



## Primary PHSE Overview 2019

KS1 PHSE						
Term	1 Sept - Oct	2 Nov – Dec	3 Jan – Feb	4 Feb – Mar	5 April – May	6 June – July
	<b>How can we help?</b>	<b>What is bullying?</b>	<b>How can we be healthy?</b>	<b>What is the same and different about us?</b>	<b>How do we show our feelings?</b>	<b>How can we keep safe in different places?</b>
<b>Objectives</b>	<p>Pupils learn: about group and class rules and why they are important • about respecting the needs of ourselves and others • about looking after the local environment • about privacy in different contexts</p>	<p>Pupils learn: • about the importance of not keeping secrets that make them feel uncomfortable, anxious or afraid • about appropriate and inappropriate touch • that hurtful teasing and bullying is wrong • what to do if teasing and bullying is happening</p>	<p>Pupils learn: about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food) • about making healthy choices • about basic personal hygiene routines and why these are important</p>	<p>Pupils learn: • to recognise what they are good at and set simple goals • about growing, changing and becoming more independent • the correct names for the main parts of the body of boys and girls • about the importance of respect for differences and similarities between people • about groups and communities that they belong to</p>	<p>Pupils learn: • about different kinds of feelings • simple strategies to manage feelings • about how it feels when there is change or loss • about recognising how other people are feeling • about sharing feelings their own feelings with others</p>	<p>Pupils learn: • about rules for keeping safe (in familiar and unfamiliar situations) how to ask for help if they are worried about something • about the people who work in their community • how to get their help, including in an emergency</p> <p><b>ongoing:</b> to share their views and opinions with others</p>



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KS2 PHSE						
Term	1 Sept - Oct	2 Nov – Dec	3 Jan – Feb	4 Feb – Mar	5 April – May	6 June – July
	<b>What is diversity?</b>	<b>How can we be a good friend?</b>	<b>How do we grow and change?</b>		<b>How can we keep safe in our local area?</b>	
<b>Objectives</b>	Pupils learn: <ul style="list-style-type: none"> <li>• to appreciate difference and diversity (people living in the UK)</li> <li>• about the values and customs of people around the world</li> <li>• about what is meant by 'stereotypes'</li> </ul>	Pupils learn: <ul style="list-style-type: none"> <li>• to recognise a wider range of feelings in others</li> <li>• about responding to how others are feeling</li> <li>• to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves</li> <li>• about resolving differences – agreeing and disagreeing</li> </ul>	how to further describe the range and intensity of their feelings to others <ul style="list-style-type: none"> <li>• how to manage complex or conflicting emotions</li> <li>• about the changes that happen at puberty</li> <li>• how the spread of infection can be prevented</li> <li>• about who is responsible for their health and wellbeing</li> <li>• where to get help advice and support</li> <li>• about different types of relationships (friends, families, couples, marriage, civil partnership)</li> <li>• about what constitutes a positive, healthy relationship</li> <li>• about the skills to maintain positive relationships</li> </ul>		Pupils learn: <ul style="list-style-type: none"> <li>• about managing risk in familiar situations and keeping safe</li> <li>• about feeling negative pressure and how to manage this</li> <li>• about keeping safe in the local environment</li> <li>• about people who help them stay healthy and safe</li> <li>• how actions can affect ourselves and others</li> <li>• to recognise and manage dares</li> </ul> Ongoing: <ul style="list-style-type: none"> <li>how to listen and respond respectfully to a wide range of people</li> <li>• about sharing their points of view</li> </ul>	



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Year 6 PHSE						
Term	1 Sept - Oct	2 Nov – Dec	3 Jan – Feb	4 Feb – Mar	5 April – May	6 June – July
	<b>What makes a happy and healthy relationship?</b>		<b>What are human rights?</b>	<b>How can money affect us?</b>	<b>How can we stay healthy?</b>	<b>How can we manage risk?</b>
<b>Objectives</b>	<p>Pupils learn: • about different types of relationships (friends, families, couples, marriage, civil partnership) • about what constitutes a positive, healthy relationship • about the skills to maintain positive relationships • to recognise when a relationship is unhealthy • about committed loving relationships (including marriage and civil partnership) • that marriage, arranged marriage and civil partnership is between two people who willingly agree • to learn about human reproduction</p> <p>Ongoing: Pupils learn to respectfully listen to others but raise concerns and challenge points of view when necessary</p>		<p>Pupils learn: • why and how laws are rules and laws are made • how to take part in making and changing rules • about the importance of human rights (and the Rights of the Child) • about the UN declaration on the Rights of the Child • about the right they have to protect their body • that harmful practices (such as FGM and forced marriage) are against British law (illegal) and in contradiction with human rights • that human rights overrule any beliefs, ideas or practices that harm others • that female genital mutilation</p>	<p>Pupils learn: • how finance plays an important part in people’s lives • about being a critical consumer<sup>1</sup> • about what is meant by ‘interest’, ‘loan’, ‘debt’ • about the importance of looking after money, including managing loans and debts • that people pay ‘tax’ to contribute to society • how resources are allocated and the effect this has on individuals, communities and the environment • to research, discuss and debate</p>	<p>Pupils learn: • about positively and negatively affects health and wellbeing (including mental and emotional health) • how to make informed choices that contribute to a ‘balanced lifestyle’ • which, why and how, commonly available substances and drugs (including alcohol, tobacco and ‘energy drinks’) can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others • about who is responsible for their health and wellbeing</p>	<p>Pupils learn: • about independence, increased responsibility and keeping safe • strategies for managing risk • about different influences on behaviour, including peer pressure and media influence • how to resist unhelpful pressure and ask for help • about strategies for managing personal safety – online • what to consider before sharing pictures of themselves and others online • how anti-social behaviours can affect wellbeing • how to handle, challenge or respond to anti-social or aggressive behaviours • how actions can affect ourselves and others</p>



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		(FGM) is physical abuse and is illegal	to discuss and debate issues concerning health and wellbeing	• where to get help advice and support	
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