

	Autumn Term		Spring Term		Summer Term	
Area of PSHE	Me and My Relationships		Valuing Difference		Keeping Safe	
	<ul style="list-style-type: none"> Name a variety of different feelings and explain how these might make me behave. Think of some different ways of dealing with 'not so good' feelings. Know when I need help and who to go to for help. Tell you some different classroom rules 	<ul style="list-style-type: none"> Tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me. Suggest rules that will help to keep us happy and friendly and what will help me keep the rules. Give you lots of ideas about what makes a good friend and also tell you how I try to be a good friend. Express my feelings in a safe, controlled way. 	<ul style="list-style-type: none"> Say ways in which people are similar as well as different. Say why things sometimes seem unfair, even if they are not. 	<ul style="list-style-type: none"> Say how I could help myself if I was being left out. Give a few examples of good listening skills. Explain why listening skills help to understand a different point of view. 	<ul style="list-style-type: none"> Say what I can do if I have strong, but not so good feelings, to help me stay safe. Give examples of how I keep myself healthy. Say when medicines might be harmful. 	<ul style="list-style-type: none"> Give some examples of safe and unsafe secrets. Think of safe people who can help if something feels wrong. Give other examples of touches that are okay or not okay. Identify a safe person to tell if I felt 'not okay' about something. Explain that they can be helpful or harmful and say some examples of how they can be used safely.
Key Vocabulary 	Friends Help Rules Family Hurt Safe Feelings Listen	Feelings Happy Teasing Bullied Care Repeated Bullying Friendship Help Rules Safe	Respect Feelings Different Safe Bully Fair Rules Special people Tease Similar Same Kind	Unique Calm Point of view Behaviour Listening Feelings Helpful Problem Unkind Respect Arguments Kindness	Air / sleep / exercise Stop Unsafe Share Nervous Internet Medicine Uncomfortable Water Healthy Private Worried	Medicines Feelings Safe Touch Worried Secret Surprise Unsafe Private Uncomfortable Someone you trust
Key Questions 	Do we have the same feelings? How do we show our feelings? When do you need to ask for help? Who can help you if you need help? Why do we need classroom rules? What can help you to keep the classroom rules?	What is bullying and teasing? How can you help someone who is being bullied? What helps our classroom to be happy and friendly? Who is a good friend and why? How can you help others be a good friend? Why do we have different feelings? What are safe and healthy activities to get angry energy out?	How are people different? How are people similar? What is good about people being different? What is fair? What is unfair? Do things sometimes seem unfair, even though they are not? Why do some people see something as unfair and other people see it as fair?	What can you do if you feel left out? How can you help someone who is being left out? What makes someone a good listener? How does being a good listener help you and other people? What is a different point of view? How can good listening skills help with arguments? Why is it important to listen to another person's point of view?	Do different feelings make your body feel different? What can you do if you have 'not so good' feelings? What do people need to keep healthy? Why do we need different things to be healthy? How do medicines help? Are medicines always helpful? Where do medicines need to be kept and why?	Are secrets safe? Do all secrets need to be kept secret? Who is a safe person to talk to? Are all touches okay? If something feels wrong, what can someone do to stay safe? How can you help someone who has been asked to keep an unsafe secret? What can people do to help themselves get better? Why can a medicine be harmful? How can be someone stay safe with medicines?
Relationships Education 	Practical steps they can take in a range of different contexts to improve or support respectful relationships The conventions of courtesy and manners Most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable. How important friendships are in making us feel happy and secure, and how people choose and make friends.	That others' families sometimes look different from their family but that they should respect those differences and know that other children's families are also characterised by love and care. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs. Conventions of courtesy and manners In school and the wider society, they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. What sorts of boundaries are appropriate in friendships with peers and others.	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Different types of bullying and how to get help. The importance of permission-seeking and giving in relationships with friends, peers and adults. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to respond safely and appropriately to adults they may encounter whom they do not know.			
Physical Health and Mental Wellbeing 	A scale of emotions that all humans experience in relation to different experiences and situations. Where and how to seek support. How to recognise and report feelings of being unsafe or feeling bad about any adult. How to recognise and talk about emotions. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	A scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions, including having varied vocabulary of words to use when talking about their own and others' feelings.	A scale of emotions that all humans experience in relation to different experiences and situations. Where and how to seek support. Bullying has a negative and often lasting impact on mental wellbeing. For most people the internet is an integral part of life and has many benefits. Consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Where and how to report concerns and get support with issues online.			

Cross-Curricular Links		Art and Design – use a range of materials creatively to design and make products.	Science – Animals including humans – the basic needs of animals for survival, as well as the importance of exercise and nutrition for humans. Computing – use technology safely and respectfully, keeping personal information private. Computing – Identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.
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