



Benthal PSHE Overview 2021-2022 (also includes the RSHE elements)

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	Relationships	Relationships & Health and wellbeing	Health and well being	Relationships and Health and well being	Living in the Wider World	Living in the Wider World
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Year 1</u>	<u>Team</u> <ul style="list-style-type: none"> Recognise the feelings of being in a team Know how being in a team is helpful How to be a good member of a team Identify kind behaviour 	<u>It's my body</u> <ul style="list-style-type: none"> Explain how much sleep they need discuss why Exercise is good for them Understand they can choose what happens to their bodies List healthy snacks Know to ask a trusted adult if uncertain about whether something is safe to eat or drink Demonstrate hygienic ways to look after their bodies 	<u>Aiming High</u> <ul style="list-style-type: none"> Discuss their star qualities Identify what a positive learning attitude is Talk about jobs they can do when they grow up Discuss what skills and interests are needed for different jobs Talk about hopes they have for the future Discuss what they are looking forward to about next year 	<u>Be Yourself</u> <ul style="list-style-type: none"> Identify their own special traits and qualities Identify and name common feelings Select times and situations that make them feel happy Talk about what makes them feel unhappy or cross Explain how change and loss make them feel Understand the importance of sharing their thoughts and feelings. 	<u>Britain</u> <ul style="list-style-type: none"> Identify different groups and communities they belong to Explain how to be a good neighbour Describe what it is like to live in Britain Identify similarities and differences between British people 	<u>Money Matters</u> <ul style="list-style-type: none"> Where money comes from Wants and needs How to save money Keeping money safe
<u>Year 2</u>	<u>VIPS</u> <ul style="list-style-type: none"> The importance of family How to be a good 	<u>Growing Up</u> <ul style="list-style-type: none"> Identify some differences between males and females 	<u>Think Positive</u> <ul style="list-style-type: none"> Identify feelings and emotions using simple terms 	<u>Safety First</u> <ul style="list-style-type: none"> Identify dangers Understand basic rules to keep safe. 	<u>Respecting Rights</u> <ul style="list-style-type: none"> Know that all people have rights Know that there are 	<u>One World</u> <ul style="list-style-type: none"> Describe how family life in different countries can be the



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	friend <ul style="list-style-type: none"> How to resolve an argument in a positive way Identify ways to show others that they care know the importance of doing this. 	<ul style="list-style-type: none"> Know the scientific names for body parts Identify body parts we keep private Understand that people's bodies and feelings can be hurt Understand the importance of 'no' and 'stop' Understand that different people like different things 	<ul style="list-style-type: none"> Understand that they have a choice about how to react in different situations Talk about personal achievements and goals. 	<ul style="list-style-type: none"> Know people that help them to stay safe 	people who will help protect their rights <ul style="list-style-type: none"> Talk about what respect means and how to show it Know what to do if they don't feel safe How to behave if someone is different to them Understand why it is important to be fair 	same and different from their own <ul style="list-style-type: none"> Describe their school life Know what environment is and how to look after it
Year 3	<u>Team</u> <ul style="list-style-type: none"> Use pictures to express their thoughts, feelings and worries Plan and create a role play about a team scenario With support, read clues and work as a team to solve a crime With support, identify a feeling and how it is being 	<u>It's my body</u> <ul style="list-style-type: none"> Explain what happens if they don't sleep enough Discuss what happens to muscles when we exercise them Understand they can choose what happens to their body and know when a 'secret' should be shared Explain that too 	<u>Aiming High</u> <ul style="list-style-type: none"> Use pictures to express their thoughts, feelings and worries Plan and create a role play about a team scenario With support, read clues and work as a team to solve a crime With support, identify a feeling and how it is being 	<u>Be Yourself</u> <ul style="list-style-type: none"> List some of their achievements and say why they are proud of them Identify facial expressions associated with different feelings Describe some strategies that they could use to help them cope with uncomfortable feelings 	<u>Britain</u> <ul style="list-style-type: none"> Describe what it is like to live in Britain Discuss democracy, rules and laws Describe what 'diverse society' means Talk about what being British means to them 	<u>Money Matters</u> <ul style="list-style-type: none"> Discuss where money comes from Talk about reasons people go to work Discuss payment resources we can use to spend money; Consider why and how people might get into debt Identify things they want and need Explain ways we can keep track of what



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	<p>expressed</p> <ul style="list-style-type: none"> Show the resolution to a dispute through pictures and with the key words given 	<p>much sugar is bad for health</p> <ul style="list-style-type: none"> Know the difference between medicine and harmful drugs and chemicals Explain how germs travel and spread disease 	<p>expressed</p> <ul style="list-style-type: none"> Show the resolution to a dispute through pictures and with the key words given Use a word mat to create a list of 'Pass It On' ideas 	<ul style="list-style-type: none"> Suggest assertive solutions to scenarios Explain that the messages they receive from the media about how they should look, think and behave are not always realistic Suggest ways to make things right after a mistake has been made Explain that mistakes help them to learn and grow 		<p>we spend</p>
<u>Year 4</u>	<p><u>VIPS</u></p> <ul style="list-style-type: none"> Discuss how our attitudes impact new friendships being made Create a plan for being an anonymous friend over the course of a week Reflect on the different characters 	<p><u>It's my body</u></p> <ul style="list-style-type: none"> Understand that they can choose what happens to their own bodies Know that FGM is illegal in British Law and what to do if they or someone they know is at risk Know where and 	<p><u>Think Positive</u></p> <ul style="list-style-type: none"> Understand that having a positive attitude is good for our mental health Understand the causes of negative thoughts Identify ways to cope with negative thoughts Understand the 	<p><u>Safety First</u></p> <ul style="list-style-type: none"> Appreciate what being responsible means and name some of their responsibilities Give examples of a range of risky or dangerous situations Appreciate that doing something 	<p><u>Respecting Rights</u></p> <ul style="list-style-type: none"> Know what human rights are Understand that all people share the same rights Know about The Universal Declaration of Human Rights and the Declaration of 	<p><u>One World</u></p> <ul style="list-style-type: none"> Describe similarities and differences between people's lives Identify opinions that are different from their own Express their own opinions Recognise that their



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	<p>in the dares story and discuss the different outcomes for each character</p> <ul style="list-style-type: none"> • Work together to create a role play about positive resolution techniques • Create a poster with ideas to help someone who is being bullied 	<p>how to get help if they are worried</p> <ul style="list-style-type: none"> • Understand the importance of sleep; Identify ways in which certain drugs, including tobacco and alcohol, can harm their bodies • Identify positive aspects about themselves • Discuss the choices related to health that they make each day • Identify choices that will benefit their health and provide a 'balanced lifestyle' • Define consent and autonomy 	<p>impact certain changes can have on people and how it can affect them emotionally</p> <ul style="list-style-type: none"> • Identify some mindfulness techniques and discuss which they like to us • Identify strategies to cope with uncomfortable emotions 	<p>risky may lead to danger</p> <ul style="list-style-type: none"> • Describe where pressure to do things can come from • Identify people who can help us in an emergency • Identify safety precautions that can be taken when using roads, water or railways • Explain some of the ways in which drugs, cigarettes and alcohol affect the human body • Explain some of the ways to treat common injuries • Explain how to keep themselves and others safe in an emergency situation • Identify what information will need to be shared 	<p>the Rights of the Child</p> <ul style="list-style-type: none"> • Know why we have rules and how they help us • Understand that no one should take away our human rights • Explain what respect means and understand how they can respect the rights of others <p>Describe what a stereotype is and understand how stereotypes can be harmful</p>	<p>actions impact on people in different countries</p> <ul style="list-style-type: none"> • Know what climate change is • Know there are organisations working to help people in challenging situations in other communities
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				with an emergency services operator		
Year 5	<u>Team</u> <ul style="list-style-type: none"> Understand what successful teamwork skills are Express opinions respectfully Explain what collaborative working is Discuss what compromise is and why it's important Identify ways of showing care to others in their team 	<u>Growing Up</u> <ul style="list-style-type: none"> Using the scientific names for male and female body parts Describe some of the changes boys go through during puberty Describe some of the changes girls go through during puberty Describe some feelings young people might experience as they grow up Know that FGM is illegal in British Law and what to do if they or someone they know is at risk Talk about their own family and the relationships within it 	<u>Aiming High</u> <ul style="list-style-type: none"> Discuss their personal achievements and skills Discuss different learning styles Identify what a positive learning attitude is Talk about the range of jobs that people do Understand what a gender stereotype is Talk about skills employers look for in employees Work with others in a team Discuss the skills everyone needs to succeed 	<u>Be Yourself</u> <ul style="list-style-type: none"> Discuss scenarios where children are torn between 'fitting in' and being true to themselves Explain how to communicate their feelings in different situations Create a role play to show different ways to manage uncomfortable feelings Discuss which situations would make people fight or flee and why Create resolutions to different tricky situations Identify the feelings involved in making a mistake and understand how to 	<u>Britain</u> <ul style="list-style-type: none"> Talk about faiths and ethnicities and how to show respect Talk about how and why laws are made Discuss the roles of national and local government 	<u>Money Matters</u> <ul style="list-style-type: none"> Talk about what financial risk is Discuss ways advertisers try to influence us Identify and talk what it means to be a 'critical consumer' Describe what 'value for money' means Explain what 'interest' is Talk about what 'tax' is and the ways we pay it. Discuss why advertisers try to influence us Identify how we can compare the value for money of different products Discuss how we can make a budget



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		<ul style="list-style-type: none">• Understand that there are many different types of family• Identify similarities and differences in different loving relationships• Identify someone they could talk to about their changing body should they need to• Define consent and respect		make amends		<ul style="list-style-type: none">• Consider why people borrow money and get into debt
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Year 6	VIPS	One World	Think Positive	Safety First	Respecting Rights	Growing up
	<ul style="list-style-type: none"> Create a list to show different ways we can care for our VIPs Show a calming technique on a poster Discuss how a disagreement could either be avoided or handled Write and explain what to do when feeling pressured Identify and discuss which secrets are OK to keep and which need to be shared Identify healthy and unhealthy relationships 	<ul style="list-style-type: none"> Explain what a global citizen is Say what global warming is Understand that human energy use can harm the environment Understand the importance of not wasting water Understand what biodiversity is Understand that their choices can have far reaching consequences Develop their own thoughts and ideas on sustainability 	<ul style="list-style-type: none"> Talk about their thoughts, feelings and behaviours Identify unhelpful and helpful thoughts Suggest outcomes linked to certain thoughts, feelings and actions Discuss ways in which positive thinking can be beneficial Identify and discuss uncomfortable emotions Identify common choices we have to make in life Use basic mindfulness techniques, when guided Describe what makes a good learner 	<ul style="list-style-type: none"> Appreciate what being responsible means Assess a situation for a level of risk Understand why certain information should never be shared online Who can help in an emergency What to do if they feel unsafe online or offline 	<ul style="list-style-type: none"> Explain that there are basic human rights that all people share and that children have their own rights Recognise that there are people across the world whose rights are not being met Identify that ideas about human rights change Understand that human rights are universal and cannot be taken away 	<ul style="list-style-type: none"> Name physical changes young people will experience during puberty Describe emotional changes children might feel during puberty Appreciate that there is no such thing as a perfect body Know that FGM is illegal in British Law and what to do if they or someone they know is at risk List things that all loving relationships have in common Explain how human reproduction and how babies are conceived/made Understand that when an egg and sperm meet this is



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						<p>conception and it occurs through sexual intercourse</p> <ul style="list-style-type: none">• Define and understand the concept of consent and that 'no' means no and how to accept a no
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