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 differentI can start to recognise and manage my own feelingsI enjoy working with others to make school a good place to beI understand why it is good to be kind and use gentle handsI am starting to understand childrens right and this means we should all be allowed to learn and playI am learning what responsible means**Celebrating differences –** I can identify something I am good at and understand everyone is good at different thingsI understand that being different makes us all special I know we are all different but the same in some waysI can tell you why I think my home is special to meI can tell you how to be a kind friendI 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 challengesI can tell you about a time I didn’t give up until I achieved my goalI can set a goal and work towards itI can use kind words to encourage peopleI understand the link between what I learn now and the job I might like to do when im olderI 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 healthyI understand how moving and resting are good for my bodyI know which foods are healthy and not so healthy and can make healthy eating choicesI know how to help myself go to sleep and understand why sleep is good for meI can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toiletI 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 belongI know how to make friends to stop myself feeling lonelyI can think of ways to solve problems and stay friendsI am starting to understand the impact of unkind wordsI can use Calm Me time to manage my feelingsI know how to be a good friend**Changing Me –** I can name parts of the bodyI can tell you some things I can do and foods I can eat to be healthyI understand that we all grow from babies to adultsI can express how I feel about moving to year 1I can take about my worries and/or the things I am looking forward to about being in year 1I 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 journalI understand the rights and responsibilities as a member of my classI understand the right and responsibilities for being a member of my classI know my views are valued and can contribute to the learning charterI can recognise the choices I make and understand the consequencesI understand my rights and responsibilities within out learning charter**Celebrating difference –**I can identify similarities between people in my classI can identify differences between people in my classI can tell you what bullying is I know some people who I could talk to if I was feeling unhappy or being bulliedI know how to make new friendsI can tell you some ways I am different from my friends. | **Dreams and Goals –**I can set simple goalsI can set a goal and work out how to achieve itI understand how to work well with a partnerI can tackle a new challenge and understand this might stretch my learningI can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome themI 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 choicesI know how to keep myself clean and healthy and understand how germs can cause disease/illnessI know that all household products including medicines can be harmful if not used properlyI 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 familiesI can identify what being a good friend means to meI know appropriate ways of physical contact to greet my friends and know which ways I preferI know who can help me in my school communityI can recognise my qualities as person and a friendI 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 humansI can tell you some things about me that have changed and some things about me that have stayed the sameI can tell you how my body has changed since I was a babyI 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 bitI 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 yearI understand the rights and responsibilities for being a member of my class and schoolI understand the rights and responsibilities for being a member of my classI can listen to other people and contribute my own ideas about rewards and consequenceI understand how following the Learning Charter will help me and others learnI 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 differenceI can recognise what is right and wrong and know how to look after myselfI understand that it is OK to be different from other people and to be friends with themI 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 itI can persevere even when I find tasks difficultI can recognise who I work well with and who it is more difficult for me to work withI can work well in a groupI can tell you some ways I worked well within my groupI know how to share success with other people**Healthy Me –** I know what I need to keep my body healthyI can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressedI understand how medicines work in my body and how important it is to use them safelyI can sort foods into the correct food groups and know which foods my body needs every day to keep me healthyI 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 cooperateI understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is notI can identify some of the things that cause cconflict with my friendsI understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secretI recognise and appreciate people who can help me in my family, my school and my communityI can express my appreciation for the people in my special relationships**Changing Me –**I can recognise cycles of life in natureI can tell you about the natural process of growing from young to old and understand that this is not in my controlI can recognise how my body has changed since I was a baby and where I am on the continuum from young to oldI 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 privateI understand there are different types of touch and can tell you which ones I like and don’t likeI 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 isdifferent and important to themI understand that differences and conflictssometimes happen among family membersI know what it means to be a witness toBullyingI know that witnesses can make the situationbetter or worse by what they doI recognise that some words are used inhurtful waysI can tell you about a time when my wordsaffected someone’s feelings and what theconsequences were | **Dreams and Goals –** I can tell you about a person who has faceddifficult challenges and achieved successI can identify a dream/ambition that isimportant to meI enjoy facing new learning challenges andworking out the best ways for me to achievethemI am motivated and enthusiastic aboutachieving our new challengeI can recognise obstacles which might hindermy achievement and can take steps toovercome themI can evaluate my own learning process andidentify how it can be better next time**Healthy Me –**I understand how exercise affects my bodyand know why my heart and lungs are suchimportant organsI know that the amount of calories, fat and sugar I put into my body will affect my healthI can tell you my knowledge and attitudetowards drugsI can identify things, people and places thatI need to keep safe from, and can tell yousome strategies for keeping myself safeincluding who to go to for helpI understand that, like medicines, somehousehold substances can be harmful if notused correctlyI understand how complex my body is andhow important it is to take care of it | **Relationships –** I can identify the roles and responsibilities ofeach member of my family and can reflect on the expectations for males and femalesI can identify and put into practice some of the skills of friendship eg. Taking turns, being a good listenerI know and can use some strategies forkeeping myself safe onlineI can explain how some of the actions andwork of people around the world help andinfluence my lifeI 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 lotsof changes happen between conception andgrowing up, and that usually it is the femalewho has the babyI understand how babies grow and develop inthe mother’s uterusI understand what a baby needs to live and growI understand that boys’ and girls’ bodies needto change so that when they grow up theirbodies can make babiesI can identify how boys’ and girls’ bodieschange on the outside during this growing upprocessI can identify how boys’ and girls’ bodieschange on the inside during the growing upprocess and can tell you why these changesare necessary so that their bodies can makebabies when they grow upI can start to recognise stereotypical ideas Imight have about parenting and family rolesI can identify what I am looking forward towhen I am in Year 4 |
| YEAR 4 | **Being Me in My World –**I know my attitudes and actions make adifference to the class teamI understand who is in my school community, the roles they play and how I fit inI understand how democracy works through the school councilI understand that my actions affect myself and others; I care about other people’s feelings and try to empathise with themI understand how groups come together to make decisionsI understand how democracy and having a voice benefits the school community**Celebrating Difference –**I understand that, sometimes, we makeassumptions based on what people look likeI understand what influences me to makeassumptions based on how people lookI know that sometimes bullying is hard to spotand I know what to do if I think it is going onbut I’m not sureI can tell you why witnesses sometimes join in with bullying and sometimes don’t tellI can identify what is special about me andvalue the ways in which I am uniqueI 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 dreamsI understand that sometimes hopes anddreams do not come true and that this canhurtI know that reflecting on positive and happyexperiences can help me to counteractdisappointmentI know how to make a new plan and set newgoals even if I have been disappointedI know how to work out the steps to take toachieve a goal, and can do this successfullyas part of a groupI can identify the contributions made by myself and others to the group’s achievement**Healthy me –**I can recognise how different friendshipgroups are formed, how I fit into them and thefriends I value the mostI 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 situationsI understand the facts about smoking andits effects on health, and also some of thereasons some people start to smokeI understand the facts about alcohol and itseffects on health, particularly the liver, andalso some of the reasons some people drinkalcoholI can recognise when people are putting meunder pressure and can explain ways to resist this when I wantI know myself well enough to have a clearpicture of what I believe is right and wrong | **Relationships –**I can recognise situations which can cause jealousy in relationshipsI can identify someone I love and can express why they are special to meI can tell you about someone I know that I nolonger seeI can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friendsI understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am olderI know how to show love and appreciation tothe people and animals who are special to me**Changing me –**I understand that some of my personalcharacteristics have come from my birthparents and that this happens because I am made from the joining of their egg and spermI can correctly label the internal and external parts of male and female bodies that are necessary for making a babyI 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 thisI know how the circle of change works and can apply it to changes I want to make in my lifeI can identify changes that have been andmay continue to be outside of my control that I learnt to acceptI can identify what I am looking forward towhen I am in Year 5 |
| YEAR 5 | **Being me in my world –**I can face new challenges positively and know how to set personal goalsI understand my rights and responsibilities asa citizen of my countryI understand my rights and responsibilities asa citizen of my country and a member of my schoolI can make choices about my own behaviourbecause I understand how rewards andconsequences feelI understand how an individual’s behaviourcan impact on a groupI understand how democracy and having avoice benefits the school community and know how to participate in this**Celebrating differences –**I understand that cultural differencessometimes cause conflictI understand what racism isI understand how rumour-spreading andname-calling can be bullying behavioursI can explain the difference between direct and indirect types of bullyingI can compare my life with people in thedeveloping worldI can enjoy the experience of a culture otherthan my own | **Dreams and Goals –**I understand that I will need money to help me achieve some of my dreamsI know about a range of jobs carried out bypeople I know and have explored how muchpeople earn in different jobsI can identify a job I would like to do when Igrow up and understand what motivates meand what I need to do to achieve itI can describe the dreams and goals of young people in a culture different to mineI understand that communicating withsomeone in a different culture means wecan learn from each other and I can identifya range of ways that we could support eachotherI can encourage my peers to supportyoung people here and abroad to meet theiraspirations, and suggest ways we might dothis, 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 misusingalcohol, including anti-social behaviour, and how it affects the liver and heartI know and can put into practice basicemergency aid procedures (including recovery position) and know how to get help inemergency situationsI understand how the media, social media and celebrity culture promotes certain body typesI 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 pressuresI 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 asa person in terms of my characteristics andpersonal qualitiesI understand that belonging to an online community can have positive and negative consequencesI understand there are rights and responsibilities in an online community or social networkI know there are rights and responsibilities when playing a game onlineI can recognise when I am spending too much time using devices (screen time)I can explain how to stay safe when usingtechnology to communicate with my friends**Changing me –**I am aware of my own self-image and how my body image fits into thatI can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionallyI can describe how boys’ and girls’ bodieschange during pubertyI understand that sexual intercourse can leadto conception and that is how babies areusually madeI also understand that sometimes people need IVF to help them have a babyI can identify what I am looking forward toabout becoming a teenager and understandthis brings growing responsibilities (age ofconsent)I can identify what I am looking forward towhen 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 thefuture and know how to express themI know that there are universal rights for allchildren but for many children these rights are not metI understand that my actions affect otherpeople locally and globallyI can make choices about my own behaviourbecause I understand how rewards andconsequences feel and I understand howthese relate to my rights and responsibilitiesI understand how an individual’s behaviourcan impact on a groupI understand how democracy and having avoice benefits the school community**Celebrating Difference –**I understand there are different perceptionsabout what normal meansI understand how having a disability couldaffect someone’s lifeI can explain some of the ways in whichone person or a group can have power overanotherI know some of the reasons why people usebullying behavioursI can give examples of people with disabilitieswho lead amazing livesI can explain ways in which difference can bea source of conflict and a cause for celebration | **Dreams and Goals –**I know my learning strengths and can setchallenging 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 totake to reach my goal and understand how tomotivate myself to work on theseI can identify problems in the world thatconcern me and talk to other people aboutthemI can work with other people to help make theworld a better placeI can describe some ways in which I can work with other people to help make the world a better placeI know what some people in my class like oradmire 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-beingI know about different types of drugs and their uses and their effects on the body particularly the liver and heartI understand that some people can be exploited and made to do things that are against the lawI know why some people join gangs and the risks this involvesI understand what it means to be emotionally well and can explore people’s attitudes towards mental health/illnessI 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 healthI know how to take care of my mental healthI understand that there are different stages ofgrief and that there are different types of lossthat cause people to grieveI can recognise when people are trying to gain power or controlI can judge whether something online is safe and helpful for meI can use technology positively and safely tocommunicate with my friends and family**Changing Me –**I am aware of my own self-image and how my body image fits into thatI can explain how girls’ and boys’ bodieschange during puberty and understand theimportance of looking after yourself physicallyand emotionallyI can describe how a baby develops from conception through the nine months of pregnancy, and how it is bornI understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriendI am aware of the importance of a positive self-esteem and what I can do to develop itI can identify what I am looking forward toand what worries me about the transition tosecondary school |