

PSHE Progression Overview

Year	Get HeartSmart	Don't Forget To Let Love In	Too Much Selfie Isn't Healthy	Don't Hold Onto What's Wrong	Fake Is A Mistake	No Way Through Isn't True	Additional PSHE Units
R	<ul style="list-style-type: none"> Exploring Boris' tools which help him to be HeartSmart – Hammer (I am special), Screwdriver (I love others), spanner (I am a good friend), pliers (I tell the truth) and saw (I can do it) Beginning to work and play cooperatively. Listening to other people's ideas. Taking turns. Beginning to look at facial expressions to see how others are feeling. Talking about things they love and describing how they make them feel. Knowing our hearts are special and we need to take care of them. 	<ul style="list-style-type: none"> Knowing that hearing kind words makes their hearts full and listening to kind words about themselves Understanding that they all have different favourite things and that their favourite things can make them feel happy Knowing that their heart pumps blood around their bodies and that it is also important that their hearts feel happy Listing ways that their friends are special Knowing that they all have different things that they are good at 	<ul style="list-style-type: none"> Knowing there are special things we like to do with special people. Understanding that other people's families can look different to their family but all families are important and special. Identifying if somebody is feeling sad or happy and begin to identify ways to help them. Understanding appropriate ways to show care for others. Children will think of ways they can greet people who come into the classroom. Loving others by helping them when they need it. Identifying people that help them at school and how they can show their appreciation. 	<ul style="list-style-type: none"> Describing ways to be a super-friend. Understanding the importance of including others in their games. Knowing listening to their friends is important. Knowing that some words can be soft and kind and others can be hard and make people feel sad. Describing ways we can show kindness to others, even when they are grumpy like the scrapman. Exploring how saying sorry can be a way of mending a friendship through reading Grumpy Frog by Ed Vere. 	<ul style="list-style-type: none"> Telling the difference between words that are true and kind and unkind and untrue. Understanding how to cheer others up. Exploring telling lies and truth through the story 'How Rabbit got His Long Ears.' Beginning to understand being you is the best you can be. Listing something they are thankful for. Sharing something special about their homes and families. 	<ul style="list-style-type: none"> Knowing that mistakes are normal and that they help us to learn Persevering at simple challenges Asking for help if they are stuck Knowing they can be anything that they want as long as they work hard Understanding the feelings around moving to Year 1 	<ul style="list-style-type: none"> PSHE underpins the whole EYFS curriculum which is undertaken throughout the year. An overview of the PSED curriculum and objectives can be seen the PSHE Toolkit.
1	<ul style="list-style-type: none"> Knowing the choices we make can help or hurt our own and others hearts. Exploring the power button and knowing our hearts are like the power on button. (I = me o = others) Knowing they can use their power to make people feel good or bad. Demonstrating an emotion using their face. Knowing what we put into our hearts is what comes out. (Looking at how worms eat soil and it produces good soil) Thinking of reasons we are grateful for another person and telling them this can bring happiness to both hearts. Exploring choices which can keep our minds and bodies healthy. E.g. eat crisps or a banana for a morning snack, walk to the park or go in the car, listen to the scrapman or Amber and Josh etc. Reflecting on choices they have made which have helped their own heart and the choices they have made to help someone else's heart. 	<ul style="list-style-type: none"> Identifying positive things about themselves and remembering times that people have shown them love Knowing that there are different types of touch (touch they like, touch that keeps them safe, touch that they don't like) and also that pants are private Identifying positive (truth) and negative (lies) statements about Boris and how these statements make them feel Understanding that they all like different things and are unique Learning how waiting can sometimes lead to something positive and how saving money can lead to a reward Naming some items that are need to look after themselves (comb, face cloth, toothbrush etc) and how some of these items need to be used with a grown-up only (medicine creams, inhalers etc) Reflecting on the best things about them and the different ways to let love into their hearts 	<ul style="list-style-type: none"> Understanding they can give (gifts, time, attention, help) to show love to others. Understanding the importance of noticing those around us. Identifying ways people have helped them and how they can help others. (Smartest Giant in Town) Identifying people who look after them and thinking of ways to show their appreciation e.g. hug, doing something in return, thank you card, and gift. Working together to complete challenges (Monsters Inc clip) Knowing simple rules to help them stay safe online e.g. ask a parent/carer before you play, stay near a parent/ carer, don't talk to strangers, tell your carer if you see anything strange, and turn the device off when you are told. Reflecting on how they have helped others and how it made them and the other person feel. 	<ul style="list-style-type: none"> Understanding being HeartSmart means learning how to let go of bad feelings in so they can feel happy again. Exploring how their behaviour can affect others through the story of Goldilocks and the Three Bears. Feeling and watching a bathbomb to help them understand that forgiveness will help their hearts. Suggesting different ways to handle negative emotions through different scenarios. Exploring ways to handle disappointment. Understanding everyone can be a 'builder' or a 'wrecker' through the words they use. Reflecting on ways to let go of negative emotions when they feel sad or mad. 	<ul style="list-style-type: none"> Identifying positive things about themselves. Beginning to understand that sometimes it is fun to pretend to be someone else but they are at their best when they are themselves. Starting to understand that fake is a mistake means being see through when it comes to their friendships. People shouldn't have to guess what is inside them as they might get it wrong. Naming people they can talk to when they are feeling sad, worried, angry or frightened. Beginning to understand small lies can have a big impact. Identifying ways to look after their teeth. Reflecting on why people might tell lies and what happens when they lie. 	<ul style="list-style-type: none"> Suggesting some ways to preserve when they are stuck. Knowing that when completing a challenge if you make changes it can be easier the second time. Knowing that keeping a secret can make you feel uncomfortable. Knowing that we can listen to our bodies and the feelings in our tummy. They are good at telling us if we feel excited or if something is not good for us. Learning we all have hidden potential. (Looking at a seed growing) Identifying their dreams for the future. (making a dream board) Thinking about special memories can help us when we miss a person, pet or toy. Reflecting on a time they were stuck and a strategy they used to find a way through. Reflecting on a time they were stuck and how they found a way through. 	<ul style="list-style-type: none"> Understanding why sleep is important and naming different strategies that can be used to ensure a good night's sleep. Recognising different feelings within themselves, knowing that feelings can change and that people can feel different things in the same situation. Exploring strategies for managing big feelings Understanding different kinds of change which can happen in their lives and how change can affect people. Knowing what constitutes a healthy diet and how to plan a healthy meal.

2	<ul style="list-style-type: none"> Knowing the choices we make can help or hurt our own and others hearts. Exploring the power on button and as we consider ourselves and others more we are powering on to be more HeartSmart. Knowing in every situation we face we can choose to power on or power off. We are all powerful and have the power to be kind to others or make others feel unhappy, left out or small. Knowing the decisions we make can affect our reputation but no matter what our reputation we all have the ability to be HeartSmart. Making the link between our hearts and our actions, words and behaviours e.g. what might a person who is sad look and act like? What might a person who is angry look and act like? Knowing families can come in all shapes and sizes e.g. two dads, step parents, foster parents, grandparents as parents etc. All families should be places of love and security. Understanding a healthy diet consists of a balance of foods and exploring what would happen if they only ate food from one section. Reflecting on choices they have made which have helped their own heart and the choices they have made to help someone else's heart 	<ul style="list-style-type: none"> Identifying positive things about themselves and recalling when people have shown them love Identifying their strengths and celebrating their uniqueness Identifying positive (truth) and negative (lies) statements about themselves and how these statements make them feel Creating acrostic poems using positive adjectives to describe themselves Understanding that they should be proud and grateful for what they have, based on the film 'Boundin' – focussing around being grateful for their bodies Exploring how their pulses change through exercise and how they feel after physical activity Reflecting on the best things about them and the different ways to let love into their hearts 	<ul style="list-style-type: none"> Recapping they can give (gifts, time, attention, help) to show love to others. Raising the importance of looking out and noticing others. Being a secret kindness agent and looking for opportunities to help others. Identifying people in the community that help others and appreciating the important work they do. Understanding there are ways they are all different (race, religion, gender) and the ways they are all the same (have a heartbeat, same class). Understanding the rules to keep us safe online are similar to the rules we follow in real life e.g. never telling strangers your full name, staying near a grown up etc. Reflecting on how they have helped others and how it made them and the other person feel. Learning the correct vocabulary for body parts Understanding what is appropriate and inappropriate touch 	<ul style="list-style-type: none"> Understanding being HeartSmart means learning how to let go of bad feelings so they can feel happy again. Exploring how saying sorry in a meaningful way is more important than just saying it by watching a clip of Shrek saying sorry to Donkey. Understanding how holding onto forgiveness can weigh them down through using a balloon attached to a teaspoon. If something has really upset them they may need to keep cutting the string. Beginning to understand the people, places and activities that help them process hurt. Understanding how they can use the traffic lights to help them move forward themselves when handling hurt and disappointment. (Green can I solve the problem myself? Amber – Do I need time out? Red – Do I need an adult to help me?) Identifying consequences of teasing and bullying through crumpled paper hearts. Reflecting on the ways they have learned to let go of negative emotion when they feel sad or mad. 	<ul style="list-style-type: none"> Identifying positive things about themselves. Knowing there never has and never will be another person like them. Understanding sometimes the thoughts they have about themselves are not true. Beginning to describe how different emotions feel. Demonstrating good manners. Identifying ways to be safe in the sun. Reflecting on why people might tell lies and what happens when they lie. 	<ul style="list-style-type: none"> Believing there is an answer for every problem, helps us to keep working at it until we find it. Knowing there is always an alternative route through challenges and problems. Thinking in a different way can help us through challenging circumstances e.g. instead of 'this lesson is impossible for me' try thinking, 'My teacher thinks I can do this therefore I can but I might need some help.' Overcoming our difficulties can lead us to learning wonderful things. Knowing how to replace worry phrases with positive phrases. Caring about the school environment by conserving energy. Reflecting on a time they were stuck and strategies they used to find a way through. 	<ul style="list-style-type: none"> Identifying the positives and negatives of play parks and ways of showing kindness when using parks Describing ways to look after parks and be safe in parks Understanding that there are different types of medicine, how they keep us healthy and how they should be safely stored. Knowing the importance of handwashing and hygiene and understanding how bacteria and viruses are spread. Understanding benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity of mental wellbeing and happiness. Knowing what constitutes a healthy diet and how to plan and prepare a healthy meal.
3	<ul style="list-style-type: none"> Re-capping the power button and understanding by considering ourselves and others can help us 'power on' and be HeartSmart. Knowing we have the ability to be positive and negative towards others and the importance of being open and loving towards all people of every ethnicity, religion, gender and background. Recalling memories and the feelings associated with them. HeartSmart is about being in touch with all of our emotions on the inside. Guarding our hearts from unkind people, untrue thoughts etc. is important as they produce kindness, help make good decisions, confidence, good thoughts and peace. Knowing they have a squad of people around them to encourage them and cheer them on. Identifying the benefits and risks of a healthy and unhealthy lifestyle. Reflecting on ways they can care for their own and someone else's heart. 	<ul style="list-style-type: none"> Identifying positive things about themselves, recalling when people have shown them love and knowing we should have kind and loving thoughts about ourselves Learning how to give encouragement to others and how to accept encouragement from others Understanding what love is and what love isn't and how love makes their hearts strong Knowing the importance of letting people be close to them, not isolating themselves and the importance of this Considering the things and people that they are grateful for, the importance of being grateful (even for the small things) and why they are grateful for things. Knowing that the food choices they make impact their physical health and that loving themselves means making the right choices for their bodies Reflecting on the best things about them and the different ways to let love into their hearts 	<ul style="list-style-type: none"> Recapping they can give (gifts, time, attention, help) to show love to others. Describing the effect of helping others on someone else. Understanding how to respond in an emergency (call for an adult, 999) Recognising the impact kindness can have on another person. (Elizabeth Everest). Understanding the communities they belong to and how we are not meant to be alone but are made to be part of a community. Knowing there is information that can identify us and it is important to keep that information private. Reflecting on how they have helped others and how it made them and the other person feel. 	<ul style="list-style-type: none"> Understanding being HeartSmart means learning how to let go of bad feelings so they can feel happy again. Describing how an apology can mend a situation. Talking about the effects of choosing to forgive or not. Answering the question is it easier to forgive an accident or a deliberate act. Understanding the importance of not holding a grudge and if they do ways it can make them feel sad. Identifying ways they can build trust and ways trust can be betrayed. Recognising and challenging stereotypes and understanding that when we make assumptions about somebody it is like we are putting them in a box. Reflecting on the ways they can let go of negative emotion when they feel sad or mad. 	<ul style="list-style-type: none"> Identifying positive things about themselves which make them unique. Understanding friendship is built on trust and trust only comes from telling the truth. Exploring filtered images to understand that 'Fake is a Mistake' means not being afraid to show the real me to others. Spotting examples of when people might feel shame. Exploring appropriate and inappropriate types of touch and understanding the adults they can talk to if they are worried about unsafe or inappropriate contact. Understanding the importance of building friendships on truth and trust. Identifying ways people with allergies can stay safe. Reflecting on why people might tell lies and what happens when they lie. 	<ul style="list-style-type: none"> Re-capping when we believe there's an answer to every problem, we keep working at it until we find it. Knowing that just like a game of snakes and ladders, in life there are set backs (snakes) and successes (ladders). Looking at examples of famous people who faced setbacks and didn't give up. Getting back up when we fail and trying again is important. Knowing simple ways we can help others when they are injured (Basic first aid – choking, burns, bleeding, asthma attack, broken bones, unresponsive breathing). Knowing our dreams won't always happen exactly how we want them to or when we want them to. Our attitudes need to grow to help us achieve our dreams. Knowing what change is and how it can often make us feel uncomfortable. Reflecting on times they have persevered and strategies they used to find a way through. 	<ul style="list-style-type: none"> Explaining why sleep is important for a healthy lifestyle and describing bedtime routines which might help sleep Describing what good dental health is and explaining the importance of check-ups at the dentist Understanding the different feelings and emotions people experience; how they change and what helps people to feel good Understand that there are different ways of expressing feelings and emotions, why this is important and how to manage them in different situations Understanding the impact of different life changes, and strategies for dealing with grief Knowing where to get help, advice and support with feelings and emotions Understanding the characteristics of poor diet and risks associated with unhealthy eating
4	<ul style="list-style-type: none"> Re capping the power button and understanding by considering ourselves and others it can help us 'power on' and be HeartSmart. 	<ul style="list-style-type: none"> Identifying positive things about themselves, recalling when people have shown them love and knowing we should have kind 	<ul style="list-style-type: none"> Recapping they can give (gifts, time, attention, help) to show love to others. Understanding the need to be 	<ul style="list-style-type: none"> Understanding being HeartSmart means learning how to let go of bad feelings so they can feel happy again. 	<ul style="list-style-type: none"> Identifying positive things about themselves which make them unique. Understanding they are who they 	<ul style="list-style-type: none"> Re-capping when we believe there's an answer to every problem, we keep working at it until we find it. 	<ul style="list-style-type: none"> Understanding the concept of marriage Knowing some basic first aid skills including understanding what

	<ul style="list-style-type: none"> Considering the consequences of the words we use and understanding words have power. Understanding ways to grow and cultivate desired characteristics such as kindness, respect, honesty, forgiveness e.g. to grow honesty – we will always try to tell the truth. Understanding we need to be careful who we trust (Story of the Wily Wolf) Knowing characteristics of a healthy family life e.g. showing love, spending time with each other, protecting each other, helping each other, worrying about each other etc. Exploring a recipe for a healthy marriage. Identifying things which affect their mental wellbeing positively and negatively e.g. to grow honesty – we will always try to tell the truth. Reflecting on ways they can care for their own and someone else's heart. 	<ul style="list-style-type: none"> and loving thoughts about themselves Learning about the different love languages (kind words, kind actions, nice time, gifts, hugs/high fives) and identifying their own love language Identifying and celebrating their own strengths and achievements and choosing to focus on this Comparing their measurements to understand that everyone is different and unique Understanding that there might be aspects of their body that they dislike more than others but that they can still be grateful for how their body works and what their body does Understanding how bacteria spreads through lack of handwashing and knowing the importance of washing their hands Reflecting on the best things about them and the different ways to let love into their hearts 	<ul style="list-style-type: none"> observant of others around, noticing when they need help and asking 'what can I do to help?' Suggesting how someone may be feeling through their expressions and body language. Appreciating the unseen heroes within the community e.g. refuse collectors, road sweepers etc. Recognising that sometimes they may need help from others and that working together makes it easier to achieve a shared goal. Understanding ways to use a mobile phone and tablet responsibly e.g. time limits, treating others the way you want to be treated, not talking to strangers, privacy settings, checking with an adult before playing things or purchasing something. Reflecting on how they have helped others and how it made them and the other person feel. 	<ul style="list-style-type: none"> Suggesting ways to fix a broken friendship. Understanding the value of forgiving someone and knowing the brave thing to do is to forgive rather than get even. Knowing just because they forgive it doesn't mean they will let the person keep on hurting them over and over. Understanding there are two types of stress (positive and negative) Positive stress motivates people to change but negative can consume their thoughts. Identifying negative stress busters (e.g. deep breaths, time out, exercise, talk to a grown up etc.) Recognising healthy boundaries both in life and online. Recognising online abuse and knowing how to report it. Reflecting on ways to let go of negative emotion when they feel sad or mad. 	<ul style="list-style-type: none"> are not what they do. Remember they are human beings not human doings. Understanding the words we choose to listen to can affect how we see ourselves. Understanding telling the truth often takes courage. Understanding when dares are not fun (when they are dangerous, embarrassing, will get you into trouble) and how they can say no. Understanding the risks and facts associated with smoking. Reflecting on why people might tell lies and what happens when they lie. 	<ul style="list-style-type: none"> Exploring the skills and attitudes that were needed on the Endurance Expedition to cross the Antarctic. Knowing our habits can help or hinder us from achieving our goals. Knowing we all need people to encourage us and help us to keep going and naming the people who encourage them. Identifying dreams and the things and people who inspire them. (Dream board – link back to dream board made in year 1 and how our dreams may change as we get older). Knowing key physical changes that happen in puberty and that our bodies may be changing but we are still the same wonderful person. Reflecting on times they have persevered and the strategies they used to find a way through. 	<ul style="list-style-type: none"> asthma is and how to help someone with asthma and naming ways in which to help somebody who has suffered a burn Identify unsafe areas within the community and how to stay safe on a building site, around motorway bridges and within parks Understanding the risks associated with the sun and how these can be avoided and learning how to take independence for their own sun protection Knowing the principles of planning and preparing a range of healthy meals
5	<ul style="list-style-type: none"> Re capping the power button and understanding by considering ourselves and others it can help us 'power on' and be HeartSmart. Understanding powerful people lead others and a good leader will consider the person as well as the task. Exploring reputations and understanding we all have a good or bad reputation and this is based on what is in our heart. (Looking at Richard the Lionheart) Understanding children need to be careful about what they watch. When we watch something positive and encouraging the effect can be good but if we watch something negative or violent the effect can not be so good (designing a watch app to alert them when they see something that isn't good). Writing a letter of thanks to someone who encourages and supports them. Knowing that good quality sleep is important to our health. Reflecting on ways they are growing in their HeartSmart skills of loving themselves and others. 	<ul style="list-style-type: none"> Knowing how kind words fill their hearts with love and saying kind words about themselves and others Learning the story of Gunner (a stray dog in WW2) and learning that everyone has value and purpose in this world Identifying the lies (negative self-talk or Scrampan words) that they sometimes say to themselves, considering how to challenge these thoughts and also unpick how the lies and the truth make them feel Comparing how a true friend would behave, compared to someone who is not a true friend, in different pressured scenarios. Knowing the importance of surrounding themselves with positive influences. Considering how budgets can be used, how to allocate budgets and what they would prioritise spending money on within their community Knowing who to ask for help from in different scenarios and knowing that Childline and the NSPCC can be used for help Reflecting on the best things about them and the different ways to let love into their hearts 	<ul style="list-style-type: none"> Recapping they can give (gifts, time, attention, help) to show love to others. Discussing what we can do when we feel lonely. Understanding the skills needed to listen to others well – eye contact, looking at body language, noticing how a person is saying something not just what they are saying. Knowing people who should be honoured (government, police, grandparents, neighbours etc.) and how we can honour them (following the rules, thanking them, speaking well of them) Understanding the role and purpose of different groups. Understanding what we should and shouldn't share online. Looking at how quickly images can be shared online and the importance of always thinking before clicking. Reflecting on how they have helped others and how it made them and the other person feel. 	<ul style="list-style-type: none"> Understanding being HeartSmart means learning how to let go of bad feelings so they can feel happy again. Developing strategies to resolve conflict through exploring different perspectives and listening to both sides of the story. Explaining what Nelson Mandela's life can teach them about forgiveness. Describing how different emotions feel and how they are important to express how we are feeling but shouldn't be used to direct their words and actions. Learning how to respond well to their own mistakes. Listing strategies for dealing with bullying. Reflecting on ways to let go of negative emotion when they feel sad or mad. 	<ul style="list-style-type: none"> Identifying positive things about themselves which make them unique. Understanding the images they see on social media and in magazines are not always real. Understanding what they can do when they feel like they need to hide their true feelings. Describing what vulnerability is and knowing the qualities of a person they can be vulnerable with. Having a 'welcome' response to feedback rather than a 'no entry'. Positive feedback helps to develop trust and growing feedback helps us to grow as a person. Finding out about the risks associated with alcohol use in young people. Reflecting on why people might tell lies and what happens when they lie 	<ul style="list-style-type: none"> Re-capping when we believe there's an answer to every problem, we keep working at it until we find it. Knowing there is always a way through seemingly impossible situations. (Boiled egg and bottle science experiment) Defining what success is and knowing it is not always what we see on the outside. Who we are becoming on the inside is more important than success on the outside. Explaining that hope is a powerful force and knowing there are tools we can develop to help us live lives of hope. E.g. keeping the end goal in mind, power of imagination, encouragement, perseverance, getting back up and trying again. Knowing key facts about the menstrual cycle and who they can talk to if they are worried. Knowing ways to look after themselves as they grow and change. (Puberty). Sharing different strategies children in the class have used to help them overcome a problem. 	<ul style="list-style-type: none"> Knowing some basic first aid skills including how to help somebody who is choking and ways to help somebody who has suffered a head injury Talking about mental health and wellbeing, exploring strategies for keeping well and how to manage and support mental health Knowing the feelings associated with big changes, such as experiencing loss or bereavement or changing school or year group and how to support others Defining anti-social behaviour, knowing where it occurs, understanding who the victims are, understanding the consequences of it and knowing ways to avoid being involved in it Understanding what puberty is, how boys' bodies change over time and how girls' bodies change over time including the menstrual cycle, including both physical and emotional changes
6	<ul style="list-style-type: none"> Re capping the power button and understanding by considering ourselves and others it can help us 'power on' and be HeartSmart. Exploring how our body language can help us feel more powerful e.g. when our heads are held high and our shoulders are back it can help us to feel confident. Discussing ways we can keep our 	<ul style="list-style-type: none"> Knowing how kind words fill their hearts with love and saying kind words about themselves and others Understanding their value and worth and knowing that this is not connected to anything monetary related Learning that the more kind and encouraging words a person 	<ul style="list-style-type: none"> Recapping they can give (gifts, time, attention, help) to show love to others. Understanding all the ways we can be different (age, religion, ethnicity, gender, place of birth, hair colour, nationality, eye colour, football team they support etc) but also that there are more similarities 	<ul style="list-style-type: none"> Understanding being HeartSmart means learning how to let go of bad feelings so they can feel happy again. Developing strategies to resolve conflict and disputes through a restorative chat process. Describing the benefits of forgiveness. Understanding how their tone and 	<ul style="list-style-type: none"> Identifying positive things about themselves which make them unique. Understanding that they are loved just as they are. People may say unkind things but they need to choose what to listen to and not let those words define them. Learning to replace negative self-talk with positive self-talk and 	<ul style="list-style-type: none"> Re-capping when we believe there's an answer to every problem, we keep working at it until we find it. Knowing the impact of changing their thinking from 'I can't do it' to 'I can do it yet' Answering the questions: How am I feeling? Why am I feeling that way? What do I need? To help 	<ul style="list-style-type: none"> Reflecting on how an inactive lifestyle can lead to obesity Knowing some basic first aid skills including knowing the recovery position, how to use CPR and ways to help somebody who is bleeding Recognising and challenging stereotypes Defining, understanding and

	<p>hearts soft but strong e.g. being kind, showing resilience. Understanding ways hearts may go hard and how this could affect the way they feel and behave.</p> <ul style="list-style-type: none"> • Recognising when it is right to keep a secret and when secrets need to be shared. Children should understand it is ok to share a secret if someone could be in danger. • Understanding marriage is a lifelong commitment between two people (man and woman, woman and man, man and man) who love each other. Children will explore the characteristics of a happy marriage –love, trust, honesty, laughter, friendship, forgiveness etc. • Planning a healthy meal using the eatwell plate. • Reflecting on ways they are growing in their HeartSmart skills of loving themselves and others. 	<p>receives about themselves, the more they will flourish and sharing kind and encouraging words with their classmates</p> <ul style="list-style-type: none"> • Knowing that they are unique, as are their lives and stories so far. Using fingerprints as a way to explore this idea. • Creating gratitude jars to consider the different things that they are grateful for • Understanding what the early signs of illness might be, how to spot them and the importance loving their bodies enough to look after them. • Reflecting on the best things about them and the different ways to let love into their hearts 	<ul style="list-style-type: none"> • Exploring what makes a good listener –looking at the person, not talking when they are, nodding their head as they speak, not interrupting, body language turned towards them, smiling and looking interested, asking questions. • Knowing generations that have gone before them have overcome challenges which they benefit from today – Equality – Martin Luther king, Advances in health – Marie Curie, Technology, war heroes etc. • Identifying ways to be a good friend and the importance of surrounding ourselves with people who support us and look after us. • Understanding the benefits and dangers of social media. • Reflecting on how they have helped others and how it made them and the other person feel. 	<p>body language can communicate more than words.</p> <ul style="list-style-type: none"> • Identifying what makes a trustworthy friend. • Understanding when it is alright to break a confidence - if something makes them feel uncomfortable or if someone is in danger they must always tell a trusted adult. • Reflecting on ways to let go of negative emotion when they feel sad or mad. • 	<p>the consequences of negative self-talk.</p> <ul style="list-style-type: none"> • Understanding the importance of putting boundaries in place to establish respectful friendships. • Finding out facts about immunisations and vaccines using credible sources. • Finding out facts about legal and illegal substances including the physical and mental health risks associated with taking drugs. • Reflecting on why people might tell lies and what happens when they lie. • 	<p>them grow in self-awareness.</p> <ul style="list-style-type: none"> • Having hope in our hearts can help us keep going. (Looking at a 1950s experiment on rats) • Stepping out of our comfort zones is where the magic happens. New experiences and activities can make us feel uncomfortable but can lead to adventures, new relationships etc. • Knowing our brains change as we go through puberty and describing some of the changes that happen whilst the brain is remodelling e.g. taking more risks, feeling a range of strong emotions, making impulsive decisions, being more vulnerable to stress factors and feeling tired. • Sharing different strategies children in the class have used to help them overcome a problem. 	<p>avoiding peer pressure</p> <ul style="list-style-type: none"> • Knowing the correct names for different body parts, how bodies change through period, what happens during menstruation and understanding the problems might people face during puberty and how others can help • Understanding conception including how is a baby made, how people can stop a baby from being made and the legalities around intercourse • Explaining how people earn money and spend money, how to budget and knowing the difference between the terms saving, giving and debt • Understanding personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing • Understanding the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity of mental wellbeing and happiness. • Knowing that constitutes a healthy diet, the characteristics of a poor diet and the risks associated. • Recognising the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking
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