

Roxbourne PSHE Curriculum



Year Group	Unit	M1	M2	M3	M4	M5	M6
	Being Me in My World	Celebrating Difference	Relationships	Healthy Me	Relationships	Relationships	Changing Me
Lesson Content	Self-identity Personalities Being in a classroom Being Gender Rights and responsibilities	Identify talents Understanding bullying Who we live Making friends Families Who we live Making friends Families	Challenges Identifying choices Goal-casting Overcoming obstacles Bullying Bullying	Describing bodies Personalities Healthy food Sleep Keeping clean Keeping clean	Family life Making friends Breaking friendships Falling out Dealing with bullying	My Body Physical and mental Growing Up Growing Up Change Feel and Taste	My Body Physical and mental Growing Up Growing Up Change Feel and Taste
EPS	1. To know I have a right to learn and play, safely and happily 2. To understand that some people are different from themselves 3. To know that hands can be used kindly and safely 4. To know special things about themselves 5. To understand how happiness and sadness can be expressed 6. To know that being kind is good	1. To know what being unique means 2. To know how to be a friend 3. To know how to be a friend 4. To know some qualities of a positive friendship 5. To understand that they don't have to be the same as to be a friend 6. To understand what being good means and that people can be proud of different things 7. To know that people can be good at different things 8. To know that families can be different 9. To know that people have different homes and why they are important to them 10. To know different ways of making friends 11. To know different ways to stand up for myself	1. To know what a challenge is 2. To know how to be a champion 3. To understand what a goal is 4. To know how to set a goal 5. To know what it means to work hard when they are older 6. To know what it means to work hard when they are older 7. To know how to be able to achieve the job they want when they are older 8. To know when they have achieved a goal	1. To know what the word 'healthy' means 2. To know how to be healthy 3. To know how to be healthy 4. To know when and how to wash their hands properly 5. To know how to say no to strangers 6. To know that they need to exercise to keep healthy 7. To know how to help themselves go to sleep and that sleep is good for them 8. To know what to do if they get lost	1. Know what a family is 2. Know how to be a good friend in a family 3. Know how to be a good friend in a family 4. Know that friends sometimes fall out 5. Know how to say no to strangers 6. Know that friends sometimes fall out 7. Know how to say no to strangers 8. Know some reasons why others get angry	1. To be able to name parts of the body 2. To know some things that are healthy and foods that can be healthy 3. To know how to be healthy 4. To understand that we all grow from babies to adults 5. To understand that we all grow from babies to adults 6. To understand that we all grow from babies to adults 7. To understand that we all grow from babies to adults 8. To understand that we all grow from babies to adults 9. To understand that we all grow from babies to adults 10. To understand that we all grow from babies to adults 11. To understand that we all grow from babies to adults	1. To be able to name parts of the body 2. To know some things that are healthy and foods that can be healthy 3. To know how to be healthy 4. To understand that we all grow from babies to adults 5. To understand that we all grow from babies to adults 6. To understand that we all grow from babies to adults 7. To understand that we all grow from babies to adults 8. To understand that we all grow from babies to adults 9. To understand that we all grow from babies to adults 10. To understand that we all grow from babies to adults 11. To understand that we all grow from babies to adults
Lesson Content	Healing special and safe Being part of a class Rights and responsibilities Rewards and consequences Being a friend Consequences During the learning chart	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying choices and achievements Learning styles Learning well and celebrating achievement with partner Tackling new challenges Identifying and overcoming obstacles Feeling of success	Keeping myself healthy Healthy choices Keeping clean Healthy eating and nutrition Medicine/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends Physical contact preferences People who help Qualifies as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life Cycles Changing Me My Changing Body PSPE: Fun Rules Learning and Growing Coping with Changes	Life Cycles Changing Me My Changing Body PSPE: Fun Rules Learning and Growing Coping with Changes
Year 1	1. To understand their own rights and responsibilities with their classroom 2. To understand that their views are important 3. To understand the rights and responsibilities of a member of a class	1. To know what bullying means 2. To know who to tell if they or someone else is being bullied or being unkind 3. To understand that people are unique and that it is OK to be different 4. To know how to make friends 5. To know that people have differences and similarities	1. To know how to set simple goals 2. To know how to achieve a goal 3. To know how to identify obstacles which make achieving their goals difficult and work out how to overcome them 4. To know a goal has been achieved 5. To know how to work with a partner 6. To know that tackling a challenge can stretch their learning	1. To know the difference between being healthy and unhealthy 2. To know some ways to keep healthy 3. To know how to make healthy lifestyle choices 4. To know that household products, including medicine, can be harmful if not used properly 5. To know that medicines can help them 6. To know how to keep safe when crossing the road 7. To know how to keep themselves clean and healthy 8. To know that germs cause disease/illness 9. To know about people who can keep them healthy	1. To know that physical contact can be used as a greeting 2. To know how to make a friend 3. To know how to ask for help in the school playground 4. To know that there are lots of different types of families 5. To know the characteristics of healthy and safe friends 6. To know about the different people in the school community and how they help	1. To understand the life cycles of animals and humans 2. To understand how things happen as we grow and that this is OK 3. To know some things that we can do to change and some things about that we have stayed the same 4. To understand that things are OK and that sometimes they will happen whether I want them or not 5. To understand how my body has changed since I was a baby 6. To understand that growing up is natural and that everybody grows at different rates 7. To know the PSPE's rule and understand what it means 8. To know that changes are OK and that sometimes they will happen whether I want them or not 9. To understand how to cope with change that happens around me	1. To understand the life cycles of animals and humans 2. To understand how things happen as we grow and that this is OK 3. To know some things that we can do to change and some things about that we have stayed the same 4. To understand that things are OK and that sometimes they will happen whether I want them or not 5. To understand how my body has changed since I was a baby 6. To understand that growing up is natural and that everybody grows at different rates 7. To know the PSPE's rule and understand what it means 8. To know that changes are OK and that sometimes they will happen whether I want them or not 9. To understand how to cope with change that happens around me
Lesson Content	Hope and Resilience Rights and responsibilities Rewards and consequences Safe and fair learning Environment Positive contributions	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating differences and remaining friends	Achieving realistic goals Persistence Learning strategies Learning with others Group co-operation Contributing to a shared success	Nutrition Healthier choices Nuisance Healthy eating and nutrition Weather/sun and sun protection Medicine/safety with household items Road safety Linking health and happiness	Different types of families Physical contact boundaries Friendship and affection Secrets Trust and respect Recognising appreciation for special relationships	Life Cycles in Nature Growing from Young to Old Changing Me PSPE: Fun Rules Aspirations Looking Ahead	Life Cycles in Nature Growing from Young to Old Changing Me PSPE: Fun Rules Aspirations Looking Ahead
Year 2	1. To understand their rights and responsibilities 2. To understand that their views are important 3. To know that it is important to listen to other people 4. To know that their own views are valuable 5. To know that positive choices impact positively 6. To understand the rights and responsibilities of a member of a class 7. To identify hopes and fears for the year ahead	1. To know the difference between one-off and ongoing bullying 2. To know that sometimes people get hurt 3. To know that friends can be different and still be friends 4. To know there are stereotypes about boys and girls 5. To know how to get help if being bullied 6. To know that it is OK to conform to popular culture 7. To know it is good to be yourself 8. To know the difference between right and wrong and the role that choice has to play in this	1. To know how to choose a realistic goal and how to achieve it 2. To know that it is important to persevere 3. To know how to identify obstacles which make achieving their goals difficult and work out how to overcome them 4. To know a goal has been achieved 5. To know how to work with a partner 6. To know that tackling a challenge can stretch their learning	1. To know what their bodies need to stay healthy 2. To know what related means 3. To know why healthy snacks are good for their bodies 4. To know what foods good for their bodies 5. To know that it is important to use medicines safely 6. To know what medicines feel like 7. To know how medicines work in their bodies 8. To know how to make a healthy snack	1. To know that there are lots of forms of families 2. To know that physical contact is important 3. To know how to say stop if someone is hurting them 4. To know that there are good secrets and why it is important to share 5. To know that everyone's family is different 6. To know that families function when they trust, respect, care, love and co-operate 7. To know how someone's family friends have conflicts 8. To know that friendships have ups and downs and sometimes change with time 9. To know how to use the Meaningful Friendships or Solve it Together problem-solving methods	1. To understand life cycles of different living things - e.g. acorn to tree, kitten to cat, baby to adult 2. To understand that things change and that some things change and that some things stay the same 3. To understand physical and personal changes as we get older (e.g. grey hair, slower) 4. To know what can cause different changes 5. To know that we grow, change, and age 6. To know the PSPE's rule and understand what it means 7. To understand the different types of family/relationships 8. To know that things are OK and that sometimes they will happen whether I want them or not 9. To understand how to cope with change that happens around me	1. To understand life cycles of different living things - e.g. acorn to tree, kitten to cat, baby to adult 2. To understand that things change and that some things change and that some things stay the same 3. To understand physical and personal changes as we get older (e.g. grey hair, slower) 4. To know what can cause different changes 5. To know that we grow, change, and age 6. To know the PSPE's rule and understand what it means 7. To understand the different types of family/relationships 8. To know that things are OK and that sometimes they will happen whether I want them or not 9. To understand how to cope with change that happens around me
Lesson Content	Setting Personal Goals Self-identity and Worth Positivity in Challenges Rights and Responsibilities Rewards and Consequences Responsible Choices Being things from other's behaviour	Families and their Differences Family Conflict and How to Manage it (Child-Centred) Widening Bullying and How to Solve it Recognising how words can be hurtful Giving and Receiving Compliments Managing Feelings	Difficult Challenges and Achieving Success Dreams and Aspirations New Challenges Motivation and Enthusiasm Recognising and Trying to Overcome Obstacles Evaluating Learning Processes Managing Feelings	Exercise Personal Challenges Food Labelling and Healthy Snacks Attitudes Towards Drugs Keeping Safe and Why it's Important Online and Off Line Seminar Respect for myself Healthy and Safe Choices	Family Roles and Responsibilities Friendship and Respect Keeping Safe Online and who to go to for Help Being a Global Citizen Being Aware of How my Choices Affect Others Awareness of how Children have Different Lives Expressing Appreciation for Family and Friends	Internet Safety Personal Safety Sun Safety How babies grow Family changes	Internet Safety Personal Safety Sun Safety How babies grow Family changes
Year 3	1. To know that the school has a shared set of values 2. To know why rules are needed and how these relate to choices and consequences 3. To know that actions can affect other's feelings 4. To know that others may hold different views 5. To understand that they are important 6. To know what a personal goal is 7. To understand what a challenge is	1. To know what it means to be a witness to bullying and that a witness can make the difference 2. To know what an obstacle is and how they can hinder achievement 3. To know how to take steps to overcome an obstacle 4. To know what dreams and ambitions are important 5. To know about specific people who have overcome difficult challenges to achieve success 6. To know how they can best overcome learning challenges 7. To know what their own strengths are as a learner 8. To know how to evaluate their own learning progress and identify how it can be better next time	1. To know how to choose a realistic goal and how to achieve it 2. To know that it is important to persevere 3. To know how to identify obstacles which make achieving their goals difficult and work out how to overcome them 4. To know a goal has been achieved 5. To know how to work with a partner 6. To know that tackling a challenge can stretch their learning	1. To know what their bodies need to stay healthy 2. To know what related means 3. To know why healthy snacks are good for their bodies 4. To know what foods good for their bodies 5. To know that it is important to use medicines safely 6. To know what medicines feel like 7. To know how medicines work in their bodies 8. To know how to make a healthy snack	1. To know that there are lots of forms of families 2. To know that physical contact is important 3. To know how to say stop if someone is hurting them 4. To know that there are good secrets and why it is important to share 5. To know that everyone's family is different 6. To know that families function when they trust, respect, care, love and co-operate 7. To know how someone's family friends have conflicts 8. To know that friendships have ups and downs and sometimes change with time 9. To know how to use the Meaningful Friendships or Solve it Together problem-solving methods	1. To identify ways that the internet can be used safely to find things out and communicate in everyday life 2. To identify ways that the internet can be used safely to find things out and communicate in everyday life 3. To identify ways that the internet can be used safely to find things out and communicate in everyday life 4. To identify ways that the internet can be used safely to find things out and communicate in everyday life 5. To identify ways that the internet can be used safely to find things out and communicate in everyday life 6. To identify ways that the internet can be used safely to find things out and communicate in everyday life 7. To identify ways that the internet can be used safely to find things out and communicate in everyday life 8. To identify ways that the internet can be used safely to find things out and communicate in everyday life 9. To identify ways that the internet can be used safely to find things out and communicate in everyday life 10. To identify ways that the internet can be used safely to find things out and communicate in everyday life 11. To identify ways that the internet can be used safely to find things out and communicate in everyday life	1. To identify ways that the internet can be used safely to find things out and communicate in everyday life 2. To identify ways that the internet can be used safely to find things out and communicate in everyday life 3. To identify ways that the internet can be used safely to find things out and communicate in everyday life 4. To identify ways that the internet can be used safely to find things out and communicate in everyday life 5. To identify ways that the internet can be used safely to find things out and communicate in everyday life 6. To identify ways that the internet can be used safely to find things out and communicate in everyday life 7. To identify ways that the internet can be used safely to find things out and communicate in everyday life 8. To identify ways that the internet can be used safely to find things out and communicate in everyday life 9. To identify ways that the internet can be used safely to find things out and communicate in everyday life 10. To identify ways that the internet can be used safely to find things out and communicate in everyday life 11. To identify ways that the internet can be used safely to find things out and communicate in everyday life
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Year 4	1. To know my attitudes and actions make a difference to the class team 2. To understand why it is my school community, the rules and how they affect me 3. To understand how democracy works through the School Council 4. To understand that my actions affect other people locally and globally 5. To understand how democracy and having a voice benefits the school community	Challenging assumptions Understanding Appearance Accepting Self and Others Understanding Influence Understanding Bullying Problem Solving Resilience Identify how special and unique everyone is First Impressions	Difficult Challenges and Achieving Success Dreams and Aspirations New Challenges Motivation and Enthusiasm Recognising and Trying to Overcome Obstacles Evaluating Learning Processes Managing Feelings	Exercise Personal Challenges Food Labelling and Healthy Snacks Attitudes Towards Drugs Keeping Safe and Why it's Important Online and Off Line Seminar Respect for myself Healthy and Safe Choices	Family Roles and Responsibilities Friendship and Respect Keeping Safe Online and who to go to for Help Being a Global Citizen Being Aware of How my Choices Affect Others Awareness of how Children have Different Lives Expressing Appreciation for Family and Friends	Internet Safety Personal Safety Sun Safety How babies grow Family changes	Internet Safety Personal Safety Sun Safety How babies grow Family changes
Year 5	1. To be able to face new challenges positively and how to set personal goals 2. To understand my rights and responsibilities as a citizen of my country 3. To understand my rights and responsibilities as a citizen of my country 4. To be able to explain the difference between direct and indirect types of bullying 5. To be able to compare my life with people in the developing world 6. To be able to explain ways in which one person in a group can have power over another 7. To be able to give examples of how my own behaviour can impact on a group 8. To be able to explain ways in which difference can be a source of conflict and a cause for friction 9. To understand how democracy and having a voice benefits the school community	1. To understand that sometimes we make assumptions based on what people look like 2. To understand that influence me to make choices 3. To know that sometimes bullying is hard to see 4. To know that it is important to be a witness to bullying and that a witness can make the difference 5. To know what an obstacle is and how they can hinder achievement 6. To know how to take steps to overcome an obstacle 7. To know what dreams and ambitions are important 8. To know about specific people who have overcome difficult challenges to achieve success 9. To know how they can best overcome learning challenges 10. To know what their own strengths are as a learner 11. To know how to evaluate their own learning progress and identify how it can be better next time	1. To know how to choose a realistic goal and how to achieve it 2. To know that it is important to persevere 3. To know how to identify obstacles which make achieving their goals difficult and work out how to overcome them 4. To know a goal has been achieved 5. To know how to work with a partner 6. To know that tackling a challenge can stretch their learning	1. To know what their bodies need to stay healthy 2. To know what related means 3. To know why healthy snacks are good for their bodies 4. To know what foods good for their bodies 5. To know that it is important to use medicines safely 6. To know what medicines feel like 7. To know how medicines work in their bodies 8. To know how to make a healthy snack	1. To know that there are lots of forms of families 2. To know that physical contact is important 3. To know how to say stop if someone is hurting them 4. To know that there are good secrets and why it is important to share 5. To know that everyone's family is different 6. To know that families function when they trust, respect, care, love and co-operate 7. To know how someone's family friends have conflicts 8. To know that friendships have ups and downs and sometimes change with time 9. To know how to use the Meaningful Friendships or Solve it Together problem-solving methods	1. To be aware of my own self-image and how my body image fits into that 2. To know how to develop my own self-esteem 3. To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally 4. To understand that puberty is a natural process that happens to everybody and that will go on for me 5. To describe how boys' and girls' bodies change during puberty 6. To know how to stay safe when using technology to communicate with my friends 7. To understand that social intercourse can lead to conception and that how babies are usually made 8. To describe how babies and human bodies can reproduce in these ways 9. To know how a baby develops from conception through the nine months of pregnancy, and how it is born 10. To know how to prepare myself emotionally for the changes that happen next year and beyond - what are we looking forward to/challenges	1. To be aware of my own self-image and how my body image fits into that 2. To know how to develop my own self-esteem 3. To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally 4. To understand that puberty is a natural process that happens to everybody and that will go on for me 5. To describe how boys' and girls' bodies change during puberty 6. To know how to stay safe when using technology to communicate with my friends 7. To understand that social intercourse can lead to conception and that how babies are usually made 8. To describe how babies and human bodies can reproduce in these ways 9. To know how a baby develops from conception through the nine months of pregnancy, and how it is born 10. To know how to prepare myself emotionally for the changes that happen next year and beyond - what are we looking forward to/challenges
Lesson Content	Planning the forthcoming year Rights and Responsibilities Rewards and consequences Group Dynamics Democracy: Having a voice Participating	Cultural differences and how they can cause conflict Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Difficult Challenges and Achieving Success Dreams and Aspirations New Challenges Motivation and Enthusiasm Recognising and Trying to Overcome Obstacles Evaluating Learning Processes Managing Feelings	Exercise Personal Challenges Food Labelling and Healthy Snacks Attitudes Towards Drugs Keeping Safe and Why it's Important Online and Off Line Seminar Respect for myself Healthy and Safe Choices	Family Roles and Responsibilities Friendship and Respect Keeping Safe Online and who to go to for Help Being a Global Citizen Being Aware of How my Choices Affect Others Awareness of how Children have Different Lives Expressing Appreciation for Family and Friends	Internet Safety Personal Safety Sun Safety How babies grow Family changes	Internet Safety Personal Safety Sun Safety How babies grow Family changes
Year 6	1. To know my attitudes and actions make a difference to the class team 2. To understand why it is my school community, the rules and how they affect me 3. To understand how democracy works through the School Council 4. To understand that my actions affect other people locally and globally 5. To understand how democracy and having a voice benefits the school community	Challenging assumptions Understanding Appearance Accepting Self and Others Understanding Influence Understanding Bullying Problem Solving Resilience Identify how special and unique everyone is First Impressions	Difficult Challenges and Achieving Success Dreams and Aspirations New Challenges Motivation and Enthusiasm Recognising and Trying to Overcome Obstacles Evaluating Learning Processes Managing Feelings	Exercise Personal Challenges Food Labelling and Healthy Snacks Attitudes Towards Drugs Keeping Safe and Why it's Important Online and Off Line Seminar Respect for myself Healthy and Safe Choices	Family Roles and Responsibilities Friendship and Respect Keeping Safe Online and who to go to for Help Being a Global Citizen Being Aware of How my Choices Affect Others Awareness of how Children have Different Lives Expressing Appreciation for Family and Friends	Internet Safety Personal Safety Sun Safety How babies grow Family changes	Internet Safety Personal Safety Sun Safety How babies grow Family changes
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