



An overview of our PSHE Scheme of work and E-Safety

	PSHCE	SRE (<i>sex & relationships</i>)	Drug Education	E-Safety
Year 1 & 2	<ul style="list-style-type: none"> Recognise what they are good at. Identify different emotions. Learn how to keep safe and have the opportunity to manage risks in a safe learning environment. Develop and maintain positive relationships. Understand how they grow and change. Develop a healthy lifestyle. Understand the importance of exercise. Know about the different food groups and which foods our bodies need. Begin to have a financial understanding involving spending and saving. Understand and respect difference and diversity. Reflect on their experiences. To develop an understanding of British values. Become responsible for their own learning. Find out about their rights , responsibilities both as individuals and as members of the community. To start to understand the difference between 'wants' and 'needs'. 	<p>Pupils will be able to:</p> <ul style="list-style-type: none"> make a friend and talk to them recognise similarities and differences between themselves and others and treat others with sensitivity identify and share their feelings with others recognise safe and unsafe situations identify and be able to talk with someone they trust be aware that their feelings and actions have an impact on others name the parts of the body use simple rules for dealing with strangers and for resisting pressure when they feel uncomfortable or at risk <p>Pupils will know and understand:</p> <ul style="list-style-type: none"> that animals, including humans, grow and reproduce that humans and animals can produce offspring and these grow into adults the basic rules for keeping themselves safe and healthy about safe places to play and safe people to be with the needs of babies and young people ways in which they are like and different from others that they have some control over their actions and bodies the names of the main external parts of the body why families are special for caring and sharing 	<p>Knowledge & Understanding</p> <ul style="list-style-type: none"> Describing feelings - feeling poorly or well. What are medicines and what form do they take: liquid, tablet, cream and spray. Why do we use medicines? Who should give us medicines? - Parent/carer, doctor, chemist/pharmacist, hospital nurse. How do we take medicines safely? - Follow instructions, read the label. How do we look after medicines? - Storage, disposal. Are medicines safe? - All medicines are drugs and can be dangerous if not used properly. Are all drugs medicines? - Alcohol, tobacco, coffee have drugs in them. Some substances in the home and school can be dangerous if touched sniffed or tasted. Some substances in school at home or in the garden are called chemicals and can be harmful. <p>Safety</p> <p>Know:</p> <ul style="list-style-type: none"> how to store and use medicines safely at home and at school; not to touch anything that is sharp, dirty or that there is uncertainty about; what to do and where to go for help how to contact Emergency Services - dialling 999. 	<p>Pupils will be introduced to:</p> <ul style="list-style-type: none"> searching for information using controlled environments. how information on the internet may be inaccurate. copyright - the need to seek permission before using a picture from the internet and the need to reword text rather than copying and pasting. the rules of responsible use when emailing. cyberbullying and how this can make someone feel. <p>Pupils will know:</p> <ul style="list-style-type: none"> the rules of responsible use (E-Safety rules) that they can and should ask for help if they experience problems/ see something which makes them feel uncomfortable.



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<p>Year 3 & 4</p>	<ul style="list-style-type: none"> • Feel positive about themselves. • Recognise, understand and manage their own emotions. • Learn how to keep safe and have the opportunity to manage risks in a safe learning environment. • Develop and maintain positive relationships. • Understand how they are changing socially and emotionally. • Develop a healthy lifestyle. • Understand the importance of exercise. • Gain a financial understanding involving spending and saving. • Understand and respect difference and diversity. • Reflect on their experiences. • Become responsible for their own learning. • Find out about their rights, responsibilities and duties both as individuals and as members of the community. • To be able to name some of the British values. 	<p>Pupils will be able to:</p> <ul style="list-style-type: none"> • express opinions, for example, about relationships and bullying • listen to and support others • respect other people's viewpoints and beliefs • recognise their changing emotions with friends and family and be able to express their feelings positively • identify adults who they can trust and who they can ask for help • be self-confident in a wide range of new situations, such as seeking new friends • form opinions that they can articulate to a variety of audiences • recognise their own worth and identify positive things about themselves • see things from other people's viewpoints, for example their parents and their carers • discuss moral questions • listen to and support their friends and manage friendship problems • recognise and challenge stereotypes, for example in relation to gender <p>Pupils will know and understand:</p> <ul style="list-style-type: none"> • about keeping themselves safe when involved with risky activities • that their actions have consequences and be able to anticipate the results of them • about different forms of bullying people and the feelings of both bullies and victims • why being different can provoke bullying and know why this is unacceptable 	<p>Attitudes</p> <ul style="list-style-type: none"> • Valuing myself and other people. <p>Skills</p> <ul style="list-style-type: none"> • Making decisions • Talking to adults about drugs • Following simple safety procedures • Handling conflict <p>Knowledge & understanding</p> <ul style="list-style-type: none"> • More detailed information about how the body works. • Who prescribes medicines? • Rules for medicines • Which common substances are drugs? - Alcohol, tobacco over the counter medicines and caffeine • Which products contain caffeine and what are its effects? • What are the effects of these substances? • What are the school rules about medicines, alcohol, tobacco and solvents? • What is the law on alcohol, tobacco and solvents? <p>Safety</p> <p>Know how to:</p> <ul style="list-style-type: none"> • contact Emergency Services - dialling 999. • take responsibility for oneself and others. <p>Keeping Safe</p> <ul style="list-style-type: none"> • get help if a substance or syringe is found. 	<p>Pupils will be able to:</p> <ul style="list-style-type: none"> * talk about the information they need and how they can find and use it * interpret information, to check it is relevant and reasonable and to think about what might happen if there are any errors or omissions. * identify the importance of considering copyright when downloading text/images from the internet. <p>Pupils will know:</p> <ul style="list-style-type: none"> *about the safety issues connected to emailing: - attachments, keeping information private, reporting unpleasant messages, not replying to such messages. *that the messages they send must be polite and must not include personal details. *E-Safety rules and the consequences of not following these rules. *how to adopt a healthy online lifestyle - being responsible for their own actions, keeping personal information private, limiting their time online *about cyberbullying
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<p>Year 5 & 6</p>	<ul style="list-style-type: none"> • Feel positive about themselves • Recognise, understand and manage their own emotions • Learn how to keep safe and have the opportunity to manage risks in a safe learning environment • Develop and maintain positive relationships • Understand how they are changing physically, socially and emotionally • Develop a healthy lifestyle • Understand the importance of exercise. • Gain a financial understanding involving spending and saving • Understand and respect difference and diversity • Reflect on their experiences • Become responsible for their own learning • Find out about their rights, responsibilities and duties both as individuals and as members of the community • Find out about the main political and social institutions. • To have a sound understanding of British values. 	<p>Pupils will be able to:</p> <ul style="list-style-type: none"> • express opinions, for example, about relationships and bullying • balance the stresses of life in order to promote both their own mental health and well-being and that of others • respect other people's viewpoints and beliefs • recognise their changing emotions with friends and family and be able to express their feelings positively • identify adults who they can trust and who they can ask for help • be self-confident • form opinions that they can articulate to a variety of audiences • recognise their own worth and identify positive things about themselves • see things from other people's viewpoints, for example their parents and their carers • discuss moral questions • listen to and support their friends and manage friendship problems • recognise and challenge stereotypes, for example in relation to gender <p>Pupils will know and understand:</p> <ul style="list-style-type: none"> • that the life processes common to humans and other animals include growth and reproduction • about the main stages of the human life cycle • that safe routines can stop the spread of viruses • about the physical changes that take place at puberty, why they happen and how to manage them • the many relationships in which they are all involved • where individual families and groups can find help 	<p>Attitudes</p> <ul style="list-style-type: none"> • Value self and other people <p>Skills</p> <p>Be able to:</p> <ul style="list-style-type: none"> • Identify and assess risk • Make decisions, coping with peer pressure and other influences including the media. • Be assertive. • Follow basic first aid and safety procedures, including the recovery position. • Handle conflict. • Take responsibility for self and care for others. <p>Knowledge and Understanding</p> <ul style="list-style-type: none"> • More detailed knowledge about the risks and effects of alcohol and tobacco. • What are the school rules about medicines, alcohol, tobacco, solvents and illegal substances? • Brief information about other legal and illegal substances. • What is the law regarding these substances? • Where to go to get help and advice about drugs issues. <p>Safety</p> <p>Know how to:</p> <ul style="list-style-type: none"> • administer basic emergency first aid • get help for oneself and others 	<p>Pupils will be taught to:</p> <ul style="list-style-type: none"> *critically evaluate materials found on the internet. *behave in the online world as they would in the real world: to respect other people's views and avoid being rude or mean to others. <p>Pupils will know:</p> <ul style="list-style-type: none"> *how errors or omissions when searching for information can lead to incomplete or incorrect information. *that information on the internet can be written by anyone and therefore could be bias or inaccurate *about the effects of cyberbullying, stranger danger online. *how to adopt a healthy online lifestyle - for example, being responsible for their own actions, avoiding risky behaviours, keeping personal information private, and limiting their time spent online. *what to do if they see or experience something on line which makes them
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Y5 & 6 continued...		<ul style="list-style-type: none">• how the media impact on forming attitudes• about keeping themselves safe when involved with risky activities• that their actions have consequences and be able to anticipate the results of them• about different forms of bullying people and the feelings of both bullies and victims• why being different can provoke bullying and know why this is unacceptable		<p>uncomfortable, including contacting organisations such as childline and kidscape.</p> <p>*that when saving images they should give the file a name that does not relate to the name of the person who may be in the image.</p> <p>*that attachments should always be treated with caution and should only be opened after permission has been given .</p>
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