Mountbatten Primary School

Medium Term Plan

Subject: PSHE

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| **Subject/** | **Year Group** | **I can statements** | | |
| **Autumn** | **Spring** | **Summer** |
| PSHE | EYFS | **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 own 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 childrens right and this means we should all be allowed to learn and play  I am learning what responsible means  **Celebrating differences –**  I can identify something I am good at and understand everyone is good at different things  I understand that 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 | **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 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 im older  I can say how I feel when I achieve a goal and know what it means to feel proud  **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 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 what a strange is and how to stay safe if a stranger approaches me | **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 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  **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 babies to adults  I can express how I feel about moving to year 1  I can take 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 of reception |
|  | YEAR 1 | **Being me in my world –**  I know how to use my jigsaw journal  I understand the rights and responsibilities as a member of my class  I understand the right and responsibilities for being a member of my class  I know my views are valued and can contribute to the learning charter  I can recognise the choices I make and understand the consequences  I understand my rights and responsibilities within out learning charter  **Celebrating difference –**  I can identify similarities between people in my class  I can identify differences between people in my class  I can tell you what bullying is  I know some people who I could talk to if I was feeling unhappy or being bullied  I know how to make new friends  I can tell you some ways I am different from my friends. | **Dreams and Goals –**  I can set simple goals  I can set a goal and work out how to achieve it  I understand how to work well with a partner  I can tackle a new challenge and understand this might stretch my learning  I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them  I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.  **Healthy me –**  I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.  I know how to make healthy lifestyle choices  I know how to keep myself clean and healthy and understand how germs can cause disease/illness  I know that all household products including medicines can be harmful if not used properly  I understand that medicines can help me if I feel poorly and I know how to use them safely.  I know how to keep safe when crossing the road, and about people who can help me to stay safe.  I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. | **Relationships –**  I can identify the members of my family and understand that there are lots of different types of families  I can identify what being a good friend means to me  I know appropriate ways of physical contact to greet my friends and know which ways I prefer  I know who can help me in my school community  I can recognise my qualities as person and a friend  I can tell you why I appreciate someone who is special to me  **Changing me –**  I am starting to understand the life cycles of animals and humans  I can tell you some things about me that have changed and some things about me that have stayed the same  I can tell you how my body has changed since I was a baby  I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus – Do we want to teach vulva and anus?  I understand that every time I learn something new I change a little bit  I can tell you about changes that have happened in my life |
| YEAR 2 | **Being me in my world –**  I can identify some of my hopes and fears for this year  I understand the rights and responsibilities for being a member of my class and school  I understand the rights and responsibilities for being a member of my class  I can listen to other people and contribute my own ideas about rewards and consequence  I understand how following the Learning Charter will help me and others learn  I understand how following the Learning Charter will help me and others learn  **Celebrating Difference –**  I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)  I understand that bullying is sometimes about difference  I can recognise what is right and wrong and know how to look after myself  I understand that it is OK to be different from other people and to be friends with them  I can tell you some ways I am different from my friends | **Dreams and Goals –**  I can choose a realistic goal and think about how to achieve it  I can persevere even when I find tasks difficult  I can recognise who I work well with and who it is more difficult for me to work with  I can work well in a group  I can tell you some ways I worked well within my group  I know how to share success with other people  **Healthy Me –**  I know what I need to keep my body healthy  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 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 decide which foods to eat to give my body energy | **Relationships –**  I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate  I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not  I can identify some of the things that cause c  conflict with my friends  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 my appreciation for the people in my special relationships  **Changing Me –**  I can recognise cycles of life in nature  I can tell you about the natural process of growing from young to old 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, vagina, vulva, 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 am looking forward to when I am in Year 3 |
| YEAR 3 | **Being me in my world –**  I recognise my worth and can identify positive things about myself and my achievements.  I can set personal goals  I can face new challenges positively, make responsible choices and ask for help when I need it  I understand why rules are needed and how they relate to rights and responsibilities  I understand that my actions affect myself and others and I care about other people’s feelings  I can make responsible choices and take action  I understand my actions affect others and try to see things from their points of view  **Celebrating difference –**  I understand that everybody’s family is  different and important to them  I understand that differences and conflicts  sometimes happen among family members  I know what it means to be a witness to  Bullying  I know that witnesses can make the situation  better or worse by what they do  I recognise that some words are used in  hurtful ways  I can tell you about a time when my words  affected someone’s feelings and what the  consequences were | **Dreams and Goals –**  I can tell you about a person who has faced  difficult challenges and achieved success  I can identify a dream/ambition that is  important to me  I enjoy facing new learning challenges and  working out the best ways for me to achieve  them  I am motivated and enthusiastic about  achieving our new challenge  I can recognise obstacles which might hinder  my achievement and can take steps to  overcome them  I can evaluate my own learning process and  identify how it can be better next time  **Healthy Me –**  I understand how exercise affects my body  and know why my heart and lungs are such  important organs  I know that the amount of calories, fat and sugar I put into my body will affect my health  I can tell you my knowledge and attitude  towards drugs  I can identify things, people and places that  I need to keep safe from, and can tell you  some strategies for keeping myself safe  including who to go to for help  I understand that, like medicines, some  household substances can be harmful if not  used correctly  I understand how complex my body is and  how important it is to take care of it | **Relationships –**  I can identify the roles and responsibilities of  each member of my family and can reflect on the expectations for males and females  I can identify and put into practice some of the skills of friendship eg. Taking turns, being a good listener  I know and can use some strategies for  keeping myself safe online  I can explain how some of the actions and  work of people around the world help and  influence my life  I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.  I know how to express my appreciation to my friends and family  **Changing Me –**  I understand that in animals and humans lots  of changes happen between conception and  growing up, and that usually it is the female  who has the baby  I understand how babies grow and develop in  the mother’s uterus  I understand what a baby needs to live and grow  I understand that boys’ and girls’ bodies need  to change so that when they grow up their  bodies can make babies  I can identify how boys’ and girls’ bodies  change on the outside during this growing up  process  I can identify how boys’ and girls’ bodies  change on the inside during the growing up  process and can tell you why these changes  are necessary so that their bodies can make  babies when they grow up  I can start to recognise stereotypical ideas I  might have about parenting and family roles  I can identify what I am looking forward to  when I am in Year 4 |
| YEAR 4 | **Being Me in My World –**  I know my attitudes and actions make a  difference to the class team  I understand who is in my school community, the roles they play and how I fit in  I understand how democracy works through the school council  I understand that my actions affect myself and others; I care about other people’s feelings and try to empathise with them  I understand how groups come together to make decisions  I understand how democracy and having a voice benefits the school community  **Celebrating Difference –**  I understand that, sometimes, we make  assumptions based on what people look like  I understand what influences me to make  assumptions based on how people look  I know that sometimes bullying is hard to spot  and I know what to do if I think it is going on  but I’m not sure  I can tell you why witnesses sometimes join in with bullying and sometimes don’t tell  I can identify what is special about me and  value the ways in which I am unique  I can tell you a time when my first impression of someone changed when I got to know them | **Dreams and Goals –**  I can tell you about some of my hopes and dreams  I understand that sometimes hopes and  dreams do not come true and that this can  hurt  I know that reflecting on positive and happy  experiences can help me to counteract  disappointment  I know how to make a new plan and set new  goals even if I have been disappointed  I know how to work out the steps to take to  achieve a goal, and can do this successfully  as part of a group  I can identify the contributions made by myself and others to the group’s achievement  **Healthy me –**  I can recognise how different friendship  groups are formed, how I fit into them and the  friends I value the most  I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations  I understand the facts about smoking and  its effects on health, and also some of the  reasons some people start to smoke  I understand the facts about alcohol and its  effects on health, particularly the liver, and  also some of the reasons some people drink  alcohol  I can recognise when people are putting me  under pressure and can explain ways to resist this when I want  I know myself well enough to have a clear  picture of what I believe is right and wrong | **Relationships –**  I can recognise situations which can cause jealousy in relationships  I can identify someone I love and can express why they are special to me  I can tell you about someone I know that I no  longer see  I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends  I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older  I know how to show love and appreciation to  the people and animals who are special to me  **Changing me –**  I understand that some of my personal  characteristics have come from my birth  parents and that this happens because I am made from the joining of their egg and sperm  I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby  I can describe how a girl’s body changes in order for her to be able to have babies when she is an adult, and that menstruation ( having periods) is a natural part of this  I know how the circle of change works and can apply it to changes I want to make in my life  I can identify changes that have been and  may continue to be outside of my control that I learnt to accept  I can identify what I am looking forward to  when I am in Year 5 |
| YEAR 5 | **Being me in my world –**  I can face new challenges positively and know how to set personal goals  I understand my rights and responsibilities as  a citizen of my country  I understand my rights and responsibilities as  a citizen of my country and a member of my school  I can make choices about my own behaviour  because I understand how rewards and  consequences feel  I understand how an individual’s behaviour  can impact on a group  I understand how democracy and having a  voice benefits the school community and know how to participate in this  **Celebrating differences –**  I understand that cultural differences  sometimes cause conflict  I understand what racism is  I understand how rumour-spreading and  name-calling can be bullying behaviours  I can explain the difference between direct and indirect types of bullying  I can compare my life with people in the  developing world  I can enjoy the experience of a culture other  than my own | **Dreams and Goals –**  I understand that I will need money to help me achieve some of my dreams  I know about a range of jobs carried out by  people I know and have explored how much  people earn in different jobs  I can identify a job I would like to do when I  grow up and understand what motivates me  and what I need to do to achieve it  I can describe the dreams and goals of young people in a culture different to mine  I understand that communicating with  someone in a different culture means we  can learn from each other and I can identify  a range of ways that we could support each  other  I can encourage my peers to support  young people here and abroad to meet their  aspirations, and suggest ways we might do  this, e.g. through sponsorship  **Healthy me –**  I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.  I know some of the risks with misusing  alcohol, including anti-social behaviour, and how it affects the liver and heart  I know and can put into practice basic  emergency aid procedures (including recovery position) and know how to get help in  emergency situations  I understand how the media, social media and celebrity culture promotes certain body types  I can describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures  I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy | **Relationships –**  I have an accurate picture of who I am as  a person in terms of my characteristics and  personal qualities  I understand that belonging to an online community can have positive and negative consequences  I understand there are rights and responsibilities in an online community or social network  I know there are rights and responsibilities when playing a game online  I can recognise when I am spending too much time using devices (screen time)  I can explain how to stay safe when using  technology to communicate with my friends  **Changing me –**  I am aware of my own self-image and how my body image fits into that  I can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally  I can describe how boys’ and girls’ bodies  change during puberty  I understand that sexual intercourse can lead  to conception and that is how babies are  usually made  I also understand that sometimes people need IVF to help them have a baby  I can identify what I am looking forward to  about becoming a teenager and understand  this brings growing responsibilities (age of  consent)  I can identify what I am looking forward to  when I am in Year 6 |
| YEAR 6 | **Being me in my world –**  I can identify my goals for this year,  understand my fears and worries about the  future and know how to express them  I know that there are universal rights for all  children but for many children these rights are not met  I understand that my actions affect other  people locally and globally  I can make choices about my own behaviour  because I understand how rewards and  consequences feel and I understand how  these relate to my rights and responsibilities  I understand how an individual’s behaviour  can impact on a group  I understand how democracy and having a  voice benefits the school community  **Celebrating Difference –**  I understand there are different perceptions  about what normal means  I understand how having a disability could  affect someone’s life  I can explain some of the ways in which  one person or a group can have power over  another  I know some of the reasons why people use  bullying behaviours  I can give examples of people with disabilities  who lead amazing lives  I can explain ways in which difference can be  a source of conflict and a cause for celebration | **Dreams and Goals –**  I know my learning strengths and can set  challenging but realistic goals for myself (e.g.  one in-school goal and one out-of-school goal)  I can work out the learning steps I need to  take to reach my goal and understand how to  motivate myself to work on these  I can identify problems in the world that  concern me and talk to other people about  them  I can work with other people to help make the  world a better place  I can describe some ways in which I can work with other people to help make the world a better place  I know what some people in my class like or  admire about me and can accept their praise  **Healthy Me –**  I can take responsibility for my health and make choices that benefit my health and well-being  I know about different types of drugs and their uses and their effects on the body particularly the liver and heart  I understand that some people can be exploited and made to do things that are against the law  I know why some people join gangs and the risks this involves  I understand what it means to be emotionally well and can explore people’s attitudes towards mental health/illness  I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse | **Relationships –**  I know that it is important to take care of my mental health  I know how to take care of my mental health  I understand that there are different stages of  grief and that there are different types of loss  that cause people to grieve  I can recognise when people are trying to gain power or control  I can judge whether something online is safe and helpful for me  I can use technology positively and safely to  communicate with my friends and family  **Changing Me –**  I am aware of my own self-image and how my body image fits into that  I can explain how girls’ and boys’ bodies  change during puberty and understand the  importance of looking after yourself physically  and emotionally  I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born  I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend  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  and what worries me about the transition to  secondary school |