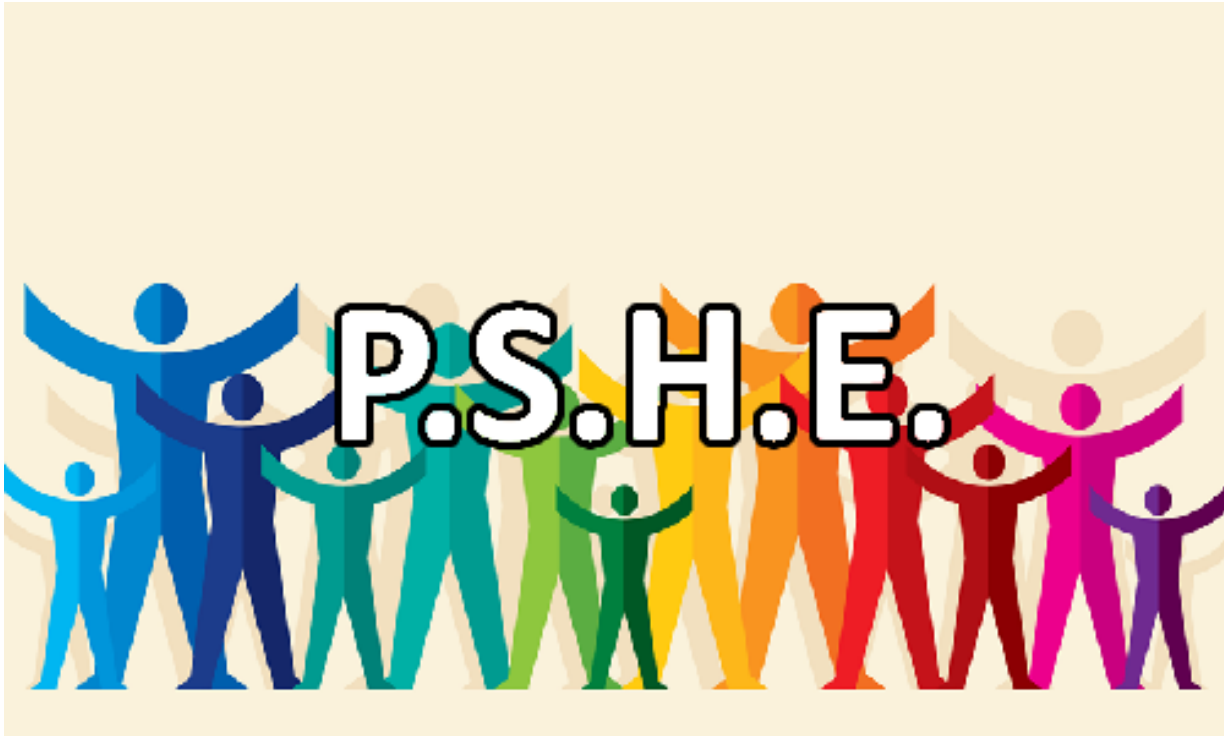
Middlestown Primary Academy

PSHE: Key Stage 2



Objectives linked to Pol-Ed resources:

Relationships

Keeping Safe

Understanding the law

Objectives linked to PSHE resources:

Economic Wellbeing

Progression of Learning Objectives

PSHE: Key Stage 2

National Curriculum

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice. To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

HT1: Self-Awareness

In this unit, pupils should be taught:

Mental Fitness:

- To know that they are unique human beings
- To know that they are not their thoughts
- To know that self-awareness needs to be practiced and helps us to show up as our best self

Social Fitness:

- To know that families are built on love
- To know that friends are important in our one life

Physical Fitness:

- To know that their bodies need good fuel to work well

To begin to understand that they need to build all three fitness components to live their one life well

HT2: Response System

In this unit, pupils should be taught:

Mental Fitness:

- To know that we must try to respond and not react
- Our mind wants to protect us
- To know that all emotions are OK, as long as we manage them well
- That we must pay attention to our thoughts and feelings so they don't get too big or strong

Social Fitness:

- To keep safe, we must have boundaries and remember that no means no
- We all have private parts and they are private for a reason

Physical Fitness:

- We only get one body so we should love it, respect it and not compare ourselves to others

HT3: Bouncing Back

In this unit, pupils should be taught:

Mental Fitness:

- To know that we have to learn to bounce back when things wrong or get hard
- We have to use our inner cheerleader to help us

Social Fitness:

- That we must forgive ourselves and others if we want to bounce back in our friendships
- All friendships have ups and downs
- Know about the different types of bullying and the impact it may have

Physical Fitness:

To know that self-care is important so we can bounce back physically, too

HT4: Compassion

In this unit, pupils should be taught:

HT5: Power of Now

In this unit, pupils should be taught:

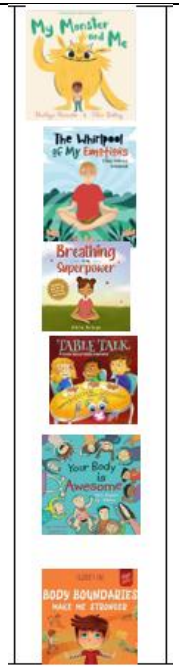
HT6: Doing & Being

In this unit, pupils should be taught:

Mental Fitness: • To know that I must be kind to myself and others to be mentally fit • To begin to know how to say sorry and forgive and forgive others **Social Fitness:** • Know about stereotypes and how to challenge them • Use their SENSES to show up compassionately in their relationships **Physical Fitness:** • Know how to be compassionate in an emergency and basic first aid To know how to call 999 and what to say in an emergency	**Mental Fitness:** • To know our mind is powerful and we need to build the power of now to live our one life really well • Know how to breathe to calm our bodies and minds **Social Fitness:** • Know and use please, thank you, excuse me and pardon and show respect to all adults • Know practical ways to develop respectful relationships • Know how to be respectful with face-to-face and online relationships, including cyberbullying **Physical Fitness:** • Know some basic facts about addiction and hormones so they can make better decisions in the future	**Mental Fitness:** • To know that I can't always be doing • Know that we need to make time to be • Know that this balance is important in our one life **Social Fitness:** • Know about personal safety on roads, railways and in the water, including the water safety code • Know about risk-taking behaviours and peer influences **Physical Fitness:** Know how to keep their bodies healthy and safe through self-care, exercise and prevention methods (teeth, skin and hygiene)

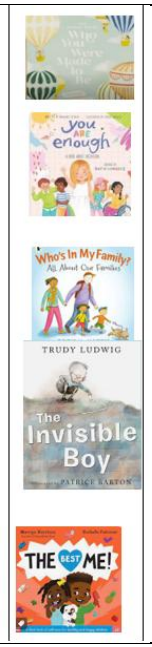
PSHE: Year 3

Self-Awareness (Road safety)	Response System (Fire safety)	Bouncing Back	Compassion	Power of Now	Doing & Being (Water safety)
• Know that we are all unique and different human BEINGS, and we must like who we are growing up to be • Know that we must make friends with our minds and know the difference between helpful and unhelpful thoughts • Know that we are not our thoughts and feelings • Know that we all have an inner cheerleader and inner critic • Know that families are different, but are all built on love, care and protection • Friendships help us to feel happy and secure • Know that being truthful, kind and welcoming is very important • Know that eating healthy food is important for your overall wellbeing • Begin to know that we must eat mostly protein, fruit and vegetables for our nutrition.	• Know that we must **respond and not react** • Define and describe our response system • Know that all **emotions are OK,** but it is how we respond to them which is the key • Know that our **mind always want to protect** us (key players) • Know that we must manage our emotions, so they don't grow too big • Know that we must calm our nervous system if we want to respond and not react • Know that breathing can help to regulate our nervous system • Know about basic **manners and respect** • Know some practical ways to BE respectful • Know that we only get one body and we should **show it love, care and respect** • Know that self-love is important to live your one life happily and safely • Know about safe touch and contact • Know about **boundaries** • Know what **consent** is and how it keeps us safe.	• Life is a series of ups and downs, and you need to learn how to manage and accept this • We all make mistakes in life. What matters is how we learn from them • Know about big feelings and how you might manage these and bounce back slowly from them • Know that challenging things will happen in your life and it is okay • All friendships have ups and downs • How to show up as a caring friend • How to forgive and bounce back in our friendships (ADAPT) • That bullying has a negative and often lasting impact on mental wellbeing. • Know about Cyber Bullying and understand its impact. • Bouncing back when things go wrong physically • Being aware of self-care habits to minimise risks	• To know the definition of compassion • To know what self-compassion is • To know that compassionate self-talk is essential for mental fitness • To know some compassionate phrases • Know that our choices and actions have a ripple effect • Know that love and compassion help to make the world a better place for everyone • Begin to use the SENSES model to practice being compassionate to others • Know what stereotypes are • Know that they can be harmful and judgmental • Know that they can affect our relationships • Know how to be safe online • Begin to explain the 4cs • Know some practical ways to respond in an emergency • Know how to make an emergency call • Know how to use LIONEL to help	• Know what the **power of now** is and how it can help us to show up as our best selves • Know some key facts about the brain and how to use this to support being present in life • Know how breathing can help us to be more **tolerant** when the body is under stress • Know that we have boundaries, rules and responsibilities to build and maintain **respectful relationships** • Know some practical ways to maintain and build **respectful relationships online.** • Know about addictions such as **drugs, alcohol and smoking**	• Know what makes you remarkably you! • Know that it is important to like ourselves (self-esteem) • Know that we must balance doing with time to just BE. It is important for our bodies and brains! • Know some ways to prevent illness and disease in our one lives (skin, teeth, washing hands). • Know about self-respect and privacy. • Know that physical activity is important for our overall health and wellbeing • Know about hazards and risks and practical ways to stay safe, especially in the water. • Know the water safety code • I know that there are a broad range of jobs and careers that people can have • I know about stereotypes in the workplace
Key Definitions: Self-Awareness Self-esteem Personal Development Self-identity Spirituality Love/Kindness Self-Control Goodness Caring goodness Social Fitness family Health Respect Moral Compass Personal Responsibility	**Key Definition** Response System Wise Owl (upstairs brain), Guard Dog (amygdala) and Emotion Elephant (Hippocampus/emotional downstairs brain) Scale of Emotions Proportionate Disproportionate React Response Moral Compass Respect Boundary Self-respect Self-care Consent Privacy				

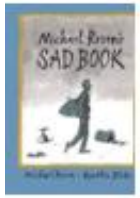
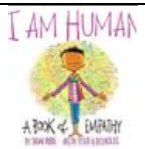
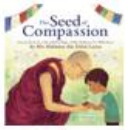
PSHE: Year 4

Self-Awareness (Road safety)	Response System (Fire safety)	Bouncing Back	Compassion	Power of Now	Doing & Being (Water safety)
• Know that we are all unique and different human BEINGS, and we must like who we are growing up to be • Know that we must make friends with our minds and know the difference between helpful and unhelpful thoughts • Know that we are not our thoughts and feelings • Know that we all have an inner cheerleader and inner critic Know that families are different, but are all built on love, care and protection • Friendships help us to feel happy and secure • Know that being truthful, kind and welcoming is very important • Know that families are different, but are all built on love, care and protection • Know that eating healthy food is important for your overall wellbeing • Begin to know that we must eat mostly protein, fruit and vegetables for our nutrition	• Know the difference between reacting and responding • Define what our response system • Describe how emotions affect our bodies and behaviour • Know that all emotions are OK, but it is how we respond to them which is the key • Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings • Know that we must calm our nervous system if we want to respond and not react • Know that breathing can help to regulate our nervous system • Know about basic manners and respect • Know some practical ways to BE respectful • Know that we only get one body and we should show it love, care and respect • Know that self-love is important to live your one life happily and safely • Know about safe touch and contact • Know about boundaries • Know what consent is and how it keeps us safe.	• Life is a series of ups and downs, and you need to learn how to manage and accept this • We all make mistakes in life. What matters is how we learn from them. • Know about big feelings and how you might manage these and bounce back slowly from them • Know that challenging things will happen in your life and it is okay • All friendships have ups and downs • How to show up as a caring friend • How to forgive and bounce back in our friendships (ADAPT) • That bullying has a negative and often lasting impact on mental wellbeing. • Know about Cyber Bullying and understand its impact. • Bouncing back when things go wrong physically • Being aware of self-care habits to minimise risks	• To know the definition of compassion • To know what self-compassion is • To know that compassionate self-talk is essential for mental fitness • To know some compassionate phrases • Know that our choices and actions have a ripple effect • Know that love and compassion help to make the world a better place for everyone • Begin to use the SENSES model to practice being compassionate to others • Know that love and compassion help to make the world a better place for everyone • Begin to use the SENSES model to practice being compassionate to others • Know what stereotypes are • Know that they can be harmful and judgmental • Know that they can affect our relationships • Know how to be safe online • Begin to explain the 4cs • Know some practical ways to respond in an emergency • Know how to make an emergency call • Know how to use LIONEL to help	• Know what the power of now is and how it can help us to show up as our best selves • Know some key facts about the brain and how to use this to support being present in life • Know how breathing can help us to be more tolerant when the body is under stress • Know that we have boundaries, rules and responsibilities to build and maintain respectful relationships • Lesson 5: • Know some practical ways to maintain and build respectful relationships online. • Know about addictions such as drugs, alcohol and smoking	• Know what we are good at doing and feeling good about our talents and weaknesses • Know that it is important to like ourselves (self-esteem) • Know that we must balance doing with time to just BE. It is important for our bodies and brains! • Know some ways to prevent illness and disease in our one lives (skin, teeth, washing hands). • Know about self-respect and privacy. • Know about hazards and risks and practical ways to stay safe, especially in the water. • Know the water safety code • I know how the law is enforced and understand the role of the police • I know how and when to seek support including who to speak to • I know that people's spending decisions can affect others and the environment • I recognise that people make spending decisions based on needs, wants and priorities • I know about the different ways people pay for things and how to keep track of money
Key Definitions: Self-Awareness Self-esteem Personal Development Self-identity Spirituality Love/Kindness Self-Control Social Fitness Acceptance Respect Empathy Moral Compass Personal Responsibility Health	**Key Definitions:** Response System Wise Owl (upstairs brain), Guard Dog (amygdala) and Emotion Elephant (Hippocampus/emotional downstairs brain) React Response Moral Compass Respect Boundary Self-respect Self-care Consent Privacy Acceptance	**Key Definitions:**	**Key Definitions:**	**Key Definitions:**	**Key Definitions:**

	Assertive				
 You are enough Who's In My Family? TRUDY LUDWIG The Invisible Boy THE BEST ME!	 Feelings The Whirlpool of My Emotions Breathe My Way to GOOD CHOICES As We Grow My Body Belongs to Me	 THE GIRL WHO NEVER MADE MISTAKES Shine	 AFTER THE FALL Michael Rosen's SAD BOOK Girls	 Breathe POLLY AND THE SCREEN TIME OVERLOAD	 I REALLY WANT TO THE WHALE WHO WANTED MORE MY BODY! What I say GOES!

PSHE: Year 5

Self-Awareness (Road safety)	Response System (Fire safety)	Bouncing Back	Compassion	Power of Now	Doing & Being (Water safety)
• Know that we are all unique and different human BEINGS, and we must like who we are growing up to be • Know that we must make friends with our minds and know the difference between helpful and unhelpful thoughts • Know that we are not our thoughts and feelings and we need to learn to manage them well • Know that we all have an inner cheerleader and inner critic • Know that families are different, but are all built on love, care and protection • Friendships help us to feel happy and secure • Know that being truthful, kind and welcoming is very important • Know that eating healthy food is important for your overall wellbeing • Begin to know which foods should be limited and which foods feed our minds and bodies well.	• Know the difference between responding and reacting • Define our response system • Describe our response system • Know that we must manage our emotions, so they don't grow too big • Know what is a proportionate and disproportionate response to emotions • Know that we must calm our nervous system if we want to respond and not react • Know that breathing can help to regulate our nervous system • Know what respect is and how to behave respectfully • Know practical ways to BE respectful • Know that we only get one body and we should show it love, care and respect • Know that self-love is important to live your one life happily and safely • Know about safe touch and contact • Know about Boss (boundaries, object, speak up and share) approach to keeping safe • Know what consent is and how it keeps us safe.	• Life is a series of ups and downs and you need to learn how to manage and accept this • We all mistakes in life. What matters is how we learn from them. • Know about big feelings and how you might manage these and bounce back slowly from them • Know that challenging things will happen in your life and it is okay • All friendships have ups and downs • How to show up as a caring friend • How to forgive and bounce back in our friendships (ADAPT) • That bullying has a negative and often lasting impact on mental wellbeing. • Know about Cyber Bullying and understand its impact. • Bouncing back when things go wrong physically • Being aware of self-care habits to minimise risks	• To know the definition of compassion • To know what self-compassion is • To know that compassionate self-talk is essential for mental fitness • To know some compassionate phrases • Know that our choices and actions have a ripple effect • Know that love and compassion help to make the world a better place for everyone • Begin to use the SENSES model to practice being compassionate to others • Know what stereotypes are • Know that they can be harmful and judgmental • Know that they can affect our relationships • Know how to be safe online • Explain the 4cs • Know some practical ways to respond in an emergency • Know how to make an emergency call • Know how to use LIONEL to help	• Know what the power of now is and how it can help us to show up as our best selves • Know some key facts about the brain and how to use this to support being present in life • Know how breathing can help us to be more tolerant when the body is under stress • Know that we have boundaries, rules and responsibilities to build and maintain respectful relationships • Know some practical ways to maintain and build respectful relationships online. • Know about addictions such as drugs, alcohol and smoking	• Know what we are good at doing and feeling good about our talents and weaknesses • Know that we have to do things we don't want to sometimes. • Know that we must balance doing with time to just BE. It is important for our bodies and brains! • Know about self-respect and privacy. • Know about hazards and risks and practical ways to stay safe, especially in the water. • Know the water safety code. • I know about stereotypes in the workplace and that a person's career aspirations should not be limited by them • I know what might influence people's decisions about a job or career and that some jobs are paid more than others • Fire safety talk
Key Definitions: Self-Awareness Self-esteem Personal Development Self-identity Spirituality Love Being Kind Self-Control Social Fitness Respect Personal Responsibility Health Integrity/Goodness Acceptance	**Key Definitions:** Response System React Response Sympathetic Parasympathetic Moral Compass Boundary Self-respect Self-care Consent Privacy Integrity Humility Puberty	**Key Definitions:**	**Key Definitions:**	**Key Definitions:**	**Key Definitions:**

PSHE: Year 6

Self-Awareness (Road safety)	Response System (Fire safety)	Bouncing Back	Compassion	Power of Now	Doing & Being (Water safety)
• Know that we are all unique and different human BEINGS, and we must be self-aware to show up as our best selves • Know that we must make friends with our minds and know the difference between helpful and unhelpful thoughts. We need to self-correct if we are out of balance. • Know that we are not our thoughts and feelings and we need to learn to manage them well • Know that we all have an inner cheerleader and inner critic • Know that families are different, but are all built on love, care and protection • Friendships help us to feel happy and secure, even with ups and downs • Know that being truthful, kind and welcoming is very important • Know that eating healthy food is important for your overall wellbeing • Know which foods should be limited and which foods feed our minds and bodies well	• Know the difference between responding and reacting • Define our response system • Describe our response system • Know that we must manage our emotions, so they don't grow too big • Know what is a proportionate and disproportionate response to emotions • Know that we must calm our nervous system if we want to respond and not react • Know that breathing can help to regulate our nervous system • Know what respect is and how to behave respectfully • Know some practical ways to BE respectful in different contexts • Know that we only get one body and we should show it love, care and respect • Know that self-love is important to live your one life happily and safely • Know about safe touch and contact • Know about Boss (boundaries, object, speak up and share) approach to keeping safe • Know what consent is and how it keeps us safe • I know about the importance of keeping personal information private and strategies for keeping safe online.	• Life is a series of ups and downs and you need to learn how to manage and accept this • We all mistakes in life. What matters is how we learn from them. • Know about big feelings and how you might manage these and bounce back slowly from them • Know that challenging things will happen in your life and it is okay • All friendships have ups and downs • How to show up as a caring friend • How to forgive and bounce back in our friendships (ADAPT) • That bullying has a negative and often lasting impact on mental wellbeing • Know about Cyber Bullying and understand its impact • That bullying has a negative and often lasting impact on mental wellbeing • Know about Cyber Bullying and understand its impact	• To know the definition of compassion • To know what self-compassion is • To know that compassionate self-talk is essential for mental fitness • To know some compassionate phrases • Know that our choices and actions have a ripple effect • Know that love and compassion help to make the world a better place for everyone • Begin to use the SENSES model to practice being compassionate to others • Know what stereotypes are • Know that they can be harmful and judgmental • Know that they can affect our relationships • Know how to be safe online • Explain the 4cs • Know some practical ways to respond in an emergency • Know how to make an emergency call • Know how to use LIONEL to help • Know some basic first aid	• Know what the power of now is and how it can help us to show up as our best selves • Know some key facts about the brain and how to use this to support being present in life • Know how breathing can help us to be more tolerant when the body is under stress • Know that we have boundaries, rules and responsibilities in order to build and maintain respectful relationships • Know some practical ways in order to maintain and build respectful relationships online • Know about addictions such as drugs, alcohol and smoking	• Know that we are born to be good at only one or two things, so we must accept our strengths and weaknesses • Know that sometimes we have to do things we don't want to/don't find easy • Know that we must balance doing with time to just BE. It is important for our bodies and brains • Know some ways to prevent illness and disease in our one lives (healthy habits, self-care and preventive methods) • Know about self-respect and privacy • Know about hazards and risks and practical ways to stay safe, especially in the water • Know the water safety code • I know about discrimination- What it is and how to challenge it • I know about the risks associated with money and ways of keeping money safe • I know about the risks involved in gambling • I know about the importance of balancing time online with other activities and strategies for managing time online • Fire safety talk
Key Definitions: Self-Awareness Self-esteem Personal Development Self-identity Spirituality Love Being Kind Self-Control Social Fitness Respect Personal Responsibility Health Integrity Acceptance Goodness	**Key Definitions:** Response System React Response Sympathetic Parasympathetic Moral Compass Boundary Self-respect Self-care Consent Privacy Integrity Humility Puberty Oxytocin Upstander	**Key Definitions:**	**Key Definitions:**	**Key Definitions:**	**Key Definitions:**

Sex Education statements to cover in Year 6:

- Identify the external genitalia and internal reproductive organs in males females
- Understand how the process of puberty relates to human reproduction
- Know about the processes of reproduction and birth as part of the human life cycle; how babies are conceived (and that there are ways to prevent a baby from being made); how babies need to be cared for
- Know that for some people, gender identity does not correspond with their biological sex