

# PSHE Curriculum Map

In Y5, I will explore the need for laws for a functioning society and the importance of following rules. I will learn the evolution of my human rights and will compare how my human rights are enacted compared to those of children from around the world. I will learn how to identify health issues that are important to me and will learn how to debate effectively and respectfully. I will explore the impact of bullying on the mental health of the victim and will establish how to minimise the risk of bullying in my own classroom and online amongst my peers. I will also learn about homophobia and homophobic bullying. I will explore democracy and the democratic process in our country, as well as debating the pros and cons of it. I will explore the process of bereavement and big life changes and how to manage when things become difficult. I will also explore the impact of peer pressure, including peer pressure via social media, as well as how to identify negative pressure. I will learn about puberty, explore how my body will change and about reproduction.

In Y3, I will begin to learn about human rights and the human rights pertaining to children. I will explore how to have a respectful debates, how to manage emotional changes and what it means to have healthy relationships with others. I will learn about confidentiality and the risks associated with keeping harmful secrets, as well as wider risk management. I will explore anti-bullying, including cyber bullying, which includes understanding the mindset of a bully, what anti-social behaviour looks like and the impact of these behaviours on individuals and society. I will also learn about negative pressures, including peer pressure, and how positive conflict management. I will learn about my body parts in greater detail and begin to understand how I have changed from when I was younger.

In Y1, I learn about the school rules, the part I play within a community, how to work with others and how to build and maintain caring friendships. I will learn about how to manage 'big feelings', who to ask for help and what 'bullying' means. I will learn to identify and report bullying, how to help someone who is being bullied and who to speak to if I am worried about something. I will learn about the different roles that people play in my life and explore the different communities I am part of. I will learn to name all the different parts of my body.

In Y6, I will continue to learn about the process of establishing human rights, the rule of law and democracy. I will also learn about the harmful impact of the media, including social media, and how they can affect body image and mental health. I will also explore the various roles found within instances of bullying, including cyber bullying and how to respond. I will explore homophobic bullying in greater detail and consider the impact of it. As I become older, I am becoming independent and will explore how to stay safe, as well as my increasing responsibilities. I will explore the stages of grief, the harmful impact of stereotyping and what discrimination means. I will also learn about puberty in greater detail, reproduction, pregnancy, conception and consent.

In Y4, I will continue to learn about anti-bullying, including cyber-bullying and online relationships and will delve into the decision making process of the bully and the victim. I will learn about what it means to have empathy and compassion for others and how this can be enacted in daily life. I will learn about my human rights and how these are upheld within my own communities. I will explore mutual respect, diversity and community cohesion, as well as developing my own resilience and identifying what motivates me. I will also learn about what constitutes as appropriate touch, the consequences of bullying and learn about the affects of peer pressure. I will also begin to learn about puberty and the changes my body will begin to go through.

In Y2, I will explore 'belonging' and identify the communities that I belong to. I will learn about fairness and equality and the roles different people play in society. I will also explore positive conflict management, anti-bullying (including cyber bullying), the impact of bullying upon a victim and how to report bullying. I will also explore what makes me unique and celebrate the differences found within our communities. I will learn about basic hygiene and how to prevent viruses from spreading, how to feel better when I am unwell and that some medicine can be harmful. I will name the different parts of the body in greater detail.

In the EYFS I will learn about what makes me unique, both physically and as a person. I will explore the things I am good at and the things I want to become better at. I will also learn about my own family and the other types of families in my community. I will learn about kindness, sharing and the importance of following rules. I will also learn about the wider school community, how I contribute and about taking care of our environment.



# Reception

## Autumn Term – Marvellous Me!

National Curriculum Coverage	What I learn	Progression Pathway
<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p> <p>Form positive attachments to adults and friendships with peers</p> <p>Show sensitivity to their own and to others' needs.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p>	<p>This term, the children will learn a range of traditional songs and nursery rhymes and will use these as a way to begin understanding more about themselves and the world around them. They will learn about what makes them unique, both physically and as people, explore their own strengths and how to become better at things they want to improve on. They will learn about their own families and the different families found within our communities. They will also explore how they can begin to make contributions to those around them. They will also learn about class and school rules.</p>	<p>In the EYFS pupils will begin to learn some independence and how to begin to take care of themselves. They will do this by first learning about themselves and the people around them, as well as exploring the rules we have to follow. They will explore the communities they are part of, what makes them special and how they can have an impact in their classroom in their own unique way.</p>

## Spring Term – Traditional Tales and adventures

National Curriculum Coverage	What I learn	Progression Pathway
<p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>This term, the children will be learning about mini-beasts and through this they will learn about how to show kindness to all living things and our environment. They will learn about the importance of sharing and using words to express emotions. They will also learn about how to take care of their own belongings and how to take care of the things around them.</p>	<p>In the EYFS pupils will be introduced to taking care of their environment, sharing and showing kindness to others. They will explore how to regulate their emotions and how to use words to express themselves and ask for help.</p>

## Summer Term – Adventures around the World

National Curriculum Coverage	What I learn	Progression Pathway
<p>To select and complete a simple educational game on a computer, demonstrating effective mouse skills.</p> <p>To use technology safely</p>	<p>This term the children will explore their own communities and communities from around the world. They will draw comparisons between their own lives and those of others, noticing the similarities and celebrating the differences. They will also learn about how they have changed from when they were babies and how they are continuing to change as they become older, preparing them to enter Year 1. They will explore changes and transitions as they come to the end of the EYFS stage.</p>	<p>In the EYFS pupils will learn about the different people in their on lives and those around them, including those from different places. They will learn about what makes them similar to people and celebrate the differences between themselves and others. They will also reflect upon how much they have grown and changed as they transition into Year 1.</p>



## Autumn Term 1

### National Curriculum Coverage

- Families
- Communities
- Those who care for me
- Caring friendships
- British Values
- Respectful relationships

### What I learn

In This half term, Year 1 children settle into being part of the wider school community and begin their year by going over class and school rules, how to make things fair during both work and play, as well as how to work together as a team. They explore their belonging to different communities and identify ways in which they can practically make contributions to their classrooms and communities. British Values are an ongoing theme with Democracy being the main value explore this half term. Towards the end of the term, children spend dedicated time appreciating Black History Month and the importance of it.

### Progression Pathway

This builds on their previous exploration of themselves, rules around being in school and the groups they belong to.

This will lead to exploring the similarities and differences between themselves and others, how their behaviour affects those around them and how they have changed from when they were babies to now.

## Autumn Term 2

### National Curriculum Coverage

- Communities
- Myself
- Those who care for me
- Caring friendships
- British Values
- Respectful relationships
- Changing and growing

### What I learn

This half-term, children will spend time exploring the idea that their behaviour impacts those around them, understanding the concept of 'action, reaction and consequence'. Children will also spend time learning about how to use their right to Freedom of Speech to be able to comment on things that matter to them and will also recognise that others may share different opinions to their own. Alongside this, the children will also explore what makes them both similar and different to others, as well as how to respect and love others even when there are differences. They will also explore the idea of our experiences shaping us into who we are today. They will delve into how our bodies and minds change from when we are babies to where we are now.

### Progression Pathway

This builds on their learning around school rules, the children's contributions to their communities and their learning around democracy.

This will lead them to explore the changes they have been through as a result of their experiences, as well as big changes in their lives and 'big feelings', their own likes and dislikes and managing emotions.



## Spring Term 1

### National Curriculum Coverage

- Myself
- Mental wellbeing
- Emotional wellbeing

### What I learn

This half-term, children will explore how they have become the person they are today as a result of the changes in their lives, their experiences, thoughts and feelings. They will explore their own likes and dislikes, as well as how they may have come about. The children will also delve into good and bad feelings, as well as 'big' feelings, how to recognise these and will explore ways of dealing with these feelings; here, children will look at active self-regulation as a way of managing their emotions.

### Progression Pathway

This builds on their learning around big changes in their lives and how to manage changes and feelings.

This will lead them to explore kindness to themselves and others, identifying what bullying is and how to get help if they or someone they know is being bullied and about mutual respect.

## Spring Term 2

### National Curriculum Coverage

- Anti-bullying
- Myself
- Communities
- Those who care for me
- Caring friendships
- British Values
- Respectful relationships

### What I learn

This half-term, children will reflect on situations where they have not been treated nicely by peers and whether or not they are always kind to others. This will lead them to explore bullying: children will learn the true definition of bullying and how to distinguish it from other types of harmful behaviour and who to speak to get help if they find themselves in this situation. In this unit, children will also learn about the different types of bullying and how they are carried out: verbal, emotional, physical and cyber. Towards the end of this half-term, children will explore what it means to live harmoniously within a community where everyone feels safe, embedding the British Value of Mutual Respect and tolerance.

### Progression Pathway

This builds on their learning around 'big feelings' and dealing with their emotions, as well as changes that might take place in their lives.

This will lead to learning around the roles different people in their lives play, including who is there to help and protect them, how they are continuing to change and how, therefore, their own roles are changing, as well as advocating understanding of their own health and how to take care of themselves, including around medication.



## Summer Term 1

### National Curriculum Coverage

- Myself
- Changes
- Family
- Communities
- Those who care for me
- Caring friendships
- British Values
- Respectful relationships
- Health and wellbeing

### What I learn

This half-term, children will be learning about how their bodies have changed since they were babies and will compare themselves to now and then to recognise what they are able to do now compared to when they were younger. Children will also be exploring the life cycle of human beings, from beginning to end. During this, they will reflect upon the people in their own lives who are in the same and different stages to them and how this can help determine the role they play within the family or community. The children will then go on to identify the adults they can trust, both inside and outside of the family, as well as in school. To advocate an understanding of their own health, children will learn about diseases and how they are spread and will also explore ways to feel better when unwell, which includes the use of medicine; children will learn that sometimes, some medication can be harmful.

### Progression Pathway

This builds on their learning around the changes taking place in themselves, kindness to themselves and others, who speak to and who to get help from when they are in difficult situations.

This will lead to identifying the special people in their lives, who they are special to and exploring the unique qualities that make them special, including what makes them different to other people; they will also re-visit bullying and explore kindness in action, as well as appropriate and inappropriate touch.

## Summer Term 2

### National Curriculum Coverage

- Myself
- Changes
- Family
- Communities
- Those who care for me
- Caring friendships
- British Values
- Respectful relationships

### What I learn

This half-term, children will begin by exploring the similarities and differences between themselves and others, but also between the people in their lives. This leads to children identifying the 'special people' in their lives, such as family, friends and teachers and what makes them 'special' compared to others; children will also reflect upon who they may be a 'special person' to. Children will explore what types of physical interactions are appropriate between themselves and friends or family. They will learn to recognise what constitutes as appropriate or inappropriate behaviour, as well as harmful behaviours and who they can speak to if they are worried about something. Children will then move onto learn that as well as bodies being hurt, so can feelings; they will learn about kindness in action, as well as revisiting bullying.

### Progression Pathway

This builds on their learning around kindness and identifying the people around them that are there to keep them safe, as well as what they have to offer those around them.

This will lead to learning around their own distinct roles within the community and aims to strengthen their own sense of belonging; this will also enable children to explore how kind they are to people around them, including those with differences to themselves.



## Autumn Term 1

National Curriculum Coverage	What I learn	Progression Pathway
<ul style="list-style-type: none"><li>• Myself</li><li>• Changes</li><li>• Family</li><li>• Communities</li><li>• Those who care for me</li><li>• Caring friendships</li><li>• British Values</li><li>• Respectful relationships</li></ul>	<p>This half term, Year 2 children settle back into school and begin their year by going over class and school rules, as well as how to make things fair during both work and play. Throughout this unit, there will be an emphasis on understanding how children can make contributions to the classroom themselves for the betterment of everyone around them. Children will explore the different communities and groups they belong to in greater depth, with a particular emphasis on the sense of 'belonging'. This will also enable them to identify people within communities who need extra care, such as the very young, the elderly, the disabled and those with different needs. Towards the end of the term, children spend dedicated time appreciating Black History Month and the importance of it.</p>	<p>This builds on their learning about rules and fairness, being part of a community and identifying their own roles and responsibilities.</p> <p>This will lead to learning how to communicate their feelings and needs to others, including during conflicts, how their behaviour affects those around them and the difference between good and bad secrets.</p>

## Autumn Term 2

National Curriculum Coverage	What I learn	Progression Pathway
<ul style="list-style-type: none"><li>• Self-awareness</li><li>• Support</li><li>• Safety</li><li>• Wider world</li><li>• Managing feelings</li></ul>	<p>This half-term, Year 2 children will learn how to communicate their feelings in a healthy way and learn about positive conflict management. This will lead to exploring how their behaviour affects those around them in order to increase their self-awareness. Children will learn about secrets and surprises and the feelings around these; they will also explore what constitutes as a good or bad secret and who children can speak to if there is any discomfort with secrets through a range of scenarios and discussions. Children will reflect upon time where they have been unfair and will explore what they can do to improve their ability to be fair. They will also delve into what can be done to create a fairer society for all and the role they play in this.</p>	<p>This builds upon their learning around living within a community, caring for those around them and their sense of belonging.</p> <p>This will lead to learning about the impact of kindness on people's lives, anti-bullying and showing mutual respect to all.</p>



## Spring Term 1

National Curriculum Coverage	What I learn	Progression Pathway
<ul style="list-style-type: none"><li>• Self-awareness</li><li>• Support</li><li>• Safety</li><li>• Wider world</li><li>• Managing feelings</li></ul>	<p>This half-term, children will learn about the different types of bullying and how they are carried out: verbal, emotional, physical and cyber. The children will learn about the school's stance on bullying - a zero tolerance policy - and how bullying affects the victim. They will also explore a range of scenarios of bullying experienced through different points of view: through the eyes of the victim, the perpetrator and the bystander. In this this unit, they will learn about the importance of speaking out when bullying is occurring, whether they are the victim or a bystander, and will learn who they can confide - both inside and outside of school - if they are in such situations. This will lead into learning around living together within a community and getting along with all.</p>	<p>This builds on their learning around conflict management, caring for others and knowing who to speak to for support.</p> <p>This will lead to learning around supporting those around them, exploring family networks and self-development.</p>

## Spring Term 2

National Curriculum Coverage	What I learn	Progression Pathway
<ul style="list-style-type: none"><li>• Self-awareness</li><li>• Support</li><li>• Safety</li><li>• Wider world</li></ul>	<p>This half-term, Year 2 children will be learning about living within a community and the role they play within it. Children will explore those around them who help them, including those part of public services and the wider community, as well as their own family and school networks. They will also explore their own role within their networks and the wider world in more detail, including the role of being an older/younger sibling, a grandchild and gender roles. They will also work to develop their understanding of their own abilities, strengths and areas for development as people.</p>	<p>This builds on learning around anti-bullying and creating a fairer society for all.</p> <p>This will lead to learning around understanding their roles and responsibilities as they grow older, health and wellbeing education around simple hygiene practises and developing independence.</p>



## Summer Term 1

### National Curriculum Coverage

- Self-awareness
- Support
- Safety
- Wider world
- Managing feelings
- Health and wellbeing

### What I learn

This half-term, Year 2 children will learn that bacteria and viruses can affect health, how everyday hygiene routines can limit the spread of infection and the wider importance of personal hygiene, as well as how to maintain it. They will also explore that medicine, when used responsibly, contribute to health and that some diseases can be prevented through good hygiene and how to maintain their own personal hygiene. They will also learn about how to take medicine safely and that some medicine can be harmful. The children will learn in greater detail about growing and changing from young to old and how people's needs change, including how to develop their own independence as they become older and prepare to move through the school.

### Progression Pathway

This builds on learning around living within a community and their role within it, which includes keeping themselves and others safe.

This will lead to learning around the different roles others play in their lives, what it means to be cared for and that feelings can be hurt as well as bodies.

## Summer Term 2

### National Curriculum Coverage

- Self-awareness
- Support
- Safety
- Wider world
- Managing feelings
- Body parts

### What I learn

This half-term, children will begin by exploring the similarities and differences between themselves and others, as well as what makes them unique. They will recognise that different people play different roles within their lives and this can affect how they feel about them, as well as about the people whose job it is to help keep us safe. This leads onto children identifying what it feels like to be cared for, what it means to care for someone and what to do if they feel they are not being cared for properly. They will learn to recognise what constitutes as appropriate or inappropriate behaviour, as well as harmful behaviours and who they can speak to if they are worried about something. Children will then move onto learn that as well as bodies being hurt, so can feelings; during this, children will reiterate their allegiance to the school's anti-bullying policy, as well developing their ability to recognise and report bullying. In SRE, children will focus on naming the different body parts on both boys and girls.

### Progression Pathway

This builds upon learning around health and wellbeing, whose job it is to keep them safe, as well as how their needs are changing as they become older.

This will lead to learning around the human rights of children, how to debate on issues that matter to them and how to make informed decisions.





## Autumn Term 1

### National Curriculum Coverage

- British Values
- Respectful relationships
- Health and wellbeing
- Physical health
- Rights and responsibilities

### What I learn

This half-term, the children will learn about the British Values of Democracy and Mutual Respect and what this looks like in a fair society; children will explore British elections and the need for everyone to have the right to vote. The children will also be learning about Human Rights, focussing on the rights relating to the children themselves. They will also spend time learning about health and wellness, including how to debate on issues that matter to them, with a focus on how to hold a debate sensibly and respect other views. Children will also be encouraged to discuss how they can begin to make more informed decisions about their health.

### Progression Pathway

This builds on learning around similarities, differences and equality, how to build a fair society and anti-bullying.

This will lead to learning around building and maintaining positive friendships, how our behaviour can affect those around us, as well as learning around harmful secrets and acceptable physical contact.

## Autumn Term 2

### National Curriculum Coverage

- Caring relationships
- Respectful relationships
- Mental wellbeing
- Safety

### What I learn

This half-term, children will learn about changes in life and the emotions associated with changes. Children will explore how to deal with these changes and that we can learn more about ourselves through these experiences. The children will also explore how to develop and maintain positive healthy relationships and friendships, as well as how our actions can affect others negatively. They will also learn about the importance of not keeping harmful secrets and what constitutes as a harmful secret. This will lead onto exploring what acceptable and unacceptable physical contact looks like and who to speak to if this is taking place.

### Progression pathway

This builds upon learning around mutual respect, understanding around how to take care of themselves and how to speak up about something that matters to them.

This will lead to learning around making informed decisions around food, sharing feelings with people they trust and anti-bullying.



## Spring Term 1

### National Curriculum Coverage

- Health and wellbeing
- Mental wellbeing
- Caring friendships
- Respectful relationships
- Online relationships
- Anti-bullying
- Internet safety and harms
- People who care for me

### What I learn

This half-term, the children will continue to develop their ability to make healthy choices with food and explore what a balanced diet looks like. They will learn about the different emotions they may feel and the importance of sharing these feelings with people they trust. This will lead them on to discuss and explore bullying, which includes understanding the mind-set of a bully. There will also be a significant focus on cyber bullying as the children are becoming older and accessing the internet independently. The children will explore the rules for being kind on the internet and what to do if someone is being unkind to them.

### Progression pathway

This builds on learning around forming and maintaining healthy relationships, how actions can affect others and who to speak to for help and support.

This will lead to learning around anti-bullying, understanding the effect of bullying on a victim, as well as cyber bullying, and the importance of sharing feelings with people we trust.

## Spring Term 2

### National Curriculum Coverage

- Mental wellbeing
- Caring friendships
- Respectful relationships
- Anti-bullying
- People who care for me

### What I learn

This half-term, there will be a considerable focus on the consequences of bullying on both the bully and the victim; children will learn about the long-term impact bullying has on people on both sides of the issue. This will lead the children onto learning about anti-social behaviour and what this looks like within society; children will explore how to deal with people who are behaving anti-socially and who to ask for help if they are being affected. The children will also learn about the importance of following rules and work together to make rules that enable everyone in the class feel safe, respected and happy. This will lead on to the children learning about their rights, responsibilities and duties for the stage of life they are in.

### Progression pathway

This builds upon learning around unkind behaviour, bullying and the impact these behaviours have on people. This will lead to learning around negative pressures, including peer pressure, risk management and emotional self-regulation.



## Summer Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Risk management</li><li>• Health and prevention</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• People who care for me</li></ul>	<p>This half-term, the children will learn about risks and what healthy and unhealthy risks look like. They will explore risk management and who to speak to if they are concerned about a risk. Children will then learn about negative pressure, including peer pressure, and what this looks like. They will learn about how to deal with negative pressure and develop ways of self-regulating when feeling pressure. The children will also learn about how viruses become introduced to communities and the effects of them on the body; they will also learn about simple hygiene practises to keep themselves healthy.</p>	<p>This builds upon learning around the consequences of harmful behaviours, the importance of following rules and their rights and responsibilities.</p> <p>This will lead to learning around working collaboratively as a team, how to problem solve and conflict management.</p>

## Summer Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Mental wellbeing</li><li>• Risk management</li><li>• Body parts</li></ul>	<p>This half-term, children will learn about how to listen to others and respond respectfully when there are differences in opinions. They will also learn how to talk collaboratively and problem solve as part of teamwork. Children will also learn about conflicts and what they may look like in everyday life; they will learn about positive conflict management and how to solve disputes. Additionally, children will build on their learning about risks to recognise and manage 'dares'. In SRE, children will focus on naming the different body parts on both boys and girls.</p>	<p>This builds upon learning around healthy and unhealthy risks, risk management and dealing with pressure.</p> <p>This will lead to learning around mutual respect, further exploration of bullying and understanding human rights.</p>



## Autumn Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• British Values</li><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Anti-bullying</li><li>• People who care for me</li><li>• Rights and responsibilities</li></ul>	<p>This half-term, the children will begin by exploring the British Values of Individual Liberty and Mutual Respect; they will look at what this looks like within a fair society and how they can begin to uphold these values in their own lives. The children will explore bullying in greater detail, looking into a bully's decision making, total disregard for the victim, what it means to have empathy and compassion and why a bully demonstrates a lack of these traits. The children will also think about why it might be difficult for someone to ask for help if they are being bullied, which will lead to understanding the fear of retribution. The children will also learn about their human rights as children and about who is responsible for upholding their human rights.</p>	<p>This builds upon learning around listening and responding respectfully, conflict management and risk management.</p> <p>This will lead to learning around recognising a wider range of feelings in themselves and others, how they act differently in different relationships and what constitutes as appropriate and inappropriate touch.</p>

## Autumn Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• People who care for me</li></ul>	<p>This half-term, children will learn to recognise a wider range of feelings in others, as well as how feelings affect our behaviour and what helps us and doesn't help us when we are experiencing negative feelings. Children will learn about resilience, motivation, perseverance and empathy as they explore emotions and responses to emotions. They will also explore how we act in different relationships, what it means to keep harmful secrets and who to speak to about this, as well as what constitutes as appropriate and inappropriate touch, which includes with peers and adults.</p>	<p>This builds upon learning around mutual respect, the disregard of a bully towards their victims and dealing with a range of feelings.</p> <p>This will lead to learning around the qualities that make each of us unique, the freedom to express themselves and the power of being different.</p>



## Spring Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• British Values</li><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li></ul>	<p>This half-term is all about exploration of ones own identity and identifying all the qualities that make us unique. Children will delve deeper into the British value of Individual Liberty and explore what it means to express oneself and the concept of 'Free to be Me'. They will reflect upon the people in their lives and the different personalities they come across; they will look into themselves and identify their defining characteristics at this stage in their lives and the qualities that make them stand out. The children will explore the power of being different and will celebrate the diversity of the people in their lives.</p>	<p>This builds upon learning around resilience, motivation, perseverance and empathy and how these concepts contribute to who we are as people.</p> <p>This will lead to learning around understanding the difference between a bully and the victim, anti-social behaviour and the negative impact these behaviours have on society.</p>

## Spring Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Anti-bullying</li><li>• Online relationships</li><li>• People who care for me</li></ul>	<p>This half-term, children will focus on anti-bullying and will distinguish between the bully and the victim. They will also explore ways to report bullying if they see it done to others and how to ensure they feel confident doing this. They will also learn about the consequences of bullying in greater detail, including what bullying does to the bully and how this can affect the direction of their lives. The children will also be learning about anti-social behaviour, with emphasis on how it affects people and the negative impact it has on society.</p>	<p>This builds upon learning around the freedom to be yourself, being able to express yourself and celebrating differences.</p> <p>This will lead to learning around peer pressure, exploring big changes that may take place in life and how to protect themselves from harmful germs.</p>



## Summer Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Health and wellbeing</li><li>• Health and prevention</li><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Risk management</li></ul>	<p>This half-term, children will learn about peer pressure and explore why someone might feel pressured to do something by others. They will explore what it feels like to experience peer pressure and how someone might feel after succumbing to it. The children will learn about changes and explore why changes happen, how they are caused and how to deal with them at this stage of their lives. The children will also learn about hazards and risks they may come across in their lives and how to manage these to keep safe. They will also learn about what germs are, how they are spread and how to keep themselves clean to protect themselves from them.</p>	<p>This builds upon learning around the consequences of bullying, the negative impact of it on people's lives and how to seek support for it.</p> <p>This will lead to learning around collaboration, managing conflicts appropriately, having differences of opinion and dealing with negative stereotypes.</p>

## Summer Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Communities</li><li>• People who care for me</li><li>• Puberty</li></ul>	<p>This half-term, the children will develop their team work and collaboration skills with peers. They will also explore the things that can cause conflicts and how to manage conflicts appropriately, even when there is a difference of opinion. The children will also look at what unhealthy conflict management looks like. They will explore what is the same and different for people in our communities, including gender equality, and will consider how to make society fairer for all. They will also learn about stereotypes and the negative impact of stereotyping. In SRE, children will focus on puberty, how their bodies will change and the reproductive organs in greater detail.</p>	<p>This builds upon learning around peer pressure and negative influences, as well as exploring why changes happen and how these impact ourselves and others.</p> <p>This will lead to learning around the Rule of Law and the importance of following laws, belonging to different communities and exploring the human rights pertaining to children in greater detail.</p>



# Year Five

## Autumn Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• British Values</li><li>• Health and wellbeing</li><li>• Health and prevention</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• People who care for me</li><li>• Rights and responsibilities</li></ul>	<p>This half-term, the children will explore the British Value of Individual Liberty, focussing on the idea of 'Free To Be Me'. They will also explore the Rule of Law and will look into how laws and rules are made and why they should be followed. The children will also be learning about their human rights, specifically the human rights pertaining to children, and will explore how these have changed over time, comparing their experience of childhood to that of children of the past and around the world. They will also be discussing and debating on health issues that matter to them and explore how health choices impact their life outcomes.</p>	<p>This builds upon learning around having equality in society, managing conflicts appropriately and the impact on negative stereotyping on the way people express themselves.</p> <p>This will lead to learning around the intensity of feelings, group bullying and the exploration of healthy and committed relationships.</p>

## Autumn Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Anti-bullying</li><li>• Internet safety and harms</li><li>• People who care for me</li><li>• Communities</li></ul>	<p>This half-term, children will explore how to respond to a wide range of feelings, both good and bad, and will explore the intensity of feelings in different situations. Children will be learning about bullying as a group behaviour and explore how it can take place as a collective; they will delve into the impact this has on the victim and how to report it. The children will also explore a range of relationships and focus on what it means to have a healthy and committed relationship; they will learn that some relationships, including friendships, may have conflict and how to resolve these conflicts. This will lead them to explore the consequences of decisions, both good and bad.</p>	<p>This builds upon learning around the freedom to be themselves, children's human rights and the importance of following rules.</p> <p>This will lead to learning around intense feelings, how to support people around themselves, how bullying affects the mental health of a victim and their day to day lives.</p>



## Spring Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Anti-bullying</li><li>• Internet safety and harms</li><li>• People who care for me</li><li>• Goals and aspirations</li><li>• Communities</li></ul>	<p>This half-term, children will focus on goal setting and their own aspirations; they will set targets for themselves and explore significant figures who they can look up to as inspiration. The children will also learn about the intensity of feelings in others, looking at how to recognise these and how to offer support to those around them. They will also look into bullying again; this time, they will explore the consequences of bullying on the mental health of the victim, as well as how this affects them in their day to day lives.</p>	<p>This builds upon learning around having healthy and committed relationships, conflict resolution and the consequences of actions. This will lead to learning around preventing bullying in the class, anti-social behaviour and its impact and consequences and the process of democracy.</p>

## Spring Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• British Values</li><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Anti-bullying (inc. homophobic bullying)</li><li>• Internet safety and harms</li><li>• People who care for me</li><li>• Communities</li></ul>	<p>This half-term, children will continue to explore the consequences of bullying on the mental health of the victim and will focus on how it can affect self-esteem, self-confidence and overall achievement. They will also identify ways to prevent bullying in their own class and online, as well as how to reach out for support. Alongside this, children will also explore homophobic bullying and explore the different forms this can come in. The children will also learn about anti-social behaviour, with a focus on aggressive anti-social behaviour, how this can be reported and how it affects people. The children will also learn about the process of democracy in our country, including how elections are run and how MPs are chosen to represent us in parliament.</p>	<p>This builds upon learning around significant figures and the importance of aspirations, supporting those around them and understanding the impact of bullying on long-term mental health.</p> <p>This will lead to learning around the different influences in our lives, including the media and social media, the responsibilities that come with increasing independence and drug and alcohol education.</p>





## Summer Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Online and media</li><li>• Physical wellbeing</li><li>• People who care for me</li><li>• Communities</li><li>• Basic first aid</li><li>• Drug, tobacco and alcohol education</li></ul>	<p>This half-term, children will be learning about bereavement and loss, including how to deal with the difficult feelings grief can bring up. The children will also learn about becoming increasingly independent as they grow older and how to keep safe with more independence. They will explore the different influences in their lives, including the influence of friends and the media, and will evaluate whether these influences are positive or negative. The children will also be learning about habits, including habits around tobacco, drug and alcohol education, as well as exploring the skills needed in an emergency.</p>	<p>This builds upon learning around the impact of events on mental health, the outcomes of actions and why it is important for everyone to follow rules, as well as exploring anti-bullying and the impact of homophobic bullying.</p> <p>This will lead to learning around safe and unsafe touch, issues around confidentiality and when to break it, handling differences of opinion and raising objections.</p>

## Summer Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• Mental wellbeing</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Physical wellbeing</li><li>• People who care for me</li><li>• Puberty</li><li>• Reproduction</li></ul>	<p>This half-term, the children will be learning about safe and unsafe touch and the concept of being the 'boss of your own body'. Children will also explore issues around confidentiality and when it is important to break confidentiality. They will also learn about how to handle differences of opinion and how to respectfully listen, but raise objections when something goes against their beliefs and values. In SRE, they will focus on the emotional and physical changes of puberty, changes to hygiene needs, as well as reproduction.</p>	<p>This builds upon learning around operating with increasing independence, the influences of others and the media on our lives and how to object when there is a difference of opinion.</p> <p>This will lead to learning around individual liberty, the UN Convention of Human Rights, debates around health issues and drawing inspiration from Black History Month. tablet devices.</p>



## Autumn Term 1

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• British Values</li><li>• Health and wellbeing</li><li>• Health and prevention</li><li>• Rights and responsibilities</li><li>• Communities</li></ul>	<p>This half-term, children will explore the British Value of Individual Liberty and relate these to the UN Conventions of Human Rights, with emphasis on the rights of children. They will evaluate the human rights and explore circumstances where these rights are not being upheld within our own society and around the world. The children will also be debating about a range of health issues that affect them and explore ways to confidently debate on issues relevant to them today, such as using vaccines, as well as learning how to respond effectively to opposing views. They will also explore a significant figure from black history and use them as inspiration in their own lives.</p>	<p>This builds upon learning around being respected in both body and mind and raising objections respectfully when there are differences.</p> <p>This will lead to learning around the effects of social media on mental health, recognising the signs of an unhealthy relationship and the Rule of Law, as well as making informed decisions about their health.</p>

## Autumn Term 2

National Curriculum Coverage	What I learn	Progression pathway
<ul style="list-style-type: none"><li>• British Values</li><li>• Mental wellbeing</li><li>• Online relationships</li><li>• Online and media</li><li>• Caring friendships</li><li>• Respectful relationships</li><li>• Internet safety and harms</li><li>• Health and wellbeing</li><li>• Physical health</li></ul>	<p>This half-term, children will be learning about the effects of the media, especially social media, on people's mental health, how they feel about themselves and their perception of reality. They will also explore relationships and how to recognise an unhealthy relationship. The children will also explore the Rule of Law, considering the role of the government in the passing of laws and why it is important for a country to be governed by laws. The children will also evaluate their eating and exercise habits and be taught how to make informed choices about their diets.</p>	<p>This builds upon learning around human rights, how societal norms can create widespread issues in society and the right to make informed decisions about their own health.</p> <p>This will lead to learning around the impact of a poor diet on both mental and physical health, the concept of 'body image' and what can affect it, media consumption and goal setting.</p>



## Spring Term 1

### National Curriculum Coverage

- Mental wellbeing
- Online relationships
- Online and media
- Caring friendships
- Respectful relationships
- Internet safety and harms
- Health and wellbeing
- Physical health
- Goals and aspirations

### What I learn

This half-term, the children will learn about the impact of a poor diet on the body and also the mind, including on mental health. The children will also explore body image, body positivity and how they can affect how a person feels about themselves. They will also continue to learn about the impact of social media on their lives and explore ways of consuming it healthily. The children will also learn about the intensity of feelings in others and how they can show empathy to people. The children will also set goals that link to the aspirations they have for themselves and will explore goals as building blocks for fulfilling their potential.

### Progression pathway

This builds upon learning around the effects of the media, with particular emphasis on social media and how their perception of reality can be affected by internet consumption, as well as laws around the use of social media.

This will lead to learning around consequences of cyber bullying and bullying as a group, how to report cyber bullying and how our responsibilities change as we grow older.

## Spring Term 2

### National Curriculum Coverage

- Anti-bullying (inc. homophobic bullying)
- Mental wellbeing
- Online relationships
- Online and media
- Caring friendships
- Respectful relationships
- Internet safety and harms
- Rights and responsibilities
- Communities
- People who care for me

### What I learn

This half-term, children will continue to explore the consequences of bullying, including cyber bullying and bullying as a group. They will also identify ways to prevent bullying in their own class and online, as well as who to report cyber bullying to. Alongside this, they will also learn about the impact of homophobic bullying and the different forms it takes, as well as the long-term impact it has on the mental health and wellbeing of the victim. The children will also explore the concept of being equal but different and evaluate the different roles that people play in their lives; they will also consider the role they play in the lives of others and their increasing responsibilities towards others as they grow older.

### Progression pathway

This builds upon learning around good mental health and how to help ourselves and others maintain it, as well as how to show empathy and compassion towards others.

This will lead to learning around major life changes, including bereavement, the rules for staying safe both outside and online, drug and tobacco education and how to respond in an emergency.



## Summer Term 1

### National Curriculum Coverage

- Online relationships
- Online and media
- Mental wellbeing
- Respectful relationships
- Internet safety and harms
- Rights and responsibilities
- Communities
- People who care for me
- Drug, tobacco and alcohol education
- Basic first aid

### What I learn

This half-term, the children will learn about major life changes, such as when a bereavement occurs, with a focus on the stages of grief and strategies to deal with them. They will also explore their increasing independence as they grow older and how to keep safe during this time, including rules of operating online safely and when out alone. They will also identify the people and things that influence us in our lives, including social media, and how to respond to negative influences. The children will also learn about habits in relation to alcohol, drug and tobacco education, including addiction. There will also be learning around how to respond in an emergency, which will include very basic first aid and phone numbers for emergency services.

### Progression pathway

This builds upon learning around the children's changing roles and responsibilities as they become older, the consequences of unsafe internet consumption and the effects of cyber bullying. This also builds upon the impact of homophobic bullying.

This will lead to learning around responding to peer pressure, working collaboratively towards goals, challenging discrimination and stereotypes, as well as dealing with major life changes as they transition out of primary and move onto secondary school.

## Summer Term 2

- Mental wellbeing
- Caring friendships
- Respectful relationships
- Rights and responsibilities
- Communities
- People who care for me
- Puberty
- Reproduction
- Conception and pregnancy
- Consent

This half-term, the children will explore how to listen respectfully and object in a healthy manner when raising a concern about what is said. They will also explore when it is appropriate to break a confidence and consider when they might have the right to break a confidence. The children will also learn about working collaboratively when working towards a shared goal. They will also explore how to challenge stereotypes and discrimination, as well as the impact they have in societal cohesion. The children will also explore transitions and coping with major changes as they reach the end of the primary schooling. In SRE, they will focus on the emotional and physical changes of puberty, changes to hygiene needs, as well as reproduction, families, conception, pregnancy and consent.

This builds upon learning around dealing with major life changes, how to act responsibly both outside and online, dealing with positive and negative influences and how to respond in emergencies.

This will lead to learning around new goals and aspirations, their sense of belonging to a new community and major life changes as they transition into secondary school.