

<u>Terms</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		School Safety Week National Friendship Week		National Internet Safety Week		Transition within school and to PCJS.
<u>Strands</u>	Me and my relationships	Becoming an active citizen	My healthy lifestyle	Keeping myself safe	Me and my future	Moving on

Six Strands for KS1 PSHCE:

Me and My Relationship, Keeping Myself Safe , My Healthy Lifestyle, Me and My Future , Becoming an active citizen, Moving on.

Within the six strands, the following aspects of PSHCE are covered. These are colour coded:

Sex and Relationships	Online safety	Career education and Personal Finance	Citizenship
Emotional Health and Well being	Healthy Lifestyles (physical and emotional wellbeing)	Drug, Alcohol and tobacco (plus more risk taking behaviors)	

For ideas (page 17 onwards and page 26 onwards). Ladder of progression (page 22)

<file:///F:/new%20year%202017-18/PSHE%20leadership%20role/NYCC%20Key%20Stage%201-2%20PSHE%20and%20Citizenship%20Guidance%20for%20schools%20September%202017.pdf>

Me and My Relationships

EYFS	Year 1	Year 2
<p>I know that there are different types of family, (this includes same sex families separated, extended family)</p> <p>I know that family and friends should care for each other</p> <p>I know the names for the main body parts including penis, vagina (external genitalia).</p> <p>I know why it is important to keep my penis, vagina (external genitalia) private.</p> <p>I have a right to say whether I want other people to touch my body (including rough play, hugs or affection)</p> <p>I can communicate what adults I would go to if I am worried or I want to talk about something</p> <p>I know when people are being unkind (including online)</p> <p>I can play and work cooperatively</p> <p>I can listen to other people</p> <p>I can share appropriately</p> <p>I can recognise that my behaviour affects others</p> <p>I know the difference between kind and unkind and right and wrong</p> <p>I know about change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p>	<p>I know that there are different types of relationships – family, friends and others (this includes same sex families)</p> <p>I know that family and friends should care for each other</p> <p>I know the names for the main body parts (including external genitalia) and why it is important to keep them private I understand what is meant by ‘privacy’; my right to keep things ‘private’ and the importance of respecting others’ privacy</p> <p>I can name people who look after me, my networks and who to go to if I am worried and how to attract their attention</p> <p>I can recognise there are different types of teasing</p> <p>I can play and work cooperatively</p> <p>I can listen to other people</p> <p>I can share appropriately</p> <p>I can recognise that my behaviour affects others</p> <p>I know the difference between right and wrong, fair and unfair and kind and unkind</p> <p>I know about change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p> <p>I know how to be nice to people both on and off line</p>	<p>I know about the changes that have happened to my body since birth</p> <p>I know about the process of growing from young to old and how people’s needs change</p> <p>I can question whether boys and girls should behave differently and stereotypes</p> <p>I understand the importance of valuing of one’s own body and recognising its uniqueness</p> <p>I know the names for the main body parts (including external genitalia) and the similarities/differences between boys and girls</p> <p>I know that individuals have rights over their own bodies, and that there are differences between good and bad touching</p> <p>I can name people who look after me, my networks and who to go to if I am worried and how to attract their attention</p> <p>I know that there are different types of negative behaviours, bullying and teasing including online</p> <p>I know that these behaviours are wrong and know how to deal with them including if I experience or witness it, I know how to get help</p> <p>I can listen to others and respect their viewpoints I can identify and respect differences and similarities between people of different ethnic, cultural and faith backgrounds</p> <p>I can identify people who are special to me, what</p>

		makes them special and how we should care for each other I know how to be a good friend
Keeping Myself Safe		
EYFS	Year 1	Year 2

<p>I know the role of medicines in promoting health, the reasons why people use them and the school rules on medicines</p> <p>I know that some substances can help or harm the body including household substances like dishwasher tablets</p> <p>I recognise the need for safety rules- road, fire, water, rail, farm. school environment including pond and tools, playground, online and home</p> <p>I know the safety rules for –road, fire, school environment, playground and online</p> <p>I can name an adult in school who can help me and I know there are people and services who can help us</p> <p>I know I have a responsibility to keep myself and others safe, when to say, ‘yes’, ‘no’, ‘I’ll ask’ and ‘I’ll tell’ including knowing that they do not need to keep secrets</p> <p>I know that people you don’t know are strangers and this applies online as well as well as off line</p> <p>I know that when people I don’t know ask me for private information I don’t share it online or in person</p> <p>I understand that some websites, games and social media sites may not be age appropriate and I know what to do if I find something inappropriate online</p>	<p>I know the role of medicines in promoting health, the reasons why people use them and the school rules on medicines</p> <p>I know that some substances can help or harm the body including household substances like dishwasher tablets</p> <p>I recognise the need for safety rules- road, fire, water, rail, farm. school environment including pond and tools, playground, online and home</p> <p>I know the safety rules for –road, fire, water, rail, farm, school environment , playground and online</p> <p>I can name an adult in school who can help me and I know there are people and services who can help us</p> <p>I know I have a responsibility to keep myself and others safe, when to say, ‘yes’, ‘no’, ‘I’ll ask’ and ‘I’ll tell’ including knowing that they do not need to keep secrets</p> <p>I know that people you don’t know are strangers and this applies online as well as well as off line</p> <p>I know that when people I don’t know ask me for private information I don’t share it online or in person</p> <p>I understand that some websites, games and social media sites may not be age appropriate and I know what to do if I find something inappropriate online</p>	<p>I use simple skills which will help to maintain my personal safety</p> <p>I understand that all drugs can be harmful if not used properly</p> <p>I know simple rules about medicines and other substances used in the home, including solvents which can be harmful if not used properly</p> <p>I can recognise and say what is right and wrong I understand that pressure to behave in an unsafe way can come from a range of people, including people I know and online</p> <p>I know how to ask for help when I need it and can name a range of people who can help me</p> <p>I know the difference between secrets and surprises and understand not to keep adults secrets</p> <p>I have an understanding of a range of risks when communicating online and I can demonstrate ways of reducing the risk to ensure I am safe online when using websites, playing games, using email/ text/ video chat</p>
My healthy lifestyle		
EYFS	Year 1	Year 2

<p>I know the importance of personal hygiene- regular washing, bathing, showering, and cleaning my teeth</p> <p>I am able to wash my hands properly</p> <p>I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health</p> <p>I am aware of how I am feeling</p> <p>I can recognise what I like and dislike</p> <p>I know there is a link between how I am feeling and what I like and dislike</p> <p>I know that my choices have good and not so good consequences / results</p> <p>I can recognise and name my feelings and those of others</p> <p>I know what makes me happy</p>	<p>I know the importance of personal hygiene regular washing, bathing, showering, and cleaning my teeth</p> <p>I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health and looking after my emotional wellbeing</p> <p>I can recognise what I like and dislike, how to make real, informed choices that Improves my physical and emotional health and to recognise that choices can have good and not so good consequences</p> <p>I am able to wash my hands properly</p> <p>I can recognise and name my feelings and those of others I know what makes me happy</p>	<p>I know that a healthy lifestyle includes being physically active, rest , healthy eating, dental health and emotional health and I can give examples of what I do to keep myself healthy</p> <p>I can make simple choices to improve my physical and emotional health</p> <p>I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health.</p> <p>I am able to wash my hands properly</p> <p>I have developed my vocabulary to describe my feelings to others</p> <p>I have simple strategies to manage my feelings</p>
Me and My Future		
EYFS	Year 1	Year 2

<p>I can recognise the coins and notes we use. I know that we have to pay for what we buy I know that money has value and should be kept safe. I know where money might be spent including online. I can talk about why I come to school. I can talk about what I am good at both at school and out of school. <u>I can describe myself in positive terms and talk about abilities.</u> I can say what jobs people might do. I can set myself simple goals.</p>	<p>I can recognise the coins and notes we use I can choose the correct value of coins and calculate change I know that we have to pay for what we buy I know how to keep money safe I know that I don't have to spend my money but can save it to use later I can set myself simple goals I can identify positive things about myself and recognise and celebrate my strengths and say what I enjoy about school and things I do outside of school I can describe the work that people do in my family, my school and where I live.</p>	<p>I know that we can pay for things in a range of ways and that even when not using cash, money is being used I understand that the choices we make affect ourselves and others I can explain the difference between needs and wants I understand individuals and families have to find ways to balance wants and needs I understand that it may not be possible to have everything you want, straight away, if at all I can describe why learning is important I am positive about who I am, what I have achieved and take into account what other people say about me I am aware that everyone has the same choices and opportunities in learning, careers and work (genders, different ethnicities, different backgrounds, etc)</p>
Being an Active Citizen		
EYFS	Year 1	Year 2

<p>I can express a simple opinion, agreement and disagreement</p> <p>I can ask questions and listen to the answers</p> <p>I can contribute to the life of the class and the school</p> <p>I can follow rules for my group and classroom</p> <p>I know I am part of the wider school family</p> <p>I understand why and how we vote</p>	<p>I can express a simple opinion, agreement and disagreement</p> <p>I can ask questions and listen to the answers</p> <p>I can contribute to the life of the class and the school</p> <p>I can agree and follow rules for my group and classroom</p> <p>I understand the role of the school council and I am able to vote for the members</p>	<p>I can take part in discussions/simple debate with others about topical issues</p> <p>I know that people and other living things have needs and recognise my own responsibility to meet those needs</p> <p>I can contribute to the life of the class and the school and understand how I do this</p> <p>I understand the role of the school council, am able to vote for the members and have contributed an idea to the school council</p> <p>I know that I belong to different groups and communities ie school, family</p> <p>I know what improves and harms the environment and about some of the ways people look after them</p> <p>I know some ways to look after my environment</p>
Moving On		
EYFS	Year 1	Year 2

<p>I can identify positive achievements during my time in EYFS.</p> <p>I can identify my strengths and set myself some goals for my next school year.</p> <p>I know some changes that have already happened in my life</p> <p>I know that changes might make me have questions or worries and things I am looking forward to.</p> <p>I recognise that change is normal and happens to everyone</p> <p>I know what to expect when I start my next school year.</p>	<p>I can identify positive achievements during my time in Year 1</p> <p>I can identify my strengths, areas for improvement and set myself some goals for Year 2</p> <p>I can explain what I am worried about and what I am looking forward to in Year 2</p> <p>I know what to expect when I start Year 2</p> <p>I know some of the reasons why change can feel uncomfortable</p> <p>I know some of the ways of dealing with the feelings that sometimes arise from changes</p>	<p>I can identify positive achievements during my time in Year 2</p> <p>I can identify my strengths, areas for improvement and set myself some goals for Year 3</p> <p>I can explain what I am worried about and what I am looking forward to in Year 3</p> <p>I know what to expect when I start Year 3</p> <p>I know that even changes we want to happen can sometimes feel uncomfortable but I have identified way I manage those feelings</p>
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