

## *Underwood West Academy PSHÉ Curriculum*

<b>EYFS</b>	<b>Years 1 and 2</b>	<b>Years 3 and 4</b>	<b>Years 5 and 6</b>
<p>*Show an understanding of their own feelings and those of others.</p> <p>*Begin to regulate their behaviour accordingly</p>	<p>Building on previous learning,</p> <p>*Learn about different types of feelings including managing them and how change or loss can feel.</p> <p>*Recognise the importance of special people in their lives, making friends and who can help with friendships.</p> <p>*Learn about solving problems that might arise with friendships.</p>	<p>Building on previous learning,</p> <p>*Celebrate achievements and set personal goals .</p> <p>*Know how to deal with put-downs.</p> <p>*Identify positive ways to deal with set-backs.</p>	<p>Building on previous learning,</p> <p>*Identify how a wide range of emotions and feelings are experienced in the body.</p> <p>*Recognise times of change and how this can make people feel.</p> <p>*Know the feelings associated with loss, grief &amp; bereavement. what mental health is</p> <p>*Know what can affect mental health and some ways of dealing with this</p> <p>*Identify some everyday ways to look after your mental health</p> <p>*Learn about the stigma and discrimination that can surround mental health.</p>
<p>*Give focused attention to what the teacher says, responding appropriately even when engaged in activity.</p> <p>*Show an ability to follow instructions involving several ideas or actions.</p> <p>*Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>*Work and play cooperatively and take turns with others.</p>	<p>Building on previous learning,</p> <p>*Keep safe in familiar situations</p> <p>*Learn about personal safety.</p> <p>*Identify people who help keep them safe outside the home.</p> <p>*Learn about keeping safe in the home, including fire safety.</p> <p>*Learn about keeping safe outside including road safety.</p>	<p>Building on previous learning,</p> <p>*Recognise bullying and how it can make people feel.</p> <p>*Learn about different types of bullying and how to respond to incidents of bullying.</p> <p>*Learn what to do if they witness bullying and how to be safe in their computer gaming habits online.</p> <p>*Identify ways of keeping safe near roads, rail, water, building sites and around fireworks.</p> <p>*Learn what to do in an emergency and basic emergency first aid procedures</p>	<p>Building on previous learning,</p> <p>*Recognise ways of keeping safe online.</p> <p>*Know that violence within relationships is not acceptable.</p> <p>*Learn about problems that can occur when someone goes missing from home and about feelings of being out and about in the local area with increasing independence.</p> <p>*Identify ways of recognising and responding to peer pressure.</p> <p>*Learn about the consequences of anti-social behaviour (including gangs and gang related behaviour).</p>

<p>*Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. *Show sensitivity to their own and to others' needs.</p>	<p>Building on previous learning, *Learn about what makes themselves and others special. *Identify roles and responsibilities at home and school. *Practise being co-operative with others.</p>	<p>Building on previous learning, *Learn about valuing the similarities and differences between themselves and others. *Discover what is meant by community. *Know about belonging to groups. *Learn about Britain as a democratic society. *Discover how laws are made. *Learn about the local council.</p>	<p>Building on previous learning, *Know about stereotyping, including gender stereotyping *Learn what is meant by diversity and LGBTQ+ *Identify prejudice and discrimination and how this can make people feel. *Recognise how people move from other places, (including the experience of refugees). *Learn human rights and the UN Convention on the Rights of the Child *Learn about homelessness.</p>
<p>*Understand the importance of healthy food choices</p>	<p>Building on previous learning, *Recognise that food is associated with special times, in different cultures. *Learn about active playground games from around the World. *Learn about sun-safety *Know about eating well. *Discover about the importance of physical activity, sleep and rest. *Learn about people who help us to stay healthy and well and about basic health and hygiene routines.</p>	<p>Building on previous learning, *Identify how to make healthy choices about food and drinks. *Discover how branding can affect what foods people choose to buy. *Know about keeping active and some of the challenges of this. *Learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons). *Identify other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality). *Know about the importance of getting enough sleep.</p>	<p>Building on previous learning, *Recognise that messages given on food adverts can be Misleading. *Learn about role models. *Recognise how the media can manipulate images and that these images may not reflect reality.</p>
<p>*Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</p>	<p>Building on previous learning, *Learn about where money comes from and making choices when spending money.</p>	<p>Building on previous learning, *Identify what influences people's choices about spending and saving money.</p>	<p>Building on previous learning, *Understand that money can be borrowed but there are risks associated with this. *Learn about enterprise</p>

	<ul style="list-style-type: none"> <li>*Learn about saving money and how to keep it safe.</li> <li>*Recognise the different jobs people do.</li> </ul>	<ul style="list-style-type: none"> <li>*Learn how people can keep track of their money.</li> <li>*Understand the world of work.</li> </ul>	<ul style="list-style-type: none"> <li>*what influences people's decisions about career</li> </ul>
<ul style="list-style-type: none"> <li>*Manage their own basic hygiene and personal needs, including dressing, going to the toilet</li> </ul>	<ul style="list-style-type: none"> <li>Building on previous learning,</li> <li>*Learn about what can go into bodies and how it can make people feel.</li> <li>*Learn about what can go on to bodies and how it can make people feel.</li> <li>*Understand why medicines are taken.</li> <li>*Discover where medicines come from.</li> <li>*Learn about keeping themselves safe around medicines.</li> <li>*Be aware that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use.</li> </ul>	<ul style="list-style-type: none"> <li>Building on previous learning,</li> <li>*Understand the definition of a drug and that drugs (including medicines) can be harmful to people.</li> <li>*Learn about the effects and risks of smoking tobacco and secondhand smoke.</li> <li>*Discover the help available for people to remain smoke free or stop smoking</li> <li>*Know that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them.</li> <li>*Learn about the effects and risks of drinking alcohol.</li> <li>*Understand about different patterns of behaviour that are related to drug use.</li> </ul>	<ul style="list-style-type: none"> <li>Building on previous learning,</li> <li>*Learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> <li>*Know about different influences on drug use – alcohol, tobacco and nicotine products.</li> <li>*Identify strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol.</li> <li>*Know the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs.</li> <li>*Learn about assessing the level of risk in different situations involving drug use.</li> <li>*Discover ways to manage risk in situations involving drug use.</li> </ul>