



PSHE Key Learning – Cycle A

Cycle A	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...</p> <ul style="list-style-type: none"> ● How to identify my hopes and fears for the future? ● How my own and others' views are valued? ● The choices that I make and the reward and consequences that come with them. ● My rights and responsibilities within our Learning Charter. <p>I will explore...</p> <ul style="list-style-type: none"> ● How and who I may seek help from when I feel worried? ● Ways that I belong to my class. 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● The assumptions (stereotypes) people sometimes make about boys and girls. ● Why bullying happens? ● The difference between right and wrong. ● How to look after myself? <p>I will explore...</p> <ul style="list-style-type: none"> ● The ways boys and girls are similar. ● The ways boys and girls are different. ● How being bullied might feel? ● How to be kind to others? 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● How to set a realistic goal? ● How to persevere when a task is difficult? ● Who I work well with? ● How to work well in a team? ● How to share successes with other people? <p>I will explore...</p> <ul style="list-style-type: none"> ● The things that I have achieved and how it makes me feel. ● My personal strengths. ● Teamwork and how it can help me to learn. 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● What my body needs to be healthy? ● Different ways to be relaxed. ● Medicines and how they work. ● How to use medicine safely? ● Healthy foods and the different food groups. ● Which foods give my body energy? <p>I will explore...</p> <ul style="list-style-type: none"> ● Different feelings such as weak and strong feelings. ● How to care for my body? ● How to keep my body healthy? 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● My family and my relationships with them. ● Different forms of physical contact. ● Acceptable and unacceptable physical contact. ● Things that may cause conflict with friend. ● Secrets and when it may or may not be good to keep a secret. ● People who can help me at school, at home and in the community. <p>I will explore...</p> <ul style="list-style-type: none"> ● How everyone's family is different? 	<p>I will be learning...</p> <ul style="list-style-type: none"> ● Life cycles in nature. ● Growing from young to old. ● How my body changes? ● The physical differences between boys and girls. ● Why some parts of my body are private? ● Different types of touch and which ones I like and dislike. ● The things I am looking forward to. <p>I will explore...</p> <ul style="list-style-type: none"> ● How some changes are



	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> How to stand up for myself and others? Who to talk to if I need help? 	<ul style="list-style-type: none"> How it feels to work in a group? 	<ul style="list-style-type: none"> Healthy relationships with foods? How it feels to eat healthy and nutritious foods and which foods I enjoy? 	<ul style="list-style-type: none"> Which types of physical contact I like and don't like? How to use a problem-solving technique to resolve conflict with my friends? Who to talk to if I ever feel worried? How it feels to trust someone? 	<p>outside of my control and how I feel about it?</p> <p>People who I respect that are older than me. How it feels to become independent?</p> <ul style="list-style-type: none"> What I like about who I am? How to ask for help? Changes that I might choose to make as I grow older.
Key Concept	What are choices and consequences and why do we need them?	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 3 & 4	<p>I will be learning...</p> <ul style="list-style-type: none"> How my attitudes and actions make a difference to others? How I and others fit into my school community? 	<p>I will be learning...</p> <ul style="list-style-type: none"> Assumptions that people make and why. How you could become influenced to assume? 	<p>I will be learning...</p> <ul style="list-style-type: none"> What my hopes and dreams are? How to manage feelings of disappointment? How it might help to think positively 	<p>I will be learning...</p> <ul style="list-style-type: none"> Different friendship groups. Roles within groups such as leaders and followers. 	<p>I will be learning...</p> <ul style="list-style-type: none"> Jealousy in relationships. Identifying and expressing why someone is special to me? 	<p>I will be learning...</p> <ul style="list-style-type: none"> Personal characteristics and how some may have come from my birth parents. Internal and external parts of



	<ul style="list-style-type: none"> • What democracy in school means and how to make my school a happy place? • How to work well with others? • What it means to empathise with others? <p>I will explore...</p> <ul style="list-style-type: none"> • How it might feel to be included and excluded from a group? • How I can make others feel welcome and valued? • 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"> • What to do if I think someone is being bullied? • Being a witness to bullying and the impact of this? • How I am special and unique? <p>I will explore...</p> <ul style="list-style-type: none"> • How to try and accept people for who they are? • How it might feel to be a witness to bullying? • How it might feel to be a target of bullying? • My unique physical appearance. 	<p>and reflect on my experiences?</p> <ul style="list-style-type: none"> • How to change and make new plans? • How to take small steps to achieve a goal on my own or as part of a group? <p>I will explore...</p> <ul style="list-style-type: none"> • How it feels to have hopes and dreams? • How disappointment feels and how to cope with it? • How to help others cope with disappointment? • How to be resilient and have a positive attitude? • How it feels to rise to a group challenge and share our success? 	<ul style="list-style-type: none"> • Facts about smoking and its effects on health. • Facts about alcohol and its effects on health. • Why some people choose to smoke or drink alcohol? • Peer pressure and how to resist when I want to. <p>I will explore...</p> <ul style="list-style-type: none"> • How I feel about my friendship groups? • How friendships can impact me and who I want to be friends with? • How to recognise negative feelings in peer pressure? • How to respond and act assertively to resist pressure from myself and others? 	<ul style="list-style-type: none"> • Feelings about people that I no longer see? • How friendships can change? • How to make new friends? • Managing fall outs with friends. • Boyfriend and girlfriend relationships. <p>I will explore...</p> <ul style="list-style-type: none"> • A range of feelings associated with jealousy. • How a person might feel when they lose something or someone? • How we can remember people we may not see any more? • How to stand up for myself? 	<p>male and female bodies.</p> <ul style="list-style-type: none"> • How babies are made? • The responsibilities of parenthood. • Puberty and menstruation. • The circle of change and changes I can have some control over? • Changes that are outside of my control and strategies I can use to cope with these. <p>I will explore...</p> <ul style="list-style-type: none"> • How I am a unique human being? • The personal choice of having a baby. • The physical and emotional changes
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					<ul style="list-style-type: none"> How to negotiate and compromise? Love and being loved by others. 	<p>I may experience during puberty.</p> <ul style="list-style-type: none"> How to try and make changes that will benefit me? How to express my feelings, such as fears and concerns about change? How to manage feelings positively?
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. 	<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. 	<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. 	<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? 	<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. 	<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.



	<ul style="list-style-type: none"> 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? 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"> My attitudes towards others. Strategies to manage bullying situations. Ways to encourage others to make positive choices. The value of happiness. 	<ul style="list-style-type: none"> 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? 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 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? 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>Screen time and how to stay safe when using technology.</p> <p>I will explore...</p> <ul style="list-style-type: none"> How to build my self-esteem? How online communities may be unsafe, uncomfortable, helpful or unhelpful to me? 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>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 happen to me during puberty? How to cope with the changes that growing up brings? The changes that I might want to make for the future.
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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 made to protect all children. • 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 	<p>I will be learning...</p> <ul style="list-style-type: none"> • Different perceptions of what people think being 'normal' means. • 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 	<p>I will be learning...</p> <ul style="list-style-type: none"> • My learning strengths. • How to set challenging but realistic goals for myself? • 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? 	<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. • 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 	<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? • 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>	<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. • 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>how they compare to those of other children in other countries?</p> <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. 	<p>badly for being different?</p> <ul style="list-style-type: none"> • Strategies for managing bullying behaviour. • How to appreciate others? 	<ul style="list-style-type: none"> • How to recognise my own emotions? • Different situations where people may be suffering or living in a difficult situation. • How to give praise and compliments to others? 	<p>my physical and emotional health?</p> <ul style="list-style-type: none"> • 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. • Strategies to manage stress and pressure. 	<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. • 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>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 grow older and become a teenager? • 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'.
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						<ul style="list-style-type: none">• How to prepare myself emotionally for the changes next year?
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