

**THE  
FUNDAMENTALS  
OF  
PSHE**

<p>To understand children's universal rights and global citizenship. To understand that we choose our own behaviour and what anti-social behaviour is. To discuss perceptions of normality, understand disabilities and show empathy to everyone. To understand inclusion/exclusion within friendship groups. To set personal learning goals in and out of school and to understand how to make a difference in the world.</p>	<p>Universal rights Global citizenship Disabilities Empathy Inclusion Exclusion County lines Gang culture Emotional health Mental health Technology safety Body image Physical attraction Change and Transitions</p>	<p>To take personal responsibility in understanding how substances affect your body. To understand how exploitation, including 'county lines' and gang culture can detrimentally effect your emotional and mental health To discuss and identify mental health worries and sources of help. To understand how to take power and control over technology safety and use To discuss perceptions of self and body image; physical attraction and how sexting, boyfriend/girlfriend relationships can effect change and transitions</p>	<p><b>YEAR 6</b></p>
<p>To understand how to be a good school and local citizen and how behaviour effects groups. To have a voice and participate. To enjoy and respect cultural differences and to understand different types of bullying. To understand the importance of money and to how to get to their dream job.</p>	<p>Participate Cultural differences Money Job Body image Alcohol Smoking Vaping Anti-social behaviour Safe online behaviour</p>	<p>To understand the importance of having a good body image and relationship with food by making healthy choices. To be aware that alcohol, smoking, including vaping, can lead to and result in anti-social behaviour To recognise the dangers of online grooming, gaming and gambling and the importance of reducing screen time and building safer online communities.</p>	<p><b>YEAR 5</b></p>
<p>To understand how to be part of a team, rights, responsibilities and democracy and what motivates behaviour. To challenge assumptions, accept self and others and understand how to problem solve. To overcome disappointment and to show resilience and positivity.</p>	<p>Democracy Disappointment Resilience Positivity Group dynamics Healthy Friendships Loss Memories Transition Change</p>	<p>To understand how smoking, alcohol and peer pressure can effect group dynamics and healthy friendships To overcome jealousy, love, loss and memories of loved ones and show appreciation of others To accept and show confidence in understanding transition and change</p>	<p><b>YEAR 4</b></p>
<p>To set personal goals, to understand rules, rights and responsibilities and make responsible choices. To understand how to solve bullying and, to understand families and their differences. To have dreams and ambitions, show motivation and enthusiasm and learn about simple budgeting.</p>	<p>Goals Rules Rights Responsibilities Dreams Ambitions Global citizen Budgeting</p>	<p>To understand the importance of keeping safe in online and off line scenarios and respect for myself and others To be aware of how other children have different lives and the importance of being a global citizen To have an understanding of how babies grow and their needs. To learn about outside and inside body changes</p>	<p><b>YEAR 3</b></p>
<p>To make choices to contribute to a safe and fair learning environment and understand the difference between rights and responsibilities. To discuss stereotypes about gender and gender diversity. To learn to remain friends despite differences. To set and achieve realistic goals, learn strength and learn with others.</p>	<p>Relaxation Motivation Relationships Stereotypes Strengths Goals</p>	<p>To understand how healthy eating choices and relaxation techniques can help our motivation to learn To trust and appreciate special relationships To identify life cycles in nature and understand about growing young to old</p>	<p><b>YEAR 2</b></p>
<p>To feel special and safe and understand rewards and consequences. To understand how to celebrate the differences in everyone and understand what bullying is. To set goals, identify successes and tackle new challenges.</p>	<p>Healthy Rewards Consequences Differences Bullying</p>	<p>To understand about healthy life choices and how to stay safe. To identify and know about people that help us. To identify differences between male and female bodies and know animals and humans change as they grow.</p>	<p><b>YEAR 1</b></p>
<p>To understand different feelings and being gentle. To identify talent and what makes us special. To overcome challenges and show perseverance. To understand what a job is.</p>	<p>Identify Respect Grow Change Challenge Success</p>	<p>To identify healthy foods and understand the importance of exercising our bodies To understand the importance of family life and friendships To respect my body and understand how we grow and change</p>	<p><b>EYFS</b></p>

SKILLS

VOCABULARY

SKILLS

