



PSHE

	Keeping/Staying Safe	Keeping/Staying Healthy	Relationships/ growing and changing	Being Responsible	Feelings and Emotions	Computer Safety	First Aid/ Fire Safety (Y3)	The Working World/ Our World (Y3)	A World Without Judgement (Y4-6)	Safeguarding
Year 3	Be able to identify trusted adults	Know, understand and be able to practise simple safety rules about medicine.	Understand the difference between appropriate and inappropriate touch and understand personal boundaries	Be able to describe how you might feel if something is borrowed and not returned	Be able to recognise and name emotions and their physical effects of grief	Be able to identify possible dangers and consequences of talking to strangers online	understand how our actions and choices can affect others	be able to explain the meaning of reduce, reuse, and recycle		NSPCC PANTS talk (also posted to parents on Dojo), Safer Internet Day, Calm breathing/ mindfulness, Feelings check in, Stranger danger when out on trips, Values days, Termly reminders of trusted adults before holidays.
	How to keep self-safe in range of scenario. Understand the difference between safe and risky choices	Know who we can accept medicine from	I know who to talk to if I am worried.	Know why it is wrong to steal	Learn a range of coping skills	Know how to keep safe in online chatrooms	be able to recognise how drivers can be distracted	recognise how we can help look after our planet		Computing- password safety, Anti Bullying, Road safety on trips
	Understanding of hazards in the home and outside. How to react to hazards,	understand the differences between healthy and unhealthy choices	know why it is important to care about other people's feelings	Know the difference between being responsible	understand that feelings can be communicated with and without words	Understand the difference between safe and risky choices online	know how to help others stay safe • be able to describe the differences between safe	be able to identify how to reduce the amount of water and		Science- Eatwell plate- healthy lifestyles D&T- cooking- healthy meals, food preparation including use of knives.



				and irresponsible			and risky choices	electricity we use		D&T scissor safety. Candle safety- at church.
Year 4	I can identify strategies and create a set of rules to keep myself safe	I know how to make healthy lifestyle choices	Know that relationships change as we grow.	Understand the importance of being responsible in a range of situations.	Understand how we can support others who feel lonely, jealous or upset,	Recognise the key values which are important in positive online relationships	list reasons why someone may struggle to breathe	identify ways in which we can help those who look after us	Know how we can focus on positive attributes in others.	<p>PANTS D.T. Eatwell plate, healthy lifestyles, making choices, cooking, food preparation including use of knives</p> <p>Outdoor learning week</p> <p>Safer Internet Day</p> <p>Anti Bullying</p> <p>MHST introduction Protective Behaviours</p> <p>Mental health week</p> <p>Values days</p> <p>Walks around Brackley, including to swimming</p> <p>Swimming: changing room behaviour</p>
	To identify a risky choice	Know and understand that too much sugar, salt, and saturated fat in our food and drink can affect us now and	explain how our families support us and how we can support our families	Be able to discuss a range of situations where being responsible is important	Learn and use a range of strategies for managing unpleasant emotions caused by	Be able to develop coping strategies to use if we or someone we	Identify the signs of an allergic reaction and anaphylactic shock • identify the signs of an	• explain the positive impact of our actions describe the ways in which we can contribute to our home,	Know and understand that being different is okay. Celebrate strengths	



		when we are older			feelings of jealousy	know is being bullied online	asthma attack or choking	school, and community	about myself	
	recognise the impact and possible consequences of an accident or incident	understand nutritional information on packaged food and explain what it means	Learn strategies for asking for help	explain the importance of having rules in the home	recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people	Know how to ask for help.	understand the correct steps for seeking immediate emergency help • provide first aid treatment to someone who is struggling to breathe	identify the skills we may need in our future job roles	identify some of the ways we can overcome barriers and promote equality	
Year 5	Identify strategies I can use to keep myself safe	Understand that cigarettes contain nicotine, which is a drug, and that there are risks (physical, social and legal) related to smoking. Know and understand how smoking can affect your future health and wellbeing.	Understand what puberty means. Know and understand the changes that boys and girls may go through during puberty Understand why bodies go through puberty	Learn skills of how to speak out when someone is being unkind to us or others	recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant	Understand the consequences of potential outcomes of sharing images online	demonstrate the recovery position for an unresponsive breathing casualty	Understand the basics of saving money.	identify some of the ways in which we are different and unique	PSHE: Online safety, managing anger, peer pressure. In RSE: puberty. Computing: Networking and online permissions such as photo sharing. DT: Healthy Eating. Geography: Road safety (Traffic survey).



	I can develop strategies to cope with peer pressure.	How to manage pressures of smoking.	Be able to develop coping strategies to help with the different stages of puberty	Be able to describe caring and considerate behaviour.	recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people	Be able to create a set of rules to follow when sharing images	know when to deliver CPR • demonstrate how to do CPR	Be able to identify how you can help at home	What makes the community diverse?	Collective worship: NSPCC - Speak out Stay Safe, PANTS, Safer Internet Day, Antbullying, Diversity Week (Race Equality).
	recognise the impact and possible consequences of an accident or incident			Understand why it is important to be considerate and stand up to people who are not behaving in an appropriate, responsible way.	demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger	Know that there are rules and laws about sharing images online and to know how to overcome the pressure to share online	know when to call for emergency help	Understand how to budget for items you would like to buy	Describe strategies to overcome barriers and promote diversity and inclusion	Additional: Protective behaviours, daily emotional check in, MHST workshops.
Year 6	I can recognise warning signs related to water	Be able to predict and assess the level of risk in different fun situations	Know and understand the terms conception and reproduction. Understand the function of the male and female	Understand the importance of not stealing	Be able to recognise thought, feelings and emotions and understand the differences between those which make us feel good and	Know and understand why some applications have age restrictions	understand how to support someone with a minor burn or scald • understand how to support someone who is having	Understand the impact of spending money without permission	Understand that there are a wide range of religions and beliefs in the UK and explain how all religions	Computing - Online Safety RSE PSHE – Online Safety, worries and anger, PANTS lesson, updating trusting adult hand termly



			reproductive systems		those that feel not so good.		a heart attack • understand how to support someone with a fractured bone		can live in cohesion	
	I know the dan• recognise the impact and possible consequences of an accident or incidentgers of water	Be able to understand the risks associated with alcohol	Identify the laws around consent	Know why is it important to be considerate and maintain a positive reputation?	Understand how we can recognise worry and support self or others who may be worried.	Understand that fake online profiles exist, and people not always be who they say they are.	know when to call for medical help	Identify strategies to save money	Explain each of the British values	NSPCC Speak Out, Stay Safe (Y5 & 6), PANTS, Safer Internet Day, Anti Bullying
	develop and name strategies that can help keep ourselves and others safe	develop and recognise strategies to keep safe	Learn about the different stages of pregnancy	identify how making some choices can impact others' lives in a negative way	recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people	Recognise how to be responsible and respectful whilst using online games and apps	identify a range of situations that may require first aid	know and understand various money-related terms	Consider which values are important for our school	Protective Behaviours. Personal RA for residential and trips. Daily emotional check in cards.