



## PSHE Medium Term Plan 2023-2024



Year 1	Knowledge	Skills
<b>Autumn 1 Being Me in My World</b>	Children will know: <ul style="list-style-type: none"><li>• their rights and responsibilities as a member of a class;</li><li>• the value of their own views;</li><li>• the importance of their contributions;</li><li>• choices have consequences.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• explain how everyone has the right to learn;</li><li>• show they have an awareness of other's feelings;</li><li>• build on the skills needed to work well with others.</li></ul>
<b>Autumn 2 Celebrating Differences</b>	Children will know: <ul style="list-style-type: none"><li>• similarities and differences between people in their class;</li><li>• what bullying is;</li><li>• the importance of being kind to children who are being bullied.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• make new friends;</li><li>• understand some of the ways in which they are the same and different to their friends;</li><li>• explain how bullying might feel.</li></ul>
<b>Spring 1 Dreams and Goals</b>	Children will know: <ul style="list-style-type: none"><li>• the importance of setting simple goals;</li><li>• tackling new challenges can stretch their learning.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• how to set themselves simple goals;</li><li>• some ways to overcome new challenges;</li><li>• recognise things they are able to do well;</li><li>• identify the feelings associated with new challenges;</li><li>• overcome small obstacles.</li></ul>
<b>Spring 2 Healthy Me</b>	Children will know: <ul style="list-style-type: none"><li>• the difference between being healthy and unhealthy;</li><li>• medicines can help us if we are feeling poorly;</li><li>• keeping ourselves clean can help stop disease/illness;</li><li>• people who keep them safe.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• recognise the feelings that are linked to making healthy choices;</li><li>• identify ways to help themselves when they feel poorly;</li><li>• use appropriate strategies to cope with feeling frightened or stressed.</li></ul>
<b>Summer 1 Relationships</b>	Children will know: <ul style="list-style-type: none"><li>• ways that special people in our lives keep us safe;</li><li>• behaviours they appreciate;</li><li>• behaviours they do not like.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• what to do to keep themselves safe;</li><li>• identify ways that their behaviours can affect others;</li><li>• show appreciation for others.</li></ul>
<b>Summer 2 Changing Me</b>	Children will know: <ul style="list-style-type: none"><li>• the main body parts that make boys and girls different;</li><li>• correct scientific names for male and female exterior body parts;</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• ways that they have changed since being a baby;</li><li>• how to manage feelings that are worrying or sad;</li><li>• identify and use the correct names to describe male and female body parts;</li><li>• identify when it is appropriate to talk about male and female body parts and when it is not;</li></ul>



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Year 2	Knowledge	Skills
<b>Autumn 1 Being Me in My World</b>	Children will know: <ul style="list-style-type: none"><li>• rights and responsibilities of being a member of the class;</li><li>•</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• identify hopes and fears for the coming year;</li><li>• listen carefully to others and contribute their own individual ideas about rewards and consequences;</li><li>• discuss what they feel worried about how who to ask for help from;</li><li>• help to make their class a safe and fair place;</li><li>• work cooperatively with their classmates.</li></ul>
<b>Autumn 2 Celebrating Differences</b>	Children will know: <ul style="list-style-type: none"><li>• sometimes people make assumptions about boys and girls;</li><li>• what a stereotype is;</li><li>• bullying is sometimes about difference;</li><li>• it is okay to be different;</li><li>• what is right and wrong in a school context;</li><li>• how it feels to be a friend and to have a friend.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• discuss ways that boys and girls are similar and different;</li><li>• acknowledge differences are okay;</li><li>• identify a variety of ways that someone might feel if they are being bullied.</li></ul>
<b>Spring 1 Dreams and Goals</b>	Children will know: <ul style="list-style-type: none"><li>• who they work well with;</li><li>•</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• choose a realistic goal and think about how it can be achieved;</li><li>• work collaboratively in a group, identifying ways to be successful;</li><li>• explain their achievements and how it made them feel;</li><li>• problem solve when working as a team.</li></ul>
<b>Spring 2 Healthy Me</b>	Children will know: <ul style="list-style-type: none"><li>• what our bodies need to keep healthy;</li><li>• how medicines work in our bodies and how it is important to use them safely;</li><li>• what foods give us energy;</li><li>• which foods we need every day.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• motivate themselves and others to make healthy lifestyle choices;</li><li>• understand ways they can care for their bodies;</li><li>• have a healthy relationship with food.</li></ul>
<b>Summer 1 Relationships</b>	Children will know: <ul style="list-style-type: none"><li>• things that might make them feel comfortable and uncomfortable;</li><li>• the relationships that make them feel safe and special;</li><li>• different problem-solving techniques.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• understand social situations;</li><li>• decide if a relationship is positive or negative;</li><li>• solve problems with friends and family.</li></ul>



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<b>Summer 2</b> <b>Changing Me</b>	<p>Children will know:</p> <ul style="list-style-type: none"><li>• the ways they are different now to when they were a baby;</li><li>• changes that happen throughout a human's life;</li><li>• correct scientific names for male and female exterior body parts;</li><li>• the importance of protecting their own and other's privacy.</li></ul>	<p>Children will be able to:</p> <ul style="list-style-type: none"><li>• recognise changes that they have been through in their life to date;</li><li>• label exterior body parts for a male and female.</li></ul>
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Year 3	Knowledge	Skills
<b>Autumn 1 Being Me in My World</b>	Children will know: <ul style="list-style-type: none"><li>that their actions affect themselves and others;</li><li>positive things about themselves;</li><li>their achievements.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>make responsible choices and ask for help when it is needed;</li><li>set their own personal goals;</li><li>display care about other people's feelings;</li><li>identify how to make others feel valued;</li></ul>
<b>Autumn 2 Celebrating Differences</b>	Children will know: <ul style="list-style-type: none"><li>differences and conflicts sometimes happen among family members;</li><li>what it means to be a witness to bullying;</li><li>some words are used in hurtful ways and ways they can affect those around us.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>identify ways to calm themselves down;</li><li>help make someone who is experiencing bullying to feel better;</li><li>not use words that are hurtful or deemed inappropriate.</li></ul>
<b>Spring 1 Dreams and Goals</b>	Children will know: <ul style="list-style-type: none"><li>ways to motivate themselves;</li><li>the steps that are needed to overcome obstacles.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>face new challenges and work out the best ways to achieve them;</li><li>break down a goal into a number of steps and know how others can help them achieve it;</li><li>take responsibility for their own learning;</li><li>manage feelings that may arise when obstacles occur.</li></ul>
<b>Spring 2 Healthy Me</b>	Children will know: <ul style="list-style-type: none"><li>the amount of calories, fat and sugar in their food can affect their health;</li><li>things, people and places that they need to keep safe from;</li><li>strategies to keep themselves safe.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>make healthy choices;</li><li>identify when something feels safe or unsafe;</li><li>express emotions such as anxiety or being scared and use strategies to support these;</li><li>take responsibility for keeping themselves and others safe.</li></ul>
<b>Summer 1 Relationships</b>	Children will know: <ul style="list-style-type: none"><li>people who positively influence their lives;</li><li>the rights and responsibilities they and others have;</li><li>that the choices they make might affect their families, friendships and people around the world.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>positively influence those around them;</li><li>express rights and responsibilities as a global citizen;</li><li>stay aware of their choices and actions, and their consequences.</li></ul>
<b>Summer 2 Changing Me</b>	Children will know: <ul style="list-style-type: none"><li>some of the ways that boys' and girls' bodies change on the inside/outside as they grow up.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>express something they like;</li><li>express their worries about the idea of growing up;</li><li>weigh up the positive and negatives of a situation;</li></ul>



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		<ul style="list-style-type: none"><li>• use coping strategies to cope with changes to themselves;</li><li>• understand their feelings and how to manage them.</li></ul>
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Year 4	Knowledge	Skills
<b>Autumn 1 Being Me in My World</b>	Children will know: <ul style="list-style-type: none"><li>• it feels good to be included in a group;</li><li>• who is in the school community and the roles they play;</li><li>• how a democracy works through School Council.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• understand how it feels to be excluded and ways to involve others;</li><li>• take on a role within a group, contributing to the overall outcome of the group;</li><li>• identify the rights, responsibilities and democracy within St Bede's.</li></ul>
<b>Autumn 2 Celebrating Differences</b>	Children will know: <ul style="list-style-type: none"><li>• what influences them to make assumptions based on how people look;</li><li>• how they form thoughts about other people;</li><li>• bullying is sometimes hard to spot;</li><li>• people can change once you get to know them.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• support someone they suspect is being bullied;</li><li>• question why they think the way they do;</li><li>• problem-solve a bullying situation with others;</li><li>• explain why it is good to accept people for who they are.</li></ul>
<b>Spring 1 Dreams and Goals</b>	Children will know: <ul style="list-style-type: none"><li>• sometimes hope and dreams do not come true and that can hurt;</li><li>• contributions they make in group situations.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• make a new plan and set new goals;</li><li>• identify vocabulary linked to being resilient;</li><li>• share in the success for a group.</li></ul>
<b>Spring 2 Healthy Me</b>	Children will know: <ul style="list-style-type: none"><li>• there are people who take on the roles of leaders and followers in a group;</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• recognise negative feelings in peer pressure situations;</li><li>• have a clear picture of what is right and wrong;</li><li>• develop an awareness of how different people and groups impact on us;</li><li>• act assertively to resist pressure from peer pressure situations;</li><li>• identify feelings of anxiety and fear, tapping into their inner strength.</li></ul>
<b>Summer 1 Relationships</b>	Children will know: <ul style="list-style-type: none"><li>• some different ways to show love for special people and animals;</li><li>• solutions to help manage personal loss.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• recognise how people are feeling when they miss a special person or animal;</li><li>• share strategies that might help someone who is missing a special person or animal;</li><li>• manage feelings when they are missing someone or something.</li></ul>
<b>Summer 2 Changing Me</b>	Children will know: <ul style="list-style-type: none"><li>• some of their personal characteristics come from their birth parents;</li><li>• they can ask for help to regulate their emotions;</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• appreciate their uniqueness;</li><li>• discuss strategies that they can use to help them self-regulate;</li><li>• make changes to their life in reference to the circle of change;</li></ul>



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	<ul style="list-style-type: none"><li>• how the circle of change works.</li></ul>	<ul style="list-style-type: none"><li>• identify changes out of their control;</li><li>• express fears and concerns about changes outside of their control.</li></ul>
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Year 5	Knowledge	Skills
<b>Autumn 1 Being Me in My World</b>	Children will know: <ul style="list-style-type: none"><li>the rights and responsibilities as a citizen of the United Kingdom;</li><li>how democracy and having a school voice benefits the school community;</li><li>rewards and consequences that may arise as a result of their behaviour.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>contribute to a group;</li><li>understand how different members of a group can</li></ul>
<b>Autumn 2 Changing Me</b>	Children will know: <ul style="list-style-type: none"><li>how a girl's and boy's body changes during puberty;</li><li>the importance of looking after themselves physically and emotionally;</li><li>sexual intercourse can lead to conception and this is how babies are made;</li><li>what they are looking forward to about becoming a teenager;</li><li>responsibilities being a teenager includes.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>discuss self-esteem;</li><li>talk about puberty and how it is a natural process;</li><li>express how they feel about changes that will happen during puberty;</li><li>appreciate how amazing it is that bodies can reproduce in these ways;</li><li>develop confidence that they can cope with changes.</li></ul>
<b>Spring 1 Celebrating Differences</b>	Children will know: <ul style="list-style-type: none"><li>what racism is;</li><li>different cultures that are represented at St Bede's.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>consider how rumour-spreading and name-calling can be bullying behaviours;</li><li>develop an awareness of some of the attitudes toward different races;</li><li>have a range of strategies for managing feelings in bullying situations;</li><li>show respect for their own and other people's cultures.</li></ul>
<b>Spring 2 Dreams and Goals</b>	Children will know: <ul style="list-style-type: none"><li>children in different cultures and countries have different opportunities;</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>identify jobs they would like to do when they grow up;</li><li>understand what motivates them;</li><li>encourage peers to support young people here and abroad to meet their aspirations;</li><li>use their education and learning to understand how it impacts their future;</li><li>describe their dreams and goals and compare these to children in other cultures;</li><li>motivate people to make positive contributions to support others.</li><li></li></ul>
<b>Summer 1</b>	Children will know:	Children will be able to:



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<b>Healthy Me</b>	<ul style="list-style-type: none"><li>• healthy and unhealthy ways people use food and substances in their lives;</li><li>• issues relating to body image, smoking and alcohol misuse;</li><li>• potential health risks associated with body image, unhealthy relationships with food, smoking and alcohol misuse.</li></ul>	<ul style="list-style-type: none"><li>• say why their body is good the way it is;</li><li>• have discussions around body-image and self-esteem;</li><li>• summarise different ways that they respect and value their body;</li><li>• consider the part that they play in maintaining their self-confidence.</li></ul>
<b>Summer 2 Relationships</b>	<p>Children will know:</p> <ul style="list-style-type: none"><li>• basic rules on how to stay safe when using technology to communicate with friends;</li><li>• different types of friendships and the feelings associated with them.</li></ul>	<p>Children will be able to:</p> <ul style="list-style-type: none"><li>• justify why some people may use technology in ways that may be risky or harmful;</li><li>• apply strategies to manage their feelings and the pressures they may face to use technology;</li><li>• appraise different strategies that might help them and others stay safe online;</li><li>• resist the pressures to use technology in risky or harmful ways.</li></ul>



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Year 6	Knowledge	Skills
<b>Autumn 1 Being Me in My World</b>	Children will know: <ul style="list-style-type: none"><li>• universal rights for all children;</li><li>• for many children their universal rights are not met;</li><li>• an individual's behaviour can impact on a group.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• identify their goals for the year;</li><li>• understand fears and worries about the future and how to express them;</li><li>• understand their own wants and needs and compare these with children in different communities;</li><li>• contribute to a group;</li><li>• help others feel valued and welcome.</li></ul>
<b>Autumn 2 Celebrating Differences</b>	Children will know: <ul style="list-style-type: none"><li>• there are different perceptions about what normal means;</li><li>• some of the reasons why people use bullying behaviours.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• consider how being different could affect someone's life;</li><li>• express empathy for people who are different;</li><li>• show an awareness for their attitude towards people who are different;</li><li>• create a range of strategies for managing feelings in bullying situations and problem-solving.</li></ul>
<b>Spring 1 Dreams and Goals</b>	Children will know: <ul style="list-style-type: none"><li>• the learning steps needed to reach a goal;</li><li>• ways to motivate themselves and others.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• recognise what some people in their class like or admire about them;</li><li>• set a success criteria to help them reach a goal;</li><li>• express empathy for people who are suffering or who are living in difficult situations;</li><li>• give praise and compliments to other people when they recognise their contributions and achievements.</li></ul>
<b>Spring 2 Healthy Me</b>	Children will know: <ul style="list-style-type: none"><li>• substance misuse has an unhealthy impact on the body and mind;</li><li>• healthy and unhealthy choices for their bodies.</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• recognise when substances including alcohol are being used anti-socially or being misused;</li><li>• consider their attitudes towards alcohol and other substances;</li><li>• identify and apply skills to keep themselves emotionally healthy;</li><li>• manage stress and pressure;</li><li>• reflect on the links between mental and emotional health and alcohol and substances.</li></ul>
<b>Summer 1 Relationships</b>	Children will know: <ul style="list-style-type: none"><li>• ways some people might feel if they lose someone special to them;</li></ul>	Children will be able to: <ul style="list-style-type: none"><li>• give examples of when people might try to control or gain power over others;</li></ul>



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		<ul style="list-style-type: none"><li>• discuss ways they can manage their feelings and ways they can stand up for themselves in real and online situations;</li><li>• understand the feelings they might experience if they lose somebody special to them;</li><li>• appraise the effectiveness of different strategies to help them manage their feelings.</li></ul>
<b>Summer 2 Changing Me</b>	<p>Children will know:</p> <ul style="list-style-type: none"><li>• how girls' and boys' bodies change during puberty;</li><li>• how a baby develops;</li><li>• what it means to have a boyfriend/girlfriend;</li><li>• mutual respect is essential in a boyfriend/girlfriend relationship;</li><li>• they shouldn't feel pressured into doing something that they don't want to.</li></ul>	<p>Children will be able to:</p> <ul style="list-style-type: none"><li>• develop an awareness of their own self-image and how body image fits into that;</li><li>• recognise ways they can improve their own self-esteem;</li><li>• express how they feel about changes that will happen to them during puberty.</li></ul>