

Swindon Village Primary School



PSHE Curriculum

School Values Overview

	Value		Value
September	Friendship	February	Love
October	Tolerance	March	Cooperation
November	Courage	April	Patience
December	Empathy vov emerged ve	Μαγ	Determination
January	Resilience	June	Fairness

PSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and my relationships	Keeping Safe	Rights and respect	Being my best	Valuing difference	Growing and changing
Reception						**** **
	Me and my relationships	Valuing difference	Keeping Safe	Rights and respect	Being my best	Growing and changing
Year 1						
Year 2		Ŷ	STATE			<u> </u>
Year 3						<u> </u>
Year 4						~ <u>^</u> ^
Year 5	- UFE TH		STORY OF			<u></u>
Year 6			STREE			

		ntent: Reception	
	Autumn 1 SCARF	Autumn 2 SCARF	Spring 1 SCARF
Reception	Me and my relationships	<u>Staying Safe</u> <u> Key Learning outcomes</u>	Rights and Respect
Suggested Content	 Talk about similarities and differences. Name special people in their lives. Describe different feelings. Identify who can help if they are sad, worried or scared. Identify ways to help others or themselves if they are sad or worried. 	Talk about how to keep their bodies healthy and safe. Name ways to stay safe around medicines and fire works. Know how to stay safe in their home, classroom and outside. Know age-appropriate ways to stay safe online. Name adults in their lives and those in their community who keep them safe.	Understand that they can make a difference. Identify how they can care for their home, school and special people. Talk about how they can make an impact on the natural world. Talk about similarities and differences between themselves. Demonstrate building relationships with friends.

	PSHE Cor	ntent: Receptio	on
	Spring 2	Summer 1	Summer 2
	SCARF	SCARF	SCARF
	<u>Being my best</u>	Valuing differences	Growing and changing
Reception			<u>***</u> **
	Key Learning outcomes	Key Learning Outcomes	Key Learning outcomes
	Feel resilient and confident in their learning.	Be sensitive towards others and celebrate what makes each person unique.	Key Learning outcomes
	Name and discuss different types of feelings and emotions.	Recognise that we can have things in common with others.	Understand that there are changes in nature and humans.
	Learn and use strategies or skills in approaching challenges.	Use speaking and listening skills to learn about the lives of their peers.	Name the different stages in childhood and growing up.
	Understand that they can make healthy choices.	Know the importance of showing care and kindness towards others.	
	Name and recognise how healthy choices can keep us well	Demonstrate skills in building friendships and cooperation.	
Suggested Content			

	Autumn 1	Autumn 2	Spring 1
	SCARF	SCARF	SCARF
Year 1	Me and my relationships	Valuing differences	Keeping safe
	Understand that classroom rules help everyone to learn and be safe. Give and receive positive feedback, and experience how this makes them feel. Understand and explain how our emotions can give a physical reaction in our body	Identify the differences and similarities between people; Empathise with those who are different from them; Explain the difference between unkindness, teasing and bullying. Explain some of their school rules and how those rules help to keep everybody safe.	Recognise the importance of sleep in maintaining a healthy, balanced lifestyle. Recognise emotions and physical feelings associated with feeling unsafe. Explain the difference between appropriate and inappropriate touch. Understand that medicines can sometimes make people feel better when they're ill.
Suggested Content	Suggest strategies for someone experiencing 'not so good' feelings to manage these. Suggest ways of dealing with different kinds of hurt. Identify simple qualities of friendship	Recognise and explain what is fair and unfair, kind and unkind. Recognise and name some of the qualities that make a person special to them. Recognise that they belong to various groups and communities such as their family.	Recognise the range of feelings that are associated with loss. Where and how to report concerns and get support with issues online.

	PSHE Content: Year 1					
	Spring 2	Summer 1	Summer 2			
	SCARF	SCARF	SCARF			
	<u>Rights and respect</u>	<u>Being my best</u>	Growing and changing			
Year 1			<u></u>			
	Key Learning outcomes	Key learning outcomes	Key Learning outcomes			
Suggested Content	 Recognise how a person's behaviour (including their own) can affect other people. Recognise who cares for and looks after the school environment. Explain the importance of looking after things that belong to themselves or to others Explain where people get money from; List some of the things that money may be spent on in a family home. Explain the importance of keeping money safe; Identify safe places to keep money; How to make a clear and efficient call to emergency services if necessary. Learning the concepts of basic first-aid. 	 Know that eating at least five portions of vegetables and fruit a day helps to maintain health. Recognise which foods we need to eat more of and which we need to eat less of to be healthy. Recognise the importance of regular hygiene routines. Recognise and use simple strategies for preventing the spread of diseases. Recognise that learning a new skill requires practice and the opportunity to fail, safely. Suggest simple strategies for resolving conflict situations. 	Recognise that exercise and sleep are important parts of a healthy lifestyle. Identify things they could do as a baby, a toddler and can do now. Understand some of the tasks required to look after a baby. Give examples of what they can do if they experience or witness bullying. Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep. Identify parts of the body that are private; Describe ways in which private parts can be kept private;			

Autumn 1Autumn 2Spring 1SCARFSCARFSCARFYear 2Image: Suggest actions that will contribute positively to the life of the classroom. rules.Key Learnina outcomesKey Learnina outcomesSuggest actions that will contribute positively to the life of the classroom. rules.Identify some of the physical and agreeing classroom rules.Key Learnina outcomesKey Learnina outcomesTake part in creating and agreeing classroom rules.Identify people who are special to them.Suggest actions for dealing with unsafe situations including who a person's behaviour can affect other people.Suggest and use strategies for helping someone else's behaviour.Suggest and use strategies for helping someone else's behaviour.Suggest and use strategies for helping someone who is feelings; Demonstrate active listening techniques (making pey contact, noding head, making positive noises, not being ostrate active listening techniques (making eye contact, noding head, making positive noises, not being ostrateactiveIdentify who they can tak to if someone touches them in awy that makes them feel uncomfortable.Suggested ContentUnderstand and describe strategies for dealing with bullying.Demonstrate active listening techniques (making eye contact, noding head, making positive noises, not being distracted);Identify who they can tak to if someone touches them in awy that makes them feel uncomfortable.		PSHE Content: Year 2				
Year 2Me and my relationshipsYaluing differencesKeeping safeYear 2Image: Segest actions that will contribute positively to the life of the classroom.Key Learning outcomesKey Learning outcomesSuggest actions that will contribute positively to the life of the classroom.Identify some of the physical and agreeing classroom rules.Identify people who are special to them.Explain simple issues of safety and responsibility and similarities between people.Explain simple issues of safety and responsibility and similarities between people.Suggest actions for dealing with unsafe situations including who they could ask for help.Suggested ContentIdentify some of the ways that good friends care for each other.Suggest and use strategies for helping someone who is feeling left out.Identify who they can talk to if someone to other sepole's feelings:Understand that bullying and unkind behaviour.Demonstrate active listening techniques (making eye contact, noding head, making positive noises, not beingIdentify who they can talk to if someone touches them in a way that makes them feel uncomfortable.		Autumn 1	Autumn 2	Spring 1		
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Key Learning outcomesKey Learning outcomesKey Learning outcomesSuggest actions that will contribute positively to the life of the classroom. Take part in creating and agreeing classroom rules.Identify some of the physical did non-physical differences and similarities between people.Explain simple issues of safety and responsibility about medicines and their use.Identify helpful ways of responding to other's feelings.Identify people who are special to them.Suggest actions for dealing with unsafe situations including who they could ask for help.Suggested ContentIdentify some of the ways that good friends care for each other.Suggest and use strategies for helping someone else's behaviour.Suggest and describe acts of kindness and unkindhess;Identify who they can talk to if someone to other people's feelings.Identify who they can talk to if someone to other people's feelings.Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.Understand and describe strategies forDemonstrate active listening techniques (making positive noises, not beingIdentify who they can talk to if someone touches them in a way that makes them feel uncomfortable.		Me and my relationships	Valuing differences	Keeping safe		
Suggest actions that will contribute positively to the life of the classroom. Take part in creating and agreeing classroom rules.Identify some of the physical and agreeing classroom rules.Identify people who are special to them.Explain simple issues of safety and responsibility about medicines and their use.Identify helpful ways of responding to other's feelings.Identify some of the mere being upset by someone else's behaviour.Recognise and explain how a person's behaviour can affect other people.Suggest and use strategies for helping someone who is feeling someone tacts of kindness and unkindness;Identify some of the ways that good friends care for each other.Suggest and use strategies for helping someone tacts of kindness and unkindness;Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.Understand that bullying and unkind behaving.Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not beingIdentify who they can talk to if someone touches them in a way that makes them feel uncomfortable.	Year 2	- Elizable-				
Suggested Contentand non-physical differences and sareeing classroom rules.safety and responsibility about medicines and their use.Suggested ContentIdentify helpful ways of responding to other's feelings.Identify people who are special to them.Suggest actions for dealing with unsafe situations including who they could ask for help.Suggested ContentIdentify some of the ways that good friends care for each other.Suggest and use strategies for left out.Suggest and use strategies and describe acts of kindness and unkindness;Suggest and describe acts of kindness and unkindness;Identify who they can talk to if someone to ther someone could get help if they were being upset by someone else's behaviour.Recognise and describe acts of kindness and unkindness;Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.Understand that bullying and unkind describe strategies forDemonstrate active listening techniques (making eye contact, nodding head, making positive noises, not beingIdentify who they can talk to if someone touches them in a way that makes them feel uncomfortable.		Key Learning outcomes	Key Learning outcomes	Key Learning outcomes		
		Suggest actions that will contribute positively to the life of the classroom. Take part in creating and agreeing classroom rules. Identify helpful ways of responding to other's feelings. Explain where someone could get help if they were being upset by someone else's behaviour. Identify some of the ways that good friends care for each other. Understand that bullying and unkind behaviour are both unacceptable ways of behaving. Understand and describe strategies for	Identify some of the physical and non-physical differences and similarities between people. Identify people who are special to them. Recognise and explain how a person's behaviour can affect other people. Suggest and use strategies for helping someone who is feeling left out. Recognise and describe acts of kindness and unkindness; Explain how these impact on other people's feelings; Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being	 Explain simple issues of safety and responsibility about medicines and their use. Suggest actions for dealing with unsafe situations including who they could ask for help. Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe. Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable. Identify who they can talk to if someone touches them in a way that makes them feel 		

	Spring 2	Summer 1	Summer 2
	SCARF	SCARF	SCARF
	<u>Rights and respect</u>	<u>Being my best</u>	Growing and changing
Year 2			<u>~^^^</u>
	Key Learning outcomes	Key Learning outcomes	Key Learning outcomes
Suggested Content	Describe and record strategies for getting on with others in the classroom. Explain, and be able to use, strategies for dealing with impulsive behaviour. Identify special people in the school and community who can help to keep them safe. To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Understand that people have choices about what they do with their money. Know that money can be saved for a use at a future time. Recognise that they all	<text><text><text><text><text></text></text></text></text></text>	 Demonstrate simple ways of giving positive feedback to others. Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to. Identify different stages of growth (e.g. baby, toddler, child, teenager, adult). Understand that humans mostly have the same body parts but that they can look different from person to person. Know that you are not allowed to touch someone's private belongings without their permission. Identify how inappropriate touch can make someone feel.
	have a responsibility for helping to look after the school environment.		

	PSHE Con	tent: Year :	3
	Autumn 1	Autumn 2	Spring 1
	SCARF	SCARF	SCARF
	<u>Me and my relationships</u>	Valuing differences	<u>Keeping safe</u>
Year 3			STATE
	<u>Key Learning outcomes</u>	Key Learning outcomes	Suggest strategies for keeping safe.
Suggested Content	 Explore why rules are different for different age groups, in particular for internet-based activities. Suggest strategies for maintaining a positive relationship with their special people. Rehearse and demonstrate simple strategies for resolving given conflict situations. Identify qualities of friendship. Express opinions and listen to those of others. Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare. 	Give examples of how to challenge another's viewpoint, respectfully. Recognise that there are many different types of family: Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.' Recognise the benefits that come with belonging to a community, Identity some of the qualities that people from a diverse range of backgrounds need in order to get on together. Explore why people have prejudiced views and understand what this is.	for Keeping safe. Define the words danger and risk and explain the difference between the two. Suggest ways of reducing or managing those risks. Give examples of strategies for safe browsing online. Understand that medicines are drugs and suggest ways that they can be helpful or harmful. Identify some key risks from and effects of cigarettes and alcohol.

		ntent: Year 3	
	Spring 2	Summer 1	Summer 2
	SCARF	SCARF	SCARF
	<u>Rights and respect</u>	<u>Being my best</u>	Growing and changing
Year 3			<u>~ ^ ^ </u> }
Suggested Content	Identify key people who are responsible for them to stay safe and healthy. Understand the difference between 'fact' and 'opinion. Define what a volunteer is Identify people who are volunteers in the school community. Recognise that there are times we can buy items we want and times when we need to save for items. Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.). Evaluate and explain different methods of looking after the school convironment.	Give examples what foods might make up a healthy balanced meal. Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses. Describe how food, water and air get into the body and blood. Develop skills in discussion and debating an issue. Recognise that people may say kind things to help us feel good about ourselves. Explain some of the different talents and skills that people have and how skills are developed.	 Key Learning outcomes Recognise who they have positive healthy relationships with. Identify when it is appropriate or inappropriate to allow someone into their body space. Recognise and describe appropriate behaviour online as well as offline. Know who they could ask for help if a secret made them feel uncomfortable or unsafe. Recognise that babies come from the joining of an egg and sperm; Understand that for girls, periods are a normal part of puberty.
			How to make a clear and efficient call to emergency services if necessary.

PSHE Content: Year 4				
	Autumn 1	Autumn 2	Spring 1	
	SCARF	SCARF	SCARF	
	<u>Me and my relationships</u>	Valuing differences	<u>Keeping safe</u>	
Year 4	-Eisth-			
Suggested Content	Key Learning outcomes Define successful qualities of teamwork and collaboration. Explain what we mean by a 'positive, healthy relationship. Describe appropriate assertive strategies for saying 'no' to a friend. Explain how different words can express the intensity of feelings can be linked to physical state. Give examples of strategies to respond to being bullied, including what people can do and say:	 Key Learning Outcomes Define the terms 'negotiation' and 'compromise' Suggest strategies for dealing with someone who is behaving aggressively. Define the word respect and demonstrate ways of showing respect to others' differences. Understand and identify stereotypes, including those promoted in the media. Recognise that they have different types of relationships with people they know. Suggest people they can talk to if they feel uncomfortable with other people's actions towards them. 	Key Learning outcomes Identify situations which are either dangerous, risky or hazardous. Suggest strategies for managing dares. Suggest people they can asl for help in managing risk. Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way. Know and explain strategies for safe online sharing; Understand and explain the implications of sharing images online without consent. Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).	

PSHE Content: Year 4					
	Spring 2	Summer 1	Summer 2		
	SCARF	SCARF	SCARF		
Year4	<u>Rights and respect</u>	Being my best	Growing and changing		
Suggested Content	Key Learning outcomes . Suggest ways they can help the people who keep them healthy and safe. Identify some rights and also responsibilities that come with these. Suggest and engage with ways that they can contribute to the decision- making process in school (e.g. through pupil voice/school council). Recognise that reports in the media can influence the way they think about a topic. Explain the role of the bystander and how it can influence bullying or other anti-social behaviour. Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT.	 Key Learning outcomes Recognise that there are times when they will make the same choices as their friends and times when they will choose differently. Recognise that there are times when they will make the same choices as their friends and times when they will choose differently. Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health Understand the ways in which they can contribute to the care of the environment. Identify qualities and attributes of people who support the school community. How to make a clear and efficient call to emergency services if necessary. 	Key Learning outcomesSuggest people who may be able to help them deal with change.Understand how the onset of puberty can have emotional as well as physical impact.Identify parts of the body that males and females have in common and those that are different;Know the correct terminology for their genitalia;Understand and explain why puberty happens.Know the key facts of the menstrual cycle.Know who they could ask for help if a secret made them feel uncomfortable or unsafe.Recognise that marriage includes same sex and opposite sex partners.Understand that marriage is a commitment to be entered into freely and not against someone's will.		

PSHE Content: Year 5					
	Autumn 1	Autumn 2	Spring 1		
	SCARF	SCARF	SCARF		
Year 5	Me and my relationships	<u>Valuing differences</u>	<u>Keeping safe</u>		
	Key Learning outcomes	Key Learning outcomes	Key Learning outcomes		
	Describe the attributes needed to work collaboratively. Describe strategies for resolving difficult issues or	Define some key qualities of friendship. Demonstrate respectfulness in responding to others.	Demonstrate strategies to deal with both face-to-face and online bullying. Recognise disrespectful behaviour online and		
	situations. Give examples of some key qualities of friendship.	Empathise with people who have been, and currently are, subjected to injustice, including through racism.	know how to respond to it. Suggest ways of standing up to someone who gives a		
	Identify who they could talk to if they needed help. Identify risk factors in a	Explain the importance of mutual respect for different faiths and beliefs.	dare. Describe some of the health risks caused by vaping.		
Suggested Content	given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.	Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.	Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.		
	Identify characteristics of passive, aggressive and assertive behaviours.	Recognise that some people can get bullied because of the way they express their gender.			

PSHE Content: Year 5					
	Spring 2	Summer 1	Summer 2		
	SCARF	SCARF	SCARF		
Year 5	<u>Rights and respect</u>	<u>Being my best</u>	<u>Growing and changing</u>		
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	Key Learning Outcomes	Key Learning outcomes	Key Learning outcomes		
Suggested Content	Express their opinions on an issue concerning health and wellbeing. Understand what biased reporting is and	Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health.	Explain strategies they can use to build resilience. Describe strategies for dealing with situations in		
	the need to think critically about things we read.	Identify areas that need improvement and describe strategies for achieving those improvements.	which they would feel uncomfortable, particularly in relation to inappropriate touch.		
	Explain what we mean by the terms voluntary, community and pressure (action) group.	Suggest ways of improving the school community.	Identify situations where someone might need to break a confidence in orde to keep someone safe.		
	Define the differences between responsibilities, rights and duties. Suggest questions a	Identify people who are responsible for helping them stay healthy and safe.	Identify some products that they may need during puberty and why		
	consumer should ask before buying a product.	Describe 'star' qualities that 'ordinary' people have.	Know what menstruation is and why it happens.		
	Understand that local councillors are elected	Concepts of basic first- aid, for example dealing	Know the correct words fo the external sexual organs		
	to represent their local community.	with common injuries, including head injuries.	Describe and/or demonstrate how to be resilient in order to fin someone who will listen to you.		

PSHE Content: Year 6					
	Autumn 1	Autumn 2	Spring 1		
	SCARF	SCARF	SCARF		
	<u>Me and my relationships</u>	Valuing differences	<u>Keeping safe</u>		
Year 6	- Elizable-				
Suggested Content	 Key Learning outcomes Demonstrate a collaborative approach to a task. Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach. Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about. Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure. Understand that everyone has the right to be free to choose who and whether to marry. Know that some inappropriate touch is also illegal. 	Key Learning outcomes Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences. Demonstrate ways of offering support to someone who has been. Identify and describe the different groups that make up their school/wider community/other parts of the UK bullied. Understand and explain the term prejudice. Describe qualities of a strong, positive friendship. Challenge stereotypical gender portrayals of people.	 Key Learning outcomes Accept that responsible and respectful behaviour is necessary when interacting with others online and face- to-face. Know that it is illegal to create and share sexual images of children under 18 years old. Explore the risks of sharing photos and films of themselves with other people directly or online. Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour. Explain in simple terms some of the laws that control drugs in this country. Explain why there are laws relating to drugs in this country. Describe some of the effects and risks of drinking alcohol. 		

PSHE Content: Year 6					
	Spring 2	Summer 1	Summer 2		
	SCARF	SCARF	SCARF		
Year 6	Rights and respect	Being my best	<u>Growing and changing</u>		
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	 <u>Key Learning outcomes</u> Describe the language and techniques that make up a biased report. Know the legal age (and reason behind these) for having a social media account. Describe the different ways money can be saved, outlining the pros and cons of each method. Explain the different types of tax (income tax and head to be address and to be	Key Learning outcomes Identify aspirational goals; Describe the actions needed to set and achieve these. Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues. Understand and explain the outcomes of risk-	Key learning outcomes Identify qualities that people have, as well as their looks. Challenge stereotypical gender portrayals of people, Recognise some of the changes they have experienced and their emotional responses to those changes; Suggest positive		
Suggested Content	 VAT) which help to fund public services. Suggest actions that could be taken to live in a more environmentally sustainable way. Explain what we mean by the terms voluntary, community and pressure (action) group. 	 taking in a given situation, including emotional risks. Assess a risk to help keep themselves safe. How to make a clear and efficient call to emergency services if necessary. Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives. 	 strategies for dealing with change. Suggest strategies that would help someone who felt challenged by the changes in puberty. Understand what FGM is and that it is an illegal practice in this country. Identify the changes that happen through puberty to allow sexual reproduction to occur; Know a variety of ways in which the sperm can fertilise the egg to create a baby; Know the legal age of consent and what it 		

