



PSHCE skills should be taught when linked to projects where possible to ensure real world application.

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	<p>Discuss ways to stay healthy and identify healthy foods.</p> <p>Understand personal hygiene and know how diseases spread.</p>	<p>Make healthy choices and discuss reasons for choices.</p> <p>Know how diseases spread and how to control them.</p> <p>Identify how needs change through the life cycle.</p>	<p>Identify what makes a healthy lifestyle and explain how to care for the body.</p> <p>Understand how bacteria and viruses affect the body.</p>	<p>Begin to discuss changes which happen to the body.</p> <p>Understand how bacteria and viruses affect the body and how they can be prevented.</p>	<p>Discuss how the body changes and how to maintain hygiene through puberty.</p> <p>Know how to prevent the spread of diseases and viruses.</p>	<p>Understand the effects of mental health problems.</p> <p>Understand the impact of disease in the wider world.</p> <p>Discuss how to manage change and transition.</p> <p>Discuss how to manage emotions and other changes within puberty.</p>
Relationships	<p>Recognise similarities and differences between people.</p> <p>Define bullying and understand that it is wrong.</p>	<p>Understand that their behaviours and actions can impact on others.</p> <p>Identify and respect differences between people.</p> <p>Know how to deal with bullying.</p>	<p>Identify how their behavior impacts on others.</p> <p>Understand the different types of relationships.</p> <p>Understand different types of bullying and where to access support.</p>	<p>Identify that behaviour choices have consequences.</p> <p>Understand how to maintain a positive relationship.</p> <p>Understand the nature and consequences of bullying and racism.</p>	<p>Begin to see their actions from a different perspective.</p> <p>Know what stereotyping is.</p> <p>Understand different values, traditions and customs.</p> <p>Discuss differences between people such as religion, race, disability etc...</p>	<p>Discuss behaviour choices in society and their consequences.</p> <p>Recognise and challenge stereotypes.</p> <p>Identify positive and negative relationships and where to access support.</p> <p>Respect equality and diversity between people.</p> <p>Begin to understand sexual relationships.</p>
Wider World	<p>Begin to understand the difference between right and wrong and discuss rules within society.</p> <p>Respond to simple questions.</p>	<p>Understand fairness as a citizen concept.</p> <p>Express own views with reasons.</p> <p>Listen and respond to others views.</p>	<p>Show an understanding of values.</p> <p>Discuss moral and social issues.</p> <p>Discuss/ debate topical issues affecting</p>	<p>Investigate topical issues and explore media sources.</p> <p>Ask and respond to questions and questions from others.</p>	<p>Understand rights and responsibilities and how they impact on own lives and the wider world.</p> <p>Justify personal opinions linked to broad topical</p>	<p>Begin to explore democracy and government as well as justice and laws.</p> <p>Analyse different sources and understand</p>

	<p>Explain own views and listen to the views of others. Understand the importance of money.</p>	<p>Know where money comes from and how it should be used.</p> <p>Understand how to look after the environment.</p>	<p>themselves and others. Understand the importance of saving.</p>	<p>Understand roles within society and meet people to discuss these roles.</p> <p>Know why it is important to manage money. Understand why it is important to care for the environment and know the impact of people's actions.</p>	<p>issues.</p> <p>Understand decision making and the impact this has on others.</p> <p>Show an understanding of enterprise. Discuss how to protect the environment and advise others.</p>	<p>media interpretation.</p> <p>Show a deeper understanding of enterprise and the economic/business environment. Understand the term sustainable development.</p>
Safety	<p>Understand the purpose of medicines.</p> <p>Understand what people can help us stay safe.</p>	<p>Understand that some medicines can be harmful.</p> <p>Understand how people keep us safe out of school, particularly road safety.</p>	<p>Begin to identify legal substances that affect the body e.g. smoking/ alcohol.</p> <p>Identify safety risks and understand stranger danger.</p>	<p>Understand legal substances and how they affect the body.</p> <p>Understand peer pressure and know where to access help.</p>	<p>Know different legal and illegal harmful substances.</p> <p>Make informed choices about risks and develop strategies to deal with peer pressure.</p>	<p>Know how legal and illegal substances affect the body and make informed choices.</p> <p>Know what physical contact is acceptable and how to access help and support. Know how to respond in an emergency.</p>

Key Skills

- ✓ Understanding of emotional/ physical and mental wellbeing.
- ✓ Understanding of Social and cultural relationships.
- ✓ Understanding of responsible citizenship.