

PSHE

Living in the Wider World - Money Matters

LKS2 pupils will learn about:

- where money comes from;
- why people work;
- ways people can spend, e.g. cash, debit cards, credit cards;
- making choices about, prioritising and keeping track of spending, saving and borrowing;
- financial decisions, emotional wellbeing, ethical spending & environmental impact.

UKS2 pupils will learn about:

- financial risk;
- how advertisers try to influence consumers;
- 'critical consumers' and 'value for money';
- how money can affect emotions;
- tax and its contribution to society;
- budgeting – how to make one and why;
- environmental impact of spending (Fair Trade, single use plastics, recycling etc.).

Health and Wellbeing - Think Positive

LKS2 pupils will learn about:

- the importance of looking after mental health;
- recognising and describing a range of positive and negative emotions;
- discussing changes in life and how it might make them feel;
- talking about things that make them happy and stay calm;
- identify uncomfortable emotions and what can cause them;
- how positive attitudes are good for mental health;
- the causes of negative thoughts and how to cope;
- mindfulness techniques and strategies to cope with unhelpful emotions;
- puberty and how hormonal changes can cause difficult emotions;
- having a positive attitude towards learning.

UKS2 pupils will learn about:

- talking about the range and intensity of thoughts, feelings, behaviour;
- identifying helpful and unhelpful thoughts and strategies to deal with them;
- benefits of thinking positive and the impact of negative thoughts;
- choices and uncomfortable emotions;
- mindfulness and positive affirmations;
- growth mind set and fixed mind set;
- good choices leading to happy outcomes;
- strategies for coping with unhelpful thoughts and emotions;
- strategies for overcoming difficulties and facing challenges.

Living in the Wider World - One World

LKS2 will learn about:

- similarities and differences in people's lives and why they arise;
- differences of opinion;
- how our actions have an impact on people in different countries;
- climate change and its effects;
- know there are organisations working to help people in challenging situations;
- ways we can tackle inequality and
- actions that can be taken to make things fairer and reduce the impact of climate change.

UKS2 will learn about:

- global citizenship;
- global warming and how to reduce it;
- responsible use of water and natural resources;
- biodiversity – its importance and how to encourage and sustain it;
- consequences of choices and
- sustainability.

Health and Wellbeing – Safety First

LKS2 will learn about:

- school rules for staying safe and healthy;
- dangers on roads, water and railways, and precautions;
- drugs, cigarettes and alcohol, and their effect on the body;
- common injuries – first aid;
- 999 and how to stay safe in an emergency situation;
- being responsible, danger, risk and pressure;
- how own decisions impact upon their own and the safety of others;
- the courage to say 'no'.

UKS2 will learn about:

- school rules for staying safe and healthy;
- dangers on roads, water and railways, and precautions;
- fireworks and the firework code;
- what a 'dare' is and situations involving 'peer pressure';
- seeking help in risky situations;
- emergency numbers and how to stay safe in an emergency situation;
- hazards at home, including substances;
- responsibility, danger, risk and pressure.

Relationships - VIPs (Very Important People)

LKS2 will learn about:

- how our attitude affects us when we try to make new friends;
- the importance of different types of friendships;
- bullying, and supporting those who are being bullied;
- positive resolution techniques.

UKS2 will learn about:

- ways to care for out VIPs;
- different kinds of family structures;
- healthy family life;
- respectful behaviour;
- strategies to resolve disputes and reconcile differences positively and safely;
- understanding people have different opinions that should be respected;
- peer approval and strategies to manage, including online;
- where to get support if worried about someone else's safety;
- recognising healthy and unhealthy relationships and boundaries;
- identifying positive influences on behaviour.

Relationships - TEAM

LKS2 will learn about:

- changes and how they make us feel;
- why we should work as a team;
- how behaviour affects a team;
- paying attention and responding considerately;
- disputes and strategies to resolve them.

UKS2 will learn about:

- the attributes of a good team;
- accepting different opinions, politely disagreeing and offering own opinions;
- compromise and collaboration to ensure a task is completed;
- reflecting upon the need to care for individuals within the team;
- identifying hurtful behaviour and suggesting ways to help;
- understanding the importance of shared responsibility in helping the team to function successfully.

Relationships - Be Yourself

LKS2 pupils will learn about:

- having the confidence to be yourself;
- identifying their strengths and achievements;
- recognising different emotions they experience;
- how to express their thoughts and feelings respectfully;
- how to be assertive when in uncomfortable situations;
- the influence of the media in how we view ourselves & analyse the reality of these messages;
- how to make things right when we make mistakes, both in person or online, and the importance of learning from these.

UKS2 pupils will learn about:

- the idea that we are all individuals and that it is important to 'be yourself';
- developing a positive view of themselves;
- the importance of being proud of their individuality;

- the importance of recognising situations where they need to make positive choices in order to do the right thing;
- how to avoid being led into tricky situations;
- how to recognise and respond to peer pressure;
- how to be confident and how to manage uncomfortable feelings;
- how to make things right when they make a mistake.

Living in the Wider World - Diverse Britain

LKS2 pupils will learn:

- that we live in a diverse, multicultural and democratic society and that this is important and brings many benefits;
- they should be respectful of difference;
- about British people, rules, the law, liberty and what living in a democracy means;
- the importance of being tolerant of differences within their society.

UKS2 pupils will learn:

- that Britain represents a wide range of faiths and ethnicities and that the structures within it are there to support all;
- how they can make a positive contribution to the community;
- about the law and the consequences of not respecting it;
- about the workings of local and national government and the role of charities and voluntary groups in British society.

Relationships - Digital Wellbeing

LKS2 pupils will learn:

- it is important to understand and have digital wellbeing;
- what we use the Internet for and the benefits and risks of online activities;
- screen time and getting a healthy balance between online and offline activities;
- about online relationships, including cyberbullying and online stranger danger;
- privacy issues will be explored in terms of passwords, personal information and the sharing or forwarding of images and videos;
- about pressures and challenges that are often associated with social media.

UKS2 pupils will learn:

- it is important to understand and have digital wellbeing;
- ways they can use the Internet positively and how they can look after their wellbeing while being online;
- about potential risks of being online and when using digital technologies;
- strategies to stay safe and to get help;
- about online relationships and what a respectful and healthy online relationship looks like;
- signs of an inappropriate online relationship and ways to get help;
- the benefits and risk of social media, as well as how social media can be used responsibly;
- how to recognise what online bullying looks like and how to help make it stop;

- the concept of ‘fake news’ will be explored with children learning how to be able to tell if something online is reliable or not and what they can do to stop the spreading of unreliable information.

Living in the Wider World - Aiming High

LKS2 pupils will learn:

- to focus on goals and aspirations;
- about the type of attitude that helps them to succeed;
- about ways of applying a growth mind-set to new challenges;
- about the importance of resilience;
- to share aspirations for their future employment and personal goals;
- to consider different jobs and careers;
- about some of the difficulties faced by stereotyping;
- to think about specific skills they might wish to develop in order to achieve their short, mid and long-term goals.

UKS2 pupils will learn:

- to focus on achievements, aspirations and opportunities;
- about the type of attitude that helps us succeed;
- about their own personal preferred learning styles, to understand how they learn best;
- about challenges people face and barriers to success, then think about strategies we can use to overcome such obstacles;
- to identify opportunities that are available to them now and those which may be available to them in the future;
- about stereotypes in the world of work, as children are encouraged to consider jobs they would like to do and the skills needed to do those jobs;
- to reflect on their personal goals and the steps they can take to achieve these in the future.

Health and Wellbeing – It’s My Body

LKS2 pupils will learn about:

- choices they can make about looking after their bodies;
- making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances: facts about each of these areas and strategies on how to manage them;
- choice and consent.

UKS2 pupils will learn about:

- how to take care of their bodies;
- consent and autonomy;
- body image and stereotypes;
- substances which are harmful to our bodies;
- the importance of sleep, exercise and hygiene;
- things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted;
- choices they have, healthy habits and how to seek support should they need to.

Health and Wellbeing – Growing Up

LKS2 pupils will learn:

- how we grow and change, both physically and emotionally;
- how male and female bodies play a part in human reproduction;
- about different relationships and family structures.

UKS2 pupils will learn:

- about sexual relationships and sexually transmitted diseases (not LKS2);
- about positive body images and stereotypes.