



PSHE Curriculum Overview KS1 & 2- knowledge outcomes taken from DfE Statutory Relationships Framework

Our Personal, Social, Health and Economic Education curriculum incorporates the statutory relationships education plus additional areas relating to physical safety and economic wellbeing. The knowledge outcomes are often large and as such are repeated in different year groups where they may look at different aspects, or the same aspect in more depth as appropriate to their age.

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Year Group	Unit 1 Families and Friends	Unit 2- Being Safe in the World	Unit 3- Healthy Body and Mind
1	<p>Lesson 1 - that families are important for children growing up because they can give love, security and stability</p> <p>Lesson 2- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.</p> <p>Lesson 3- how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Lesson 4- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Protected characteristic – disability</p> <p>Lesson 5- the conventions of courtesy and manners.</p>	<p>Lesson 1- that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Lesson 2- how to recognise and report feelings of being unsafe or feeling bad about any adult AND how to report concerns or abuse and the confidence needed to do so.</p> <p>Lesson 3- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>Lesson 4&5- the facts about legal and illegal harmful substances and associated risks.</p>	<p>Lesson 1&2- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>Lesson 3- 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.</p> <p>Lesson 4 & 5- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>
2	<p>Lesson 1- that families are important for children growing up because they can give love, security and stability</p> <p>Lesson 2- that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.</p>	<p>Lesson 1- about safe methods of crossing the road.</p> <p>Lesson 2- about being safe and seen when walking or crossing the road at night.</p> <p>Lesson 3- about being safe when travelling in a car, including adult mobile phone use and seat belts.</p> <p>Lesson 4&5- how to respond safely and appropriately to adults they may encounter (in all contexts) whom they do not know</p>	<p>Lesson 1&2- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>Lesson 3&4- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing</p>



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	<p>Lesson 3&4- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>Lesson 5- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>Lesson 6- about different types of bullying, the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Protected characteristics –race/ethnicity/nationality, disablist bullying.</p>		<p>Lesson 5 - about what keeping healthy means, different ways to keep healthy and foods that support good health and the risks of eating too much sugar</p>
3	<p>Lesson 1&2- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.</p> <p>Lesson 3- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>Lesson 4- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p>	<p>Lesson 1& 2- that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Lesson 3- how to ask for advice or help for themselves or others, and to keep trying until they are heard AND how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>Correct vocabulary for private parts (penis, vagina, anus).</p> <p>Lesson 4- to understand where money comes from and how we keep it safe.</p> <p>Lesson 5- to make informed decisions about cost/value</p>	<p>Lesson 1- that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>Lesson 2- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>Lesson 3- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Lesson 4&5- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p>



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	<p>Lesson 5- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>Lesson 6- about different types of bullying, the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Protected characteristics – homophobic bullying.</p>	<p>Lesson 6- to understand the concepts of saving and lending, including the risks of lending.</p>	<p>Lesson 6- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. (Link to quality sleep)</p>
4	<p>Lesson 1- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>Lesson 2&3- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed AND that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>Lesson 4&5- the conventions of courtesy and manners</p> <p>Lesson 6- about different types of bullying, the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Protected characteristics – sex and maternity.</p>	<p>Lesson 1&2- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p> <p>Correct vocabulary for private parts (penis, vagina, anus).</p> <p>Lesson 3- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p>Lesson 4- what constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Lesson 5- the facts and science relating to allergies</p> <p>Lesson 6- to understand the concept of planning ahead financially- why and how people do it, including pensions and savings.</p> <p>Lesson 7- to understand what gambling is and how it can negatively affect people’s financial stability</p>	<p>Lesson 1- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>Lesson 2&3- 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.</p> <p>Lesson 4 - how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Lesson 5 - that for most people the internet is an integral part of life and has many benefits.</p> <p>Lesson 6 - about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing.</p>



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5	<p>Lesson 1- that families are important for children growing up because they can give love, security and stability.</p> <p>Lesson 2- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>Lesson 3- practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>Lesson- 4- the importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>Lesson 5&6- about different types of bullying, the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Protected characteristics - disablist bullying, homophobic bullying, racism, nationality, ethnic origin and sex</p>	<p>Lesson 1- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Who to seek help from.</p> <p>Correct vocabulary for private parts (penis, vagina, anus).</p> <p>Lesson 2- how to think critically about what someone they know well, or do not know tells them and how information shouldn't be taken at face value.</p> <p>Lesson 4- how to make a clear and efficient call to emergency services if necessary.</p> <p>Lesson 5- concepts of basic first-aid, for example dealing with common injuries.</p> <p>Lesson 6- to understand the concept of debt and interest and the impact it can have on people's lives.</p> <p>Lesson 7- to understand the concept of tax, and some of the main types applied in the UK.</p>	<p>Lesson 1&2- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p> <p>Lesson 3- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Lesson 4- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions AND it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <p>Lesson 5&6- Puberty education</p> <p>Correct vocabulary for private parts: breasts, vagina, fallopian tubes, ovary, womb & testicles, penis, ejaculation, erection, urethra, sperm</p>
6	<p>Lesson 1 2 & 3- what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p> <p>Lesson 4- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences</p>	<p>Lesson 1&2- concepts of basic first-aid, for example dealing with common injuries, including head injuries</p> <p>Lesson 3- how to make a clear and efficient call to emergency services if necessary.</p> <p>Lesson 4- how to be safe around water and to be aware of local water hazards- link to Kyrece's Legacy</p>	<p>Lesson 1&2- Puberty education Correct vocabulary for private parts: breasts, vagina, fallopian tubes, ovary, womb & testicles, penis, ejaculation, erection, urethra, sperm</p>



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	<p>and know that other children’s families are also characterised by love and care.</p> <p>Lesson 5- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.</p> <p>Lesson 6- about different types of bullying, the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p> <p>disablist bullying, homophobic bullying, racism, nationality, ethnic origin, sex & marriage</p>	<p>Lesson 5&6- how to use critical thinking to judge the information they are given from different sources, including what sources can be considered trusted and how to verify information.</p>	<p>Lesson 3- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Lesson 4- the facts and science relating to allergies, immunisation and vaccination.</p> <p>Lesson 5&6- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p>
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