to work well with others? • The positive benefits to democracy and having a voice. <p>I will explore...</p> <ul style="list-style-type: none"> • What is important to me and what I value? 	<p>I will be learning...</p> <ul style="list-style-type: none"> • Cultural differences. • What racism is? • Different types of bullying behaviours. • The lives of people in other countries. • My own and other people's cultures. <p>I will explore...</p> <ul style="list-style-type: none"> • My own culture. • My attitudes towards others. • Strategies to manage bullying situations. • Ways to encourage others to make positive choices. • The value of happiness. 	<p>I will be learning...</p> <ul style="list-style-type: none"> • Money and why I might need it to help me achieve a dream. • A range of jobs and what a salary is. • What motivates me? • The dreams and goals of people in a culture different to mine. • Different ways to support and encourage other people. <p>I will explore...</p> <ul style="list-style-type: none"> • What I would like my life to be like when I grow up? 	<p>I will be learning...</p> <ul style="list-style-type: none"> • The health risks of smoking. • The health risks of misusing alcohol. • How to practice basic emergency aid procedures (including recovery position)? • How to get help in an emergency? • How body image may be influenced by media? • The different roles food can play in people's lives. <p>I will explore...</p> <ul style="list-style-type: none"> • How to make an informed decision? 	<p>I will be learning...</p> <ul style="list-style-type: none"> • My characteristics and personal qualities. • Positive and negative consequences of online communities. • Rights and responsibilities in online communities or social networks. Screen time and how to stay safe when using technology. <p>I will explore...</p> <ul style="list-style-type: none"> • How to build my self-esteem? • How online communities may be unsafe, 	<p>I will be learning...</p> <ul style="list-style-type: none"> • My self-image and body image. • Puberty for boys. • Puberty for girls. • The importance of looking after yourself physically and emotionally. • Sexual intercourse, conception and IVF. • Becoming a teenager. <p>I will explore...</p> <ul style="list-style-type: none"> • How to develop my self-esteem? • Puberty and how it is a natural process. • How to express feelings about the changes that



	<ul style="list-style-type: none"> What it means to show empathy towards others? How I can work cooperatively with my peers? How to show care towards other people's feelings? My choices in following the Learning Charter. 		<ul style="list-style-type: none"> The contributions made by people in different jobs. How learning and education impact my life? The similarities and differences in aspirations between myself and young people in a different culture. How to make a positive contribution to supporting others? 	<ul style="list-style-type: none"> How to resist pressure? How to keep calm in an emergency? How to reflect on my own body? How to respect and value my body? 	<p>uncomfortable, helpful or unhelpful to me?</p> <ul style="list-style-type: none"> Online games and how they may be unhelpful or unsafe. Screen time and how I can look after my health. How to resist pressure to use technology in a way that may be risky or harmful towards others? 	<p>happen to me during puberty?</p> <ul style="list-style-type: none"> How to cope with the changes that growing up brings? The changes that I might want to make for the future.
Key Concept	How does my world compare to other children's worlds?	Why do we like to belong?	How can I overcome obstacles when working towards a goal?	How do my choices affect my health?	How can I build positive, healthy relationships?	How can I cope positively with change?
Year 6	<p>I will be learning...</p> <ul style="list-style-type: none"> How to identify and express any fears or worries I may have about the future? The universal rights which are 	<p>I will be learning...</p> <ul style="list-style-type: none"> Different perceptions of what people think being 'normal' means. 	<p>I will be learning...</p> <ul style="list-style-type: none"> My learning strengths. How to set challenging but realistic goals for myself? 	<p>I will be learning...</p> <ul style="list-style-type: none"> How to take responsibility for my health? Making positive choices that benefit my health and wellbeing. 	<p>I will be learning...</p> <ul style="list-style-type: none"> The importance of taking care of my mental health. How to take care of my mental health? 	<p>I will be learning...</p> <ul style="list-style-type: none"> My self-image and how my body fits into that. Puberty for boys and girls and how our bodies change.



	<p>made to protect all children.</p> <ul style="list-style-type: none"> How everyone has the right to learn? How my choices can affect other people? How to work well with others? The positive benefits to democracy and having a voice. <p>I will explore...</p> <ul style="list-style-type: none"> What my wants and needs are and how they compare to those of other children in other countries? What it means to show empathy towards others? How I can work cooperatively with my peers? 	<ul style="list-style-type: none"> What it might be like to be different? Power and controlling behaviour. Different types of bullying. People with disabilities. <p>I will explore...</p> <ul style="list-style-type: none"> How I could show empathy towards someone? My attitude towards others. How it might feel to be treated badly for being different? Strategies for managing bullying behaviour. How to appreciate others? 	<ul style="list-style-type: none"> The learning steps I need to take to reach my goal. How to motivate myself? How to work with other people to make the world a better place? How to accept praise from others? <p>I will explore...</p> <ul style="list-style-type: none"> How to stretch my own learning? How to set success criteria? How to recognise my own emotions? Different situations where people may be suffering or living in a difficult situation. 	<ul style="list-style-type: none"> Different types of drugs and their effects on the body. Exploitation and things that are against the law. Why some people join gangs and the risks involved? What it means to be emotionally well? <p>I will explore...</p> <ul style="list-style-type: none"> How to motivate myself to care for my physical and emotional health? Different ways to be happy and cope with life situations. Different ways that someone who is being exploited can help themselves. Strategies to avoid being pressured. 	<ul style="list-style-type: none"> Stages of grief and different types of loss. How to recognise when people are trying to gain power or control? Ways to judge whether something online is safe and helpful for me. Using technology to communicate positively with others. <p>I will explore...</p> <ul style="list-style-type: none"> Problems that people can get with mental health. How to help myself and others when worried about a mental health concern? Strategies to manage loss. 	<ul style="list-style-type: none"> The importance of looking after myself physically and emotionally. How a baby develops from conception to birth? Boyfriend and girlfriend relationships. The importance of positive self-esteem. How to identify what worries me about my transition to next year? <p>I will explore...</p> <ul style="list-style-type: none"> How to develop my own self-esteem? How to express how I feel about changes during puberty? What I can look forward to as I
--	--	---	--	---	---	---



	<ul style="list-style-type: none">• How to show care towards other people's feelings?• My choices in following the Learning Charter.		<ul style="list-style-type: none">• How to give praise and compliments to others?	<ul style="list-style-type: none">• Strategies to manage stress and pressure.	<ul style="list-style-type: none">• Different ways to stand up for myself and others when someone is trying to gain power or control.• How to resist pressure to do something online that might hurt myself or others?• How to take responsibility for my own safety and well-being?	<p>grow older and become a teenager?</p> <ul style="list-style-type: none">• How I feel about the development and birth of a baby?• The importance of having respect for other people, especially in a boyfriend/girlfriend relationship.• My self-image and how to challenge negative 'body-talk'.• How to prepare myself emotionally for the changes next year?
--	---	--	---	---	--	--