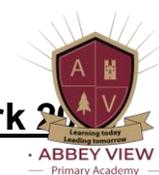


PSHE Curriculum Overview KS1 & 2- knowledge outcomes taken from DfE Statutory Relationships Framework 2020



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

Note- the majority of healthy eating and dental care are covered in Science. The majority of internet safety is covered in computing. Marriage is covered in RE. Foundation Stage have their own curriculum with the sections Personal Development and Characteristics of Effective Learning, which covers areas related to this curriculum.

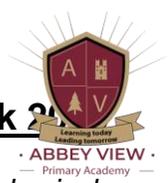
Year Group	Unit 1 Families and Friends	Unit 2- Being Safe in the World	Unit 3- Healthy Body and Mind
1	<p>Lesson 1 - that families are important for children growing up because they can give love, security and stability</p> <p>Lesson 2- that stable, caring relationships, which may be of different types, 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>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 vocabulary and 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 3&4- the characteristics of friendships, including mutual respect,</p>	<p>Lesson 1- <i>about safe methods of crossing the road.</i></p> <p>Lesson 2- <i>about being safe and seen when walking or crossing the road at night.</i></p> <p>Lesson 3- <i>about being safe when travelling in a car, including adult mobile phone use and seat belts.</i></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&5- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing</p>

PSHE Curriculum Overview KS1 & 2- knowledge outcomes taken from DfE Statutory Relationships Framework 2021

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	<p>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>		
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 5- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</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>Lesson 4- <i>to understand where money comes from and how we keep it safe.</i></p> <p>Lesson 5- <i>to make informed decisions about cost/value</i></p> <p>Lesson 6- <i>to understand the concepts of saving and lending, including the risks of lending.</i></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> <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</p>



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	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		forms of regular, vigorous exercise. (Link to quality sleep)
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