




## Stanburn Curriculum Coverage Medium Term Plan

### PSHE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>Personal, Social and Emotional Development (EYFS Framework)</b>					
<p><b>ELG – Self-Regulation</b>  <i>Pupils will learn to:</i></p> <ul style="list-style-type: none"> <li>- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> <li>- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul> <p><b>ELG – Managing Self</b>  <i>Pupils will learn to:</i></p> <ul style="list-style-type: none"> <li>- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>- Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul> <p><b>LG – Building Relationships</b>  <i>Pupils will learn to:</i></p> <ul style="list-style-type: none"> <li>- Work and play cooperatively and take turns with others.</li> <li>- Form positive attachments to adults and friendships with peers.</li> <li>- Show sensitivity to their own and to others’ needs.</li> </ul>						
<p><b>Being me in My World</b></p> <ul style="list-style-type: none"> <li>• I understand how it feels to belong and that we are similar and different</li> <li>• I can start to recognise and manage my feelings</li> <li>• I enjoy working with others to make</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>• I can identify something I am good at and understand everyone is good at different things</li> <li>• I understand that being different makes us all special</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>• I understand that if I persevere I can tackle challenges</li> <li>• I can tell you about a time I didn’t give up until I achieved my goal</li> <li>• I can set a goal and work towards it</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>• I understand that I need to exercise to keep my body healthy</li> <li>• I understand how moving and resting are good for my body</li> <li>• I know which foods</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• I can identify some of the jobs I do in my family and how I feel like I belong</li> <li>• I know how to make friends to stop myself from feeling lonely</li> <li>• I can think of ways</li> </ul>	<p><b>Changing Me (RHE)</b></p> <p><i>Please see the guidance on our school website for further information about RHE across the school.</i></p> <p style="text-align: center;"><a href="#"><u>RHE coverage</u></a></p>	



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	<p>school a good place to be</p> <ul style="list-style-type: none"> <li>• I understand why it is good to be kind and use gentle hands</li> <li>• I am starting to understand children's rights and this means we should all be allowed to learn and play</li> <li>• I am learning what being responsible means</li> </ul>	<ul style="list-style-type: none"> <li>• I know we are all different but the same in some ways</li> <li>• I can tell you why I think my home is special to me</li> <li>• I can tell you how to be a kind friend</li> <li>• I know which words to use to stand up for myself when someone says or does something unkind</li> </ul>	<ul style="list-style-type: none"> <li>• I can use kind words to encourage people</li> <li>• I understand the link between what I learn now and the job I might like to do when I'm older</li> <li>• I can say how I feel when I achieve a goal and know what it means to feel proud</li> </ul>	<p>are healthy and not so healthy and can make healthy eating choices</p> <ul style="list-style-type: none"> <li>• I know how to help myself go to sleep and understand why sleep is good for me</li> <li>• I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</li> <li>• I know who my safe adults are and how to stay safe if they are not close by me</li> </ul>	<p>to solve problems and stay friends</p> <ul style="list-style-type: none"> <li>• I am starting to understand the impact of unkind words</li> <li>• I can use Calm Me time to manage my feelings</li> <li>• I know how to be a good friend</li> </ul>	
YR1	<p><b>Being me in My World</b></p> <ul style="list-style-type: none"> <li>• I know how to use my Jigsaw Journal</li> <li>• I understand the rights and responsibilities as a member of my class</li> <li>• I understand the rights and responsibilities for</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>• I can identify similarities between people in my class</li> <li>• I can identify differences between people in my class</li> <li>• I can tell you what bullying is</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>• I can set simple goals</li> <li>• I can set a goal and work out how to achieve it</li> <li>• I understand how to work well with a partner</li> <li>• I can tackle a new</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>• I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</li> <li>• I know how to make healthy lifestyle choices</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• I can identify the members of my family and understand that there are lots of different types of families</li> <li>• I can identify what being a good friend</li> </ul>	<p><b>Changing Me (RHE)</b></p> <p><i>Please see the guidance on our school website for further information about RHE across the school.</i></p> <p><a href="#"><u>RHE coverage</u></a></p>



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	<p>being a member of my class</p> <ul style="list-style-type: none"> <li>I know my views are valued and can contribute to the Learning Charter</li> <li>I can recognise the choices I make and understand the consequences</li> <li>I understand my rights and responsibilities within our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>I know some people who I could talk to if I was feeling unhappy or being bullied</li> <li>I know how to make new friends</li> <li>I can tell you some ways I am different from my friends</li> </ul>	<p>challenge and understand this might stretch my learning</p> <ul style="list-style-type: none"> <li>I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them</li> <li>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</li> </ul>	<ul style="list-style-type: none"> <li>I know how to keep myself clean and healthy, and understand how germs cause disease/illness</li> <li>I understand that medicines can help me if I feel poorly and I know how to use them safely</li> <li>I know how to keep safe when crossing the road, and about people who can help me to stay safe</li> <li>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</li> </ul>	<p>means to me</p> <ul style="list-style-type: none"> <li>I know appropriate ways of physical contact to greet my friends and know which ways I prefer</li> <li>I know who can help me in my school community</li> <li>I can recognise my qualities as a person and a friend</li> <li>I can tell you why I appreciate someone who is special to me</li> </ul>	
YR2	<p><b>Being me in My World</b></p> <ul style="list-style-type: none"> <li>I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal</li> <li>I understand the rights and responsibilities for</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</li> <li>I understand that bullying is</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>I can choose a realistic goal and think about how to achieve it</li> <li>I carry on trying (persevering) even when I find tasks difficult</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>I know what I need to keep my body healthy</li> <li>I can show or tell you what relaxed means and I know some things that make me feel</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share</li> </ul>	<p><b>Changing Me (RHE)</b></p> <p><i>Please see the guidance on our school website for further information about RHE across the school.</i></p> <p><a href="#"><u>RHE coverage</u></a></p>



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	<p>being a member of my class and school, and the importance of making contributions</p> <ul style="list-style-type: none"><li>• I listen to other people and contribute my own ideas about rewards and consequences</li><li>• I can listen to other people and contribute my own ideas about rewards and consequences</li><li>• I understand how following the Learning Charter will help me and others learn</li><li>• I recognise the choices I make and understand the consequences</li></ul>	<p>sometimes about difference</p> <ul style="list-style-type: none"><li>• I can recognise what is right and wrong and know how to look after myself</li><li>• I understand that it is OK to be different from other people and to be friends with them</li><li>• I can tell you some ways I am different from my friends</li></ul>	<ul style="list-style-type: none"><li>• I can recognise who I work well with and who it is more difficult for me to work with</li><li>• I can work well in a group to create an end product</li><li>• I can explain some of the ways I worked well in my group to create the end product</li><li>• I know how to share success with other people</li></ul>	<p>relaxed and some that make me feel stressed</p> <ul style="list-style-type: none"><li>• I understand how medicines work in my body and how important it is to use them safely</li><li>• I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</li><li>• I can make some healthy snacks and explain why they are good for my body</li><li>• I understand which foods to eat to give my body energy</li></ul>	<p>and cooperate</p> <ul style="list-style-type: none"><li>• 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</li><li>• I can identify some of the things that cause conflict with my friends</li><li>• I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</li><li>• I recognise and appreciate people who can help me in my family, my school and my community</li><li>• I can express my appreciation for the people in my special relationships</li></ul>	
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YR3	<p><b>Being me in My World</b></p> <ul style="list-style-type: none"> <li>• I recognise my worth and can identify positive things about myself and my achievements</li> <li>• I can face new challenges positively, make responsible choices and ask for help when I need it</li> <li>• I understand why rules are needed and how they relate to rights and responsibilities</li> <li>• I understand that my actions affect myself and others and I care about other people's feelings</li> <li>• I can make responsible choices and take action</li> <li>• I understand my actions affect others and try to see things from</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>• I understand that everybody's family is different and important to them</li> <li>• I understand that differences and conflicts sometimes happen among family members</li> <li>• I know what it means to be a witness to bullying</li> <li>• I know that witnesses can make the situation better or worse by what they do</li> <li>• I recognise that some words are used in hurtful ways</li> <li>• I can tell you about a time when my words affected someone's feelings and what the consequences were</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>• I can tell you about a person who has faced difficult challenges and achieved success</li> <li>• I can identify a dream/ambition that is important to me</li> <li>• I enjoy facing new learning challenges and working out the best ways for me to achieve them</li> <li>• I can be motivated and enthusiastic about achieving our new challenge</li> <li>• I can recognise obstacles which might hinder my achievement and take steps to overcome them</li> <li>• I can evaluate my own learning process and identify how it can be better next time</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>• I understand how exercise affects my body and know why my heart and lungs are such important organs</li> <li>• I know that the amount of calories, fat and sugar I put into my body will affect my health</li> <li>• I can tell you my knowledge and attitude towards drugs</li> <li>• I know some strategies for keeping myself safe, who to go to for help and how to call emergency services</li> <li>• I can identify when something feels safe or unsafe</li> <li>• I understand how complex my body is and how important it is to take care of it</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</li> <li>• I can identify and put into practice some of the skills of friendship</li> <li>• I know and can use some strategies for keeping myself safe online</li> <li>• I can explain how some of the actions and work of people around the world help and influence my life</li> <li>• I understand how my needs and rights are shared by children around the world and can identify how our lives may be different</li> </ul>	<p><b>Changing Me (RHE)</b></p> <p><i>Please see the guidance on our school website for further information about RHE across the school.</i></p> <p><a href="#"><u>RHE coverage</u></a></p>
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	their points of view				<ul style="list-style-type: none"> <li>I know how to express my appreciation to my friends and family</li> </ul>	
YR4	<p><b>Being me in My World</b></p> <ul style="list-style-type: none"> <li>I know my attitudes and actions make a difference to the class team</li> <li>I understand who is in my school community, the roles they play, how I fit in and how I can contribute</li> <li>I understand how democracy works through the School Council</li> <li>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</li> <li>I understand how groups come together to make decisions</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>I understand that, sometimes, we make assumptions based on what people look like</li> <li>I understand what influences me to make assumptions based on how people look</li> <li>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</li> <li>I can tell you why witnesses sometimes join in with bullying and sometimes don't tell</li> <li>I can identify what is special about me and value the ways in which I am</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>I can tell you about some of my hopes and dreams</li> <li>I understand that sometimes hopes and dreams do not come true and that this can hurt</li> <li>I know that reflecting on positive and happy experiences can help me to counteract disappointment</li> <li>I know how to make a new plan and set new goals even if I have been disappointed</li> <li>I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>I recognise how different friendship groups are formed, how I fit into them and the friends I value the most</li> <li>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</li> <li>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</li> <li>I understand the facts about alcohol and its effects on health, particularly</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>I can recognise situations which can cause jealousy in relationships</li> <li>I can identify someone I love and can express why they are special to me</li> <li>I can tell you about someone I know that I no longer see</li> <li>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</li> <li>I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older</li> </ul>	<p><b>Changing Me (RHE)</b></p> <p><i>Please see the guidance on our school website for further information about RHE across the school.</i></p> <p><a href="#"><u>RHE coverage</u></a></p>



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	<ul style="list-style-type: none"> <li>I understand how democracy and having a voice benefits the school community</li> </ul>	<p>unique</p> <ul style="list-style-type: none"> <li>I can tell you a time when my first impression of someone changed when I got to know them</li> </ul>	<ul style="list-style-type: none"> <li>I can identify the contributions made by myself and others to the group's achievement</li> </ul>	<p>the liver, and also some of the reasons some people drink alcohol</p> <ul style="list-style-type: none"> <li>I can recognise when people are putting me under pressure and can explain ways to resist this when I want</li> <li>I know myself well enough to have a clear picture of what I believe is right and wrong</li> </ul>	<ul style="list-style-type: none"> <li>I know how to show love and appreciation to the people and animals who are special to me</li> </ul>	
YR5	<p><b>Being me in My World</b></p> <ul style="list-style-type: none"> <li>I can face new challenges positively and know how to set personal goals</li> <li>I understand my rights and responsibilities as a citizen of my country</li> <li>I understand my rights and responsibilities as a</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>I understand that cultural differences sometimes cause conflict</li> <li>I understand what racism is</li> <li>I understand how rumour-spreading and name-calling can be bullying behaviours</li> <li>I can explain the difference between</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>I understand that I will need money to help me achieve some of my dreams</li> <li>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</li> <li>I can identify a job I would like to do</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart</li> <li>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</li> <li>I understand that belonging to an online community can have positive and negative consequences</li> <li>I understand there</li> </ul>	<p><b>Changing Me (RHE)</b></p> <p><i>Please see the guidance on our school website for further information about RHE across the school.</i></p> <p><a href="#"><u>RHE coverage</u></a></p>





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	<p>citizen of my country and as a member of my school</p> <ul style="list-style-type: none"> <li>I can make choices about my own behaviour because I understand how rewards and consequences feel</li> <li>I understand how an individual's behaviour can impact on a group</li> <li>I understand how democracy and having a voice benefits the school community and know how to participate in this</li> </ul>	<p>direct and indirect types of bullying</p> <ul style="list-style-type: none"> <li>I can compare my life with people in the developing world</li> <li>I can understand a different culture from my own</li> </ul>	<p>when I grow up and understand what motivates me and what I need to do to achieve it</p> <ul style="list-style-type: none"> <li>I can describe the dreams and goals of young people in a culture different to mine</li> <li>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</li> <li>I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this</li> </ul>	<ul style="list-style-type: none"> <li>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</li> <li>I understand how the media, social media and celebrity culture promotes certain body types</li> <li>I can describe the different attitudes people have to food and how these can be affected by external influences</li> <li>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</li> </ul>	<p>are rights and responsibilities in an online community or social network</p> <ul style="list-style-type: none"> <li>I know there are rights and responsibilities when playing a game online</li> <li>I can recognise when I am spending too much time using devices (screen time)</li> <li>I can explain how to stay safe when using technology to communicate with my friends</li> </ul>	
YR6	<p><b>Being me in My World</b></p> <ul style="list-style-type: none"> <li>I can identify my</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>I understand there</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>I know my learning</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>I can take</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>I know that it is</li> </ul>	<p><b>Changing Me (RHE)</b></p>





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	<p>goals for this year, understand my fears and worries about the future and know how to express them</p> <ul style="list-style-type: none"> <li>• I know that there are universal rights for all children but for many children these rights are not met</li> <li>• I understand that my actions affect other people locally and globally</li> <li>• 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</li> <li>• I understand how an individual's behaviour can impact on a group</li> <li>• I understand how</li> </ul>	<p>are different perceptions about what normal means</p> <ul style="list-style-type: none"> <li>• I understand how being different could affect someone's life</li> <li>• I can explain some of the ways in which one person or a group can have power over another</li> <li>• I know some of the reasons why people use bullying behaviours</li> <li>• I can give examples of people with disabilities who lead amazing lives</li> <li>• I can explain ways in which difference can be a source of conflict and a cause for celebration</li> </ul>	<p>strengths and can set challenging but realistic goals for myself</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• I can identify problems in the world that concern me and talk to other people about them</li> <li>• I can work with other people to help make the world a better place</li> <li>• I can describe some ways in which I can work with other people to help make the world a better place</li> <li>• I know what some people in my class like or admire about me and can</li> </ul>	<p>responsibility for my health and make choices that benefit my health and well-being</p> <ul style="list-style-type: none"> <li>• I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</li> <li>• I understand that some people can be exploited and made to do things that are against the law</li> <li>• I know why some people join gangs and the risks this involves</li> <li>• I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</li> <li>• I can recognise stress and the triggers that cause</li> </ul>	<p>important to take care of my mental health</p> <ul style="list-style-type: none"> <li>• I know how to take care of my mental health</li> <li>• I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</li> <li>• I can recognise when people are trying to gain power or control</li> <li>• I can judge whether something online is safe and helpful for me</li> <li>• I can use technology positively and safely to communicate with my friends and family</li> </ul>	<p><i>Please see the guidance on our school website for further information about RHE across the school.</i></p> <p style="text-align: center;"><a href="#"><u>RHE coverage</u></a></p>
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	democracy and having a voice benefits the school community		accept their praise	this and I understand how stress can cause drug and alcohol misuse		
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