

Aycliffe Drive PSHE Planning by Year Group

<p>Nursery</p> <p>Weekly lessons using Jigsaw Scheme of work as starting point</p>	<p>Children will show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others’ needs. In addition, FS take part in whole school Mental Health Weeks and activities organised by our ELSA in training. Across the school we have cross age group Buddy Groups which all Nursery children join on entry. See Forest School planning for additional provision in this area.</p>					
	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw – Puzzle piece 1 – Being me in my world</p> <p>I understand how it feels to belong and know that we are all different / I know how feeling happy and sad can be expressed / I can work together and consider other people’s feelings / I can use gentle hands and understand that it is good to be kind / I am starting to</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw – Puzzle piece 2 – Celebrating Differences</p> <p>I know how it feels to be proud of something I am good at / I can tell you one way I am special and unique / I know that all families are different / I know there are lots of different homes / I can tell you how I could make new friends / I can use my words to stand up for myself</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw - Puzzle Piece 3 - Dreams and Goals</p> <p>I know what a challenge is / I can keep trying until I can do something / I can set a goal and work towards it / I know some kind words which can encourage people / I can start to think about jobs / I can feel proud when I achieve a goal</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw - Puzzle Piece 4 - Healthy Me</p> <p>I know the names for some parts of my body and am starting to understand that I need to be active to be healthy / I can tell you some things I need to do to be healthy / I know what the word healthy means and that some food are healthier than others / I know how to help</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw - Puzzle Piece 5 – Relationships</p> <p>I can tell you about my family / I know how to make friends if I feel lonely / I can tell you some of the things I like about my friends / I know what to say and do if somebody is mean to me / I can use Calm Me time to manage</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw – Puzzle piece 6 – Changes</p> <p>I can name some parts of my body and show respect for myself / I can tell you some things I can do and some food I can eat to be healthy / I understand that we all start as babies and grow into children then adults / I know that I grow and</p>

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	understand children's rights and this means we should be allowed to play and learn / I am learning what being responsible means			myself go to sleep and know that sleep is good for me / I can wash my hands and know that this is important before I eat and after I go to the toilet / I know who my safe adults are and how to stay safe if they are not near me	my feelings / I can work together and enjoy being with my friends	change / I can talk about how I feel moving from nursery to school / I can remember some fun things about nursery this year
Reception	Children will show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs. In addition, FS take part in whole school Mental Health Weeks and activities organised by our ELSA. Across the school we have cross age group Buddy Groups which all Reception children join on entry.					
Weekly lessons using Jigsaw Scheme of work as starting point						
	Being me in my world: I understand how it feels to belong and that we are similar and different / I can start to recognise and manage my	Celebrating Differences: I can identify something I am good at and understand everyone is good at different things / I understand that	Dreams and Goals: I understand that if I persevere I can tackle challenges / I can tell you about a time I didn't give up until I achieved	Healthy Me: I understand that I need to exercise to keep my body healthy / I understand how moving and resting are good for my body / I know which foods	Relationships: I can identify some of the jobs I do in my family and how I feel like I belong / I know how to make friends to stop myself from	Changing Me: I can name parts of the body / I can tell you some things I can do and foods I can eat to be healthy / I understand that we all grow from

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	<p>feelings / I enjoy working with others to make school a good place to be / I understand why it is good to be kind and use gentle hands / I am starting to understand children's rights and this means we should all be allowed to learn and play / I am learning what being responsible means</p>	<p>being different makes us all special / I know we are all different but the same in some ways / I can tell you why I think my home is special to me / I can tell you how to be a kind friend / I know which words to use to stand up for myself when someone says or does something unkind</p>	<p>my goal / I can set a goal and work towards it / I can use kind words to encourage people / I understand the link between what I learn now and the job I might like to do when I'm older / I can say how I feel when I achieve a goal and know what it means to feel proud</p>	<p>are healthy and not so healthy and can make healthy eating choices / I know how to help myself go to sleep and understand why sleep is good for me / I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet / I know who my safe adults are and how to stay safe if they are not close by me</p>	<p>feeling lonely / I can think of ways to solve problems and stay friends / I am starting to understand the impact of unkind words / I can use Calm Me time to manage my feelings / I know how to be a good friend</p>	<p>babies to adults / I can express how I feel about moving to Year 1 / I can talk about my worries and/or the things I am looking forward to about being in Year 1 / I can share my memories of the best bits of this year in Reception</p>
Year 1	<p>Being me in my world I feel special and safe in my class / I know that I belong to my class / I know how to make my class a safe place for everybody to learn / I recognise how it feels to be proud of an achievement</p>	<p>Celebrating differences I can tell you some ways in which I am the same as my friends / I can tell you some ways I am different from my friends / I understand how being bullied might feel / I can be kind to children who are</p>	<p>Dreams and goals I can tell you about a thing I do well / I can tell you how I learn best / I can celebrate achievement with my partner / I can tell you how I feel when I am faced with a new challenge / I</p>	<p>Healthy Me I feel good about myself when I make healthy choices / I feel good about myself when I make healthy choices / I am special so I keep myself safe / I know some ways to help myself</p>	<p>Relationships I know how it feels to belong to a family and care about the people who are important to me / I know how to make a new friend / I can recognise which forms of physical</p>	<p>Changing me I understand that changes happen as we grow and that this is OK / I know that changes are OK and that sometimes they will happen whether I want them to or not /</p>

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	<p>/ I recognise the range of feelings when I face certain consequences / I understand my choices in following the Learning Charter</p>	<p>bullied / I know how it feels to make a new friend / I understand these differences make us all special and unique</p>	<p>can explain how I feel when I face obstacles and how I feel when I overcome them / I know how to store the feelings of success in my internal treasure chest</p>	<p>when I feel poorly / I can recognise when I feel frightened and know who to ask for help / I can recognise how being healthy helps me to feel happy</p>	<p>contact are acceptable and unacceptable to me / I know when I need help and know how to ask for it / I know ways to praise myself / I can tell you why I appreciate someone who is special to me and I can express how I feel about them</p>	<p>I understand that growing up is natural and that everybody grows at different rates / I respect my body and understand which parts are private / I understand that every time I learn something new I change a little bit / I know some ways to cope with changes</p>
<p>Year 2</p>	<p>Being me in my world</p> <p>I can recognise when I feel worried and know who to ask for help / I know how to help myself and others feel like we belong / I know how to help myself and others feel like we belong / I listen to other people and contribute my own ideas about</p>	<p>Celebrating differences</p> <p>I understand some ways in which boys and girls are similar and feel good about this / I understand some ways in which boys and girls are different and accept that this is OK / I understand why bullying might happen and how this makes</p>	<p>Dreams and goals</p> <p>I can talk about past achievements and future goals / I can tell you some of my strengths as a learner / I can tell you how working with other people helps me learn / I can work with other people in a</p>	<p>Healthy Me</p> <p>I am motivated to make healthy lifestyle choices / I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed / I understand how medicines work in my body and how</p>	<p>Relationships</p> <p>I accept that everyone's family is different and understand that most people value their family / I know different types of physical contact and which ones like and don't like</p>	<p>Changing me</p> <p>I can recognise cycles of change and understand that some changes are out of my control / I can tell you about the natural process of growing from young to old</p>

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	<p style="color: green;">rewards and consequences / I can help make my class a safe and fair place / I understand how following the Learning Charter will help me and others learn / I recognise the choices I make and understand the consequences</p>	<p style="color: green;">someone feel / I can recognise what is right and wrong and know how to look after myself / I understand we shouldn't judge people if they are different / I can tell you some ways I am different from my friends, I understand that these differences make us special</p>	<p style="color: blue;">group to solve problems / I can explain some of the ways I worked well in my group to create the end product / I know how contributing to the success of a group feels and I am able to store those feelings in my internal treasure chest (proud)</p>	<p style="color: blue;">important it is to use them safely / I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy / I can make some healthy snacks and explain why they are good for my body / I have a healthy relationship with food and I know which foods are most nutritious for my body</p>	<p style="color: purple;">and can talk about this / I can identify some of the things that cause conflict with my friends, I can use the problem-solving technique to resolve conflict / I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret / I recognise and appreciate people who can help me in my family, my school and my community / I can express appreciation and accept appreciation</p>	<p style="color: purple;">and understand that this is not in my control / I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old / I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private / I understand there are different types of touch and can tell you which ones I like and don't like / I can identify what I</p>
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						am looking forward to when I move to my next class
Year 3	<p>Being me in my world</p> <p>I value myself and know how to make someone else feel welcome and valued / I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions / I understand why rules are needed and how they relate to rights and responsibilities / I understand that my behaviour brings rewards/consequences / I can work cooperatively in a group / I understand my actions affect others and try to see things from their points of view</p>	<p>Celebrating difference</p> <p>I understand that all families are different and important to them / I understand that differences and conflicts occur and am beginning to learn how these can be solved / I know what it means to witness bullying and know some ways to help / I know that witnesses can make a situation better or worse / To know that some words are hurtful and try hard not to use them / I can think of a time my words negatively affected someone</p>	<p>Dreams and goals</p> <p>I can talk about and show respect towards someone who has faced difficulty and achieved success / I can identify a dream I have and imagine how it will feel to achieve this / I enjoy facing challenges and can break them down to help me achieve them / I understand I am responsible for my learning and can show motivation when faced with a new challenge / I understand challenges can occur and know how to manage</p>	<p>Healthy Me</p> <p>I understand how exercise affects my body / I know that the amount of calories, fat and sugar I put into my body can affect my health / I can talk about my knowledge and attitude towards drugs / I can identify people, places and things I need to stay safe from and know some strategies for keeping myself safe. I know how feeling scared feels / I can identify when something feels unsafe and know how to take responsibility for keeping myself and</p>	<p>Relationships</p> <p>I can identify the role and responsibility of members of my family including myself and reflect on the expectations of males and females / I can identify and put into practice some skills of friendship to be able to negotiate in conflict / I know and can use some strategies to keep myself safe online and know who to ask for help if I am worried about anything online / I can explain</p>	<p>Changing me</p> <p>I understand that changes happen in humans and animals from birth to fully grown / I know that babies grow in the uterus and know what they need to live – I can express how I would feel if I had a new baby in my family / I understand that boys and girls bodies change to be able to make babies, I know what these outside changes are and can express how I feel about them / I know what changes happen</p>

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		and how this made them feel	frustration / I can evaluate my learning and share my success	others safe / I respect how complex my body is and how important it is to look after it	how the actions and work of people around the world influence my life / I understand how my needs and rights are shared by children around the world and can empathise with children whose lives are different / I enjoy being a part of a friendship group and family and can express this	inside boys and girls bodies and why, I can express how I feel about them / I can start to recognise some stereotypical views I might have about parenting and family roles / I am starting to think about the next school year, what I am looking forward to and the changes I might make.
Year 4	Being me in my world I know my attitudes and actions make a difference in the class team and I try to make people feel welcome / I understand roles in my school and	Celebrating difference I understand that sometimes we make assumptions about people I try to accept people for who they are / I know that bullying can be hard to spot and how it might feel	Dreams and goals I can discuss my hopes and dreams / I know that sometimes hopes and dreams don't come true and know how disappointment feels / I know	Healthy Me I know how friendship groups are formed and can recognise the feelings I have about my friends / I understand there are roles of leader and follower in groups, I can	Relationships I can recognise situations that might cause jealousy in relationships and suggest strategies to problem solve this / I can identify someone I	Changing me I understand that some of my personal characteristics have come from my birth parents because of the joining of the egg and sperm, I know this

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	<p>am able to take on a role in a group situation / I understand how democracy works through the school council and I recognise my contribution to the schools learning charter / I understand that my actions can affect other people and myself and I understand the affect of rewards and consequence on behaviour / I understand how groups make decision and can take on a role in a group / I understand how pupils having a voice, democracy and a whole school learning</p>	<p>to witness it / I can explain why witnesses sometimes join in with bullying, I can problem solve a bullying situation / I can recognise what is special about me and learn to like my unique features / I can tell you a time when my opinion of someone changed and why it is important to appreciate people for who they are</p>	<p>how to cope with disappointment / I know how to be resilient when faced with this disappointment and can make new goals and plans / I can work effectively with a group to develop steps to achieve goals / I know how to share in the success of a group and can identify the contributions made.</p>	<p>recognise my role and how this affects myself and others / I know how smoking effects your health and understand that some people smoke due to peer pressure. I know how to resist pressure from myself and others / I know the effects of drinking on health and understand reasons why some people drink alcohol and know how I can resist pressure from myself and others / I can recognise when people are putting me under pressure and</p>	<p>love and understand how people feel when they lose someone / I can talk about someone I know longer see and understand that we can still remember them / I recognise how friendships can change and know how to mange situations when I fall out with friends through negotiation and compromise / I understand what having a boyfriend / girlfriend</p>	<p>makes me truly unique / I can label the internal and external parts of the human body needed to make a baby / I know that having a baby is personal choice and understand the responsibilities involved / I can identify the changes made during puberty for a female to allow her to have babies I can share my feelings about these changes / I know how the circle of change works and feel confident to make changes that will benefit</p>
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	<p>charter benefits the school community</p>			<p>recognise the feelings of anxiety and fear associated with this / I know what is right and wrong and can be assertive.</p>	<p>might mean and that this is personal and special and should not feel pressured into this / I can love and be loved and know how to show love and appreciation to people who are special to me</p>	<p>me / I can identify changes that have happened and will happen that are out of my control and expresses feelings about this / I can identify what I am looking forward to in my new class and the changes I would like to make</p>
<p>Year 5</p>	<p>Being me in my world I can face new challenges positively and identify my hopes for this school year / I understand my rights and responsibilities as a citizen in my country and</p>	<p>Celebrating difference I am aware of my own culture and understand how different cultures can sometimes cause conflict / I understand what racism is and I am aware of my attitude towards people from</p>	<p>Dreams and goals I can identify what I would like my life to look like when I am older and understand that I will need money to achieve some of my dreams / I know about</p>	<p>Healthy Me I know the health risks of smoking and vaping and can make an informed decision about whether or not I choose to smoke / I know some of the risks of alcohol including anti-</p>	<p>Relationships I know who I am in terms of characteristics and personality; I know how to build my self-esteem / I know that belonging to an online</p>	<p>Changing Me I am aware of my own self image and know how to develop my self – esteem / I know how a girls body changes during puberty; I understand</p>

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	<p>empathise with people in other countries whose lives are different / I understand my rights and responsibilities as a citizen in my country and a member of my school / I understand that my actions affect me and others and can make choices about my behaviour because I know how rewards and consequences feel / I understand how an individual's behaviour can impact on a group / I understand how are school community benefits from being a</p>	<p>different races / I know that rumour spreading and name calling is bullying behaviour and I can develop strategies to deal with bullying situations / I can explain direct and indirect bullying and can share ways to encourage children to make better choices / I can compare my life with people in the developing world and understand the value of happiness regardless of material wealth / I can understand and respect a different culture from my own</p>	<p>different jobs and how much they earn, I appreciate the contribution of a variety of jobs / I appreciate the opportunities education gives me to achieve a job I have identified that I would like to have when I am older / I can describe the dreams and goals of young people in a different culture to mine and reflect on how they relate to mine / I understand that communicating with people of other cultures means we can</p>	<p>social behaviour and the effects on the liver, I can make an informed decision about whether or not I drink alcohol / I know and can use basic emergency aid procedure, I can stay calm in emergency situations and know how to get help / I understand how the media promotes certain body types and understand how important it is to accept myself for who I am / I can describe the roles food plays in peoples live and how people may develop eating disorders / I know what makes a</p>	<p>community can be positive and negative; I recognise when an online community feels unsafe / I understand there are rights and responsibilities within an online community and can recognise when online communities feel helpful or unhelpful to me/ I know there are rights and responsibilities when playing games online and can recognise when it feels</p>	<p>that puberty is a natural process and that it will be okay / I can explain how girls and boys bodies change during puberty and I can express how I feel about these changes / I understand how amazing it is that the humans reproduce through secual intercourse and sometimes IVF; I understand what both of these are / I understand that growing up brings growing responsibilities, I can identify</p>
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	<p>democracy, giving pupils a voice and having a learning charter.</p>		<p>learn from each other / I understand why I am motivated to make a positive contribution to supporting others and can encourage my peers to support other young people here and abroad.</p>	<p>healthy lifestyle and feel motivated to keep myself happy and healthy</p>	<p>unsafe / I can recognise when I am spending too much time online and can identify things to do to reduce it / I can explain how to stay safe when using technology to communicate with my friends and can resist pressures to use technology in ways that may be risky</p>	<p>what I am looking forward to when growing up and feel confident with the changes / I can identify what I am looking forward to in my next class and the changes I will make.</p>
<p>Year 6</p>	<p>Being me in my world</p> <p>I feel welcome and valued and can make others feel the same; I can identify my</p>	<p>Celebrating difference</p> <p>I understand difference perceptions about what normal is and can empathise</p>	<p>Dreams and goals</p> <p>I know my learning strengths and can stretch these to make</p>	<p>Healthy me</p> <p>I am motivated to take responsibility for my health and well being / I</p>	<p>Relationships</p> <p>I know that it is important to take care of my mental health and I</p>	<p>Changing me</p> <p>I am aware of my own self image and know how to develop my self</p>

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	<p>goals and express my fears and worries for the year ahead / I know that children have rights that are not always are met and I can identify my wants and needs and how they might differ to children in other communities / I understand that my actions affect other people / I can make choices about my behaviour because I know how my behaviour effects others and I am aware of how rewards and consequences feel / I can contribute to a group and</p>	<p>with people who are different / I know how being different can impact someone's life and I am aware of my attitude towards others / I can explain some ways that people have power over others, I know how it feels to be excluded / I know some reasons why people bully and know some strategies to manage my feelings in bullying situations / I appreciate people for who they are and can identify some people with disabilities that live amazing lives / I can show empathy with people whose</p>	<p>realistic goals for myself / I can work out steps to reach my goal and have a success criteria to know if I have reached my goal / I can identify problems in the world and recognise my emotions towards them / I can empathise with people who are suffering and work with others to make the world a better place.</p>	<p>know about different types of drugs, their effects and uses and feel motivated to be happy and cope with life's situations without drugs / I understand that some people can be exploited to do things they don't want to do and can suggest ways to help / I know why some people join gangs and can suggest strategies someone could use to avoid feeling pressurised / I know what it means to be emotionally well and I know how to help myself</p>	<p>understand that people can get problems with their mental health and that it is nothing to be ashamed of / I know how to take care of my mental health and I can help myself and others when worried about a mental health problem / I understand that there are different types and stages of grief and I can recognise when I am feeling those emotions have strategies to manage them / I can recognise when people are trying to gain</p>	<p>– esteem / I can explain how boys and girls bodies change during puberty and can express my feelings towards these changes / I can describe how a baby develops from conception to birth and how they are born / I understand how being physically attracted to someone can change the nature of a relationship (boyfriends and girlfriends) and I understand that respect is essential in these</p>
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	<p>know how an individual's behaviour impacts a group / I know how our school benefits from a learning charter and how democracy and having a voice also benefits the school community.</p>	<p>difference is a cause for celebration or conflict.</p>		<p>feel emotionally healthy / I can recognise stress and the triggers that cause this and I can use different strategies to manage this</p>	<p>power or control and I can demonstrate ways to stand up for myself / I can judge when something online is safe or unhelpful and I can resist pressure to do something online that might hurt myself or others / I can take responsibility when using technology to talk to my friends and family</p>	<p>relationships / I can be assertive enough to maintain positive relationships with others whilst keeping my own identity / I am aware of the importance of a positive self – esteem and what I can do to develop it / I can identify what I am looking forward to in the transition to secondary school and what worries me; I know how to prepare myself mentally for these changes</p>
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