



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
	How can we help?	What is bullying?	How can we be healthy?	What is the same and different about us?	How do we show our feelings?	How can we keep safe in different places?
Objectives	<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>ongoing: 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
	What is diversity?	How can we be a good friend?	How do we grow and change?		How can we keep safe in our local area?	
Objectives	<p>Pupils learn: • to appreciate difference and diversity (people living in the UK) • about the values and customs of people around the world • about what is meant by 'stereotypes'</p>	<p>Pupils learn: • to recognise a wider range of feelings in others • about responding to how others are feeling • 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 • about resolving differences – agreeing and disagreeing</p>	<p>how to further describe the range and intensity of their feelings to others • how to manage complex or conflicting emotions • about the changes that happen at puberty • how the spread of infection can be prevented • about who is responsible for their health and wellbeing • where to get help advice and support • 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</p>		<p>Pupils learn: • about managing risk in familiar situations and keeping safe • about feeling negative pressure and how to manage this • about keeping safe in the local environment • about people who help them stay healthy and safe • how actions can affect ourselves and others • to recognise and manage dares</p> <p>Ongoing: how to listen and respond respectfully to a wide range of people • about sharing their points of view</p>	



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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
	What makes a happy and healthy relationship?		What are human rights?	How can money affect us?	How can we stay healthy?	How can we manage risk?
Objectives	<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 consumer¹ • 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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