



# Manland Primary School-Long Term Curriculum Plan

## Overview of Skills – PSHE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><b>Being me in my world</b> Understand how it feels to belong and that we are similar and different. Start to recognise and manage my feelings. Work together and consider other people's feelings. Understand why it is good to be kind and use gentle hands. Understand children's rights and this means we should all be allowed to learn and play. Explore what being responsible means.</p>	<p><b>Celebrating differences</b> Understand that being different makes us all special. Identify something I am good at and understand everyone is good at different things. Know we are all different but the same in some ways Say why I think my home is special to me Say how to be a kind friend Explore which words to use to stand up for myself when someone says or does something unkind</p>	<p><b>Dreams and goals</b> Understand that if I persevere. Tackle challenges. Talk about a time I didn't give up until I achieved my goal. Set a goal and work towards it. Use kind words to encourage people. Understand the link between what I learn now and the job I might like to do when I'm older. Say how I feel when I achieve a goal and know what it means to feel proud.</p>	<p><b>Healthy me</b> Understand that I need to exercise to keep my body healthy. Understand how moving and resting are good for my body. Explore which foods are healthy and not so healthy and can make healthy eating choices. Discuss how I help myself go to sleep and understand why sleep is good for me. Wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. Discuss what a stranger is and how to stay safe if a stranger approaches me.</p>	<p><b>Relationships</b> Identify some of the jobs I do in my family and how I feel like I belong. Say how to make friends to stop myself from feeling lonely. Talk about of ways to solve problems and stay friends. Understand the impact of unkind words. Use Calm Me time to manage my feelings. Say how to be a good friend.</p>	<p><b>Changing me</b> Name parts of the body. Say some things I can do and foods I can eat to be healthy. Understand that we all grow from babies to adults. Express how I feel about moving to Year 1. Talk about my worries and/or the things I am looking forward to about being in Year 1 Share my memories of the best bits of this year in Reception</p>
Year 1	<p><b>Being Me in My World</b> Explain why my class is a happy and safe place to learn. Give different examples where I or others make my class happy and safe</p>	<p><b>Celebrating Differences</b> Identify some ways that I am different and similar to other people in my class, and why this makes us all special. Explain what bullying is and how being bullied might make somebody feel.</p>	<p><b>Dreams and Goals</b> Explain how I feel when I am successful and how this can be celebrated positively. Say why my internal treasure chest is an important place to store positive feelings.</p>	<p><b>Healthy Me</b> Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. Give examples where being healthy can help me feel happy.</p>	<p><b>Relationships</b> Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. Explain how my qualities help these relationships. Give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p><b>Changing Me</b> Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. Use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. Explain why some changes I might experience might feel better than others.</p>



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<p>Year 2</p>	<p><b>Being Me in My World</b> Explain why my class is a happy and safe place to learn. Give different examples where I or others make my class happy and safe.</p>	<p><b>Celebrating Differences</b> Identify some ways that I am different and similar to other people in my class, and why this makes us all special. Explain what bullying is and how being bullied might make somebody feel.</p>	<p><b>Dreams and Goals</b> Explain how I feel when I am successful and how this can be celebrated positively. Say why my internal treasure chest is an important place to store positive feelings.</p>	<p><b>Healthy Me</b> Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. Give examples where being healthy can help me feel happy.</p>	<p><b>Relationships</b> Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. Explain how my qualities help these relationships. Give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p><b>Changing Me</b> Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. Use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. Explain why some changes I might experience might feel better than others.</p>
<p>Year 3</p>	<p><b>Being Me in My World</b> Explain how my behaviour can affect how others feel and behave. Explain why it is important to have rules and how that helps me and others in my class learn. Explain why it is important to feel valued.</p>	<p><b>Celebrating Differences</b> Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. Explain how being involved with a conflict makes me feel and offer strategies to help the situation. e.g. Solve It Together or asking for help.</p>	<p><b>Dreams and Goals</b> Explain the different ways that help me learn and what I need to do to improve. Share my success with others in a confident way. Explain how these feelings can be stored in my internal treasure chest and why this is important.</p>	<p><b>Healthy Me</b> Identify things, people and places that I need to keep safe from. Explain strategies for keeping myself safe and healthy including who to go to for help. Express how being anxious/scared and unwell feels.</p>	<p><b>Relationships</b> Explain how my life is influenced positively by people I know and also by people from other countries. Explain why my choices might affect my family, friendships and people around the world who I don't know</p>	<p><b>Changing Me</b> Explain how boys' and girls' bodies change on the inside/outside during the growing up process and explain why these changes are necessary so that their bodies can make babies when they grow up. Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings</p>
<p>Year 4</p>	<p><b>Being me in my world</b> Explain why being listened to and listening to others is important in my school community. Explain why being democratic is important and can help me and others feel valued.</p>	<p><b>Celebrating differences</b> Describe a time when a first impression of someone changed as I got to know them. Explain why bullying might be difficult to spot and what to do about it if I'm not sure. Explain why it is good to accept myself and others for who we are.</p>	<p><b>Dreams and goals</b> Plan and set new goals even after a disappointment. Explain what it means to be resilient and have a positive attitude</p>	<p><b>Healthy me</b> Recognise when people are putting me under pressure and can explain ways to resist this when I want to. Identify feelings of anxiety and fear associated with peer pressure.</p>	<p><b>Relationships</b> Recognise how people are feeling when they miss a special person or animal. Give ways that might help me manage my feelings when missing a special person or animal.</p>	<p><b>Changing me</b> Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. explain some of the choices I might make in the future and some of the choices that I have no control over. Offer some suggestion about how I might manage my feelings when changes happen.</p>



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Year 5	<b>Being Me in My World</b> Compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. Explain how the actions of one person can affect another and can give examples of this from school and a wider community context.	<b>Celebrating Differences</b> Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. Explain why racism and other forms of discrimination are unkind. Express how I feel about discriminatory behaviour.	<b>Dreams and Goals</b> Compare my hopes and dreams with those of young people from different cultures. Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.	<b>Healthy Me</b> Explain different roles that food and substances can play in people's lives. Explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. Summarise different ways that I respect and value my body.	<b>Relationships</b> Compare different types of friendships and the feelings associated with them. Explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. Apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.	<b>Changing Me</b> Explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception. Express how I feel about the changes that will happen to me during puberty. Accept these changes might happen at different times to my friends.
Year 6	<b>Being Me in My World</b> Explain how my choices can have an impact on people in my immediate community and globally. Empathise with others in my community and globally and explain how this can influence the choices I make.	<b>Celebrating Differences</b> Explain ways in which difference can be a source of conflict or a cause for celebration. Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.	<b>Dreams and Goals</b> Explain different ways to work with others to help make the world a better place. Explain what motivates me to make the world a better place.	<b>Healthy Me</b> Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure	<b>Relationships</b> Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. Explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. Offer strategies to help me manage these feelings and situations.	<b>Changing Me</b> Describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.