

PSHE/SMSC Overview 2017-2018

Year Group	Subject	Autumn 1 History	Autumn 2 History	Spring 1 Geography	Spring 2 Geography	Summer 1 Art/DT	Summer 2 Art/DT
Rec		Being me in my world	Celebrating difference	Dreams and goals	Healthy Me	Relationships	Changing Me
	PSHE	To express my own feelings and respond to the feelings of others.	To share experiences and express own interests.	To initiate conversations and listen to what others say.	To develop an understanding of growth, decay and changes over time.	To understand that my own actions can affect and hurt others.	To show sensitivity to others' needs and feelings.
	SMSC	To co-operate with some boundaries and routine.	To show affection and concern, and to ask appropriate questions.	To explain my own knowledge and understanding.	To know the importance of physical exercise and a healthy diet.	To show friendly behaviour and play in a group.	To seek comfort from familiar adults when needed, and is more outgoing towards unfamiliar adults.
Year 1	PSHE	To understand my rights and responsibilities in my class.	To say some ways I am different from my friends.	To say how I felt when I succeeded in a new challenge and how I celebrated it.	To say why I think my body is amazing and can identify some ways to keep it safe and healthy.	To say why I appreciate someone who is special to me.	To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina.
	SMSC	To recognise how I feel when I am proud and when I face consequences.	To understand these differences make us all special and unique.	To know how to store the feelings of success in my internal treasure chest.	To recognise how being healthy helps me to feel happy.	To express how I feel about someone who is special to me.	To respect my body and understand which parts are private.
Year 2	PSHE	To understand my rights and responsibilities in my class.	To identify some ways in which my friend is different from me.	To explain some of the ways I worked cooperatively in my group to create the end product.	To make some healthy snacks and explain why they are good for my body.	To identify some of the things that cause conflict between me and my friends.	To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private.

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	SMSC	To recognise when I feel worried and who to ask for help.	To say why I value this difference about him/her.	To express how it felt to be working as part of this group.	To express how it feels to share healthy food with my friends.	To demonstrate how to use the positive problem solving technique to resolve conflicts with my friends.	To say what I like/don't like about being a boy/ girl.
Year 3	PSHE	To understand that my actions affect myself and others, and to try to see things from another's perspective.	To talk about a time when my words affected someone's feelings and what the consequences were.	To evaluate my own learning process and identify how it can be better next time.	To identify things, people and places that I need to keep safe from, and tell you some strategies for keeping myself safe, including who to go to for help.	To explain how some of the actions and work of people around the world help and influence my life.	To 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.
	SMSC	To recognise the feelings of others and to work cooperatively.	To give and receive compliments and know how this feels.	To be confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest.	To express how being anxious or scared feels.	To show an awareness of how people's actions could affect my choices.	To recognise how I feel about these changes happening to me and know how to cope with these feelings.
Year 4	PSHE	To understand who is in the school community and how groups make decisions.	To tell you a time when my first impression of someone changed as I got to know them.	To know how to make a new plan and set new goals even if I have been disappointed.	To recognise when people are putting me under pressure and can explain ways to resist this when I want to.	To explain different points of view on an animal rights issue.	To identify what I am looking forward to when I am in Year 5.
	SMSC	To take a role in a group and contribute to the overall outcome.	To explain why it is good to accept people for who they are.	To know what it means to be resilient and to have a positive attitude.	To identify feelings of anxiety and fear associated with peer pressure.	To express my own opinion and feelings on an animal rights issue.	To reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.

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Year 5	PSHE	To understand my rights and responsibilities as a British Citizen and in my school.	To explain the differences between direct and indirect types of bullying.	To describe the dreams and goals of a young person in a culture different from mine.	To describe the different roles food can play in people's lives and explain how people can develop eating problems (disorders) relating to body image pressures.	To explain how to stay safe when using technology to communicate with my friends.	To describe how boys' and girls' bodies change during puberty.
	SMSC	To empathise with people in this country whose lives are different to mine.	To know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.	To reflect on how these relate to my own.	To respect and value my body.	To recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.	To express how I feel about the changes that will happen to me during puberty.
Year 6	PSHE	To identify my own goals and make choices about my own behaviour.	To explain ways in which difference can be a source of conflict or a cause for celebration.	To describe some ways in which I can work with other people to help make the world a better place.	To evaluate when alcohol is being used responsibly, anti-socially or being misused.	To recognise when people are trying to gain power or control.	To describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
	SMSC	To understand my own wants and needs and to compare these with children in different communities.	To show empathy with people in conflict or celebration.	To identify why I am motivated to do work with others to make the world a better place.	To say how I feel about using alcohol when I am older and my reasons for this.	To demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.	To recognise how I feel when I reflect on the development and birth of a baby.