



## Curriculum For Life (PSHE/RSE) Overview / Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health & Wellbeing	Relationships	Citizenship	Health & Wellbeing	Relationships	Economic Wellbeing
Y3	<p>Understand different feelings and ways to express these; explain the benefits of daily exercise; identify healthier snack choices; how handwashing can help prevent the spread of infection; why spending too much time using technology can sometimes have a negative impact and why some online activities have age restrictions.</p>	<p>Recognise the features of family life; identify what makes a good friend; to understand courtesy and manners in a range of situations; understand what bullying is; what it means to 'know' someone online; how bullying behaviour could appear online and how to get support; understand the PANTS rule.</p>	<p>Understand that children have specific rights; explain what the law is and how it affects our lives; how to share viewpoints and opinions; consider the benefits of living in a society; understand threats to local environments; explain what is meant by the term 'identity' in terms of online representation.</p>	<p>Understand their role in an emergency situation; explain why it is important to use medicines and household products safely; understand that change is part of growing up; understand the importance of personal hygiene; describe simple strategies for creating and keeping passwords private; demonstrate an awareness of the people they trust in relation to internet safety.</p>	<p>Recognise gender stereotypes; recognise that stereotypes exist based on a range of factors; understand what it means to ask for permission; how to search for information about others online; give examples of what someone may or may not be willing to share about themselves online; understand the difference between a good secret and a bad secret.</p>	<p>Identify paid and unpaid jobs, recognise their own financial needs; understand the impact of money on themselves and others; describe different methods of payment; understand what charities are and how they help others; explain how the internet can be used to sell and buy things; explain the difference between a 'belief', an 'opinion' and a 'fact'.</p>
Y4	<p>Understand a range of emotions; understand what mental health is and who can help; understand the physical and mental benefits of an active lifestyle; compare how much sugar is contained in food and drink products; understand how they can look after their teeth and why this is important; explain how using technology can be a distraction from other things, in both a positive and negative way; identify times or situations when someone may need to limit the amount of time they use technology.</p>	<p>Describe different family structures; understand that friendships have ups and downs; identify their positive attributes; understand the impact of bullying and the responsibility of bystanders to help; recognise when someone is upset, hurt or angry online; describe ways people can be bullied through a range of media; understand personal boundaries and why there are important.</p>	<p>Understand what human rights are and why they are important; explain why we have laws; understand what the word democracy means; understand what is meant by the terms citizen and citizenship; understand what climate change is and what is causing it; describe how to find out information about others by searching online.</p>	<p>Identify and manage an asthmatic casualty; understand how caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health; explain the changes that occur during puberty; understand the process of the menstrual cycle; explain that internet use is never fully private and is monitored; describe how some online services may seek consent to store information about individuals.</p>	<p>Identify fictional characters who reinforce gender stereotypes; recognise that stereotypes can relate to a number of factors; understand the importance of giving and asking for permission (consent); describe strategies for safe and fun experiences in a range of online social environments; give examples of how to be respectful to others online; understand the concept of privacy and the difference between secrets and surprises.</p>	<p>Describe different jobs; how to prioritise between needs and wants; recognise how to make choices and track money; explain ways in which to save money and keep it safe; describe how to search for information and make a judgement about the probable accuracy; describe some of the methods used to encourage people to buy things online.</p>
Y5	<p>Describe actions a person can take if they are worried; identify everyday behaviours</p>	<p>Describe some of the changes that can happen in a family; provide possible</p>	<p>Understand the terms 'rights' and 'responsibilities'; explain what happens when laws are</p>	<p>Understand how to help someone who is choking; describe how medicines,</p>	<p>Recognise how attitudes to gender have changed over time; understand that</p>	<p>Understand how work and money choices will affect their lives; recognise when</p>

	<p>that can support mental health; suggest ways in which someone can improve their physical and mental wellbeing; understand nutritional information and use it to inform food choices; understand the risks of exposure to the sun; describe ways technology can affect health and well-being; recognise the benefits and risks of accessing information about health and well-being online</p>	<p>solutions to friendship problems; understand how opinions, beliefs and values are formed; understand what might lead to someone bullying others; describe how what one person perceives as playful joking and teasing might be experienced by others as bullying; explain how to block abusive users online; identify the difference between appropriate and inappropriate touch.</p>	<p>broken; understand the role of central and local government; identify the qualities and skills of an active citizen; identify what actions can be taken to tackle climate change; describe ways that information about anyone online can be used to make judgments about an individual.</p>	<p>when used responsibly, can support health and wellbeing; identify some of the risks and effects of legal and illegal drug use; identify and name the male and female body parts; explain the physical changes that occur during puberty; understand the emotional changes that may occur during puberty; explain how many free apps or services may read and share private information with others.</p>	<p>stereotypes around race and religion can be harmful; explain what consent and boundaries mean; give examples of technology-specific forms of communication; explain that there are some people they communicate with online who may want to do themselves or their friends harm; assess how risky everyday activities are.</p>	<p>people are trying to influence their money choices; understand what interest means; explain and make informed decisions about money; describe ways of identifying when online content has been commercially sponsored or boosted; explain what is meant by fake news.</p>
Y6	<p>Describe how feelings and emotions are affected and can be managed during challenging times; explain what loneliness and connection mean; suggest a range of self care strategies; understand what food groups are needed to create a healthy and balanced lunch; identify some common early indicators of physical illness; recognise the pressures that technology can place on someone; assess and action different strategies to limit the impact of technology on health.</p>	<p>Describe the importance of commitment and what this may look like; explain ways in which friends can support each other effectively; recognise what prejudice and discrimination and how this can be challenged; describe the impact that bullying and cyberbullying can have on a person; describe how to capture online bullying content as evidence; identify, flag and report inappropriate content; recognise different types of abuse and where to seek support.</p>	<p>Understand what is meant by rights being in conflict; understand the law in relation to social media posts; understand what it means to be a global citizen; explore the history and function of the G7; present ideas relating to the issue of climate change; explain the ways in which anyone can develop a positive online reputation.</p>	<p>Identify and give first aid to a minor or major head injury; explain reasons why people may choose to or not use a drug; understand that mixed messages about drug use can exist in the media; explain the physical and emotional changes that happen during puberty; understand how a baby is made*; describe ways in which some online content targets people to gain money or information.</p>	<p>Recognise and challenge stereotypes of visible difference; suggest alternative ways to represent 'bad' characters; understand what is meant by consent; describe how to be kind and show respect for others online; explain how taking or sharing inappropriate images of someone may have an impact; understand the consequences of anti-social behaviour.</p>	<p>Make informed decisions about money; understand the risks involving borrowing money; understand how taxes support the wider community; explain the risks involved in gambling; calculate foreign currency using exchange rates; explain how search engines work and how results are selected and ranked; understand the concept of persuasive design.</p>

\*Sex education