

Hasland Junior School – PSHE Objectives overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Three	<p>Being Responsible Know our rights and responsibilities. Spot the differences between wants, needs and rights. Understand why we have rules and why they are important Explore how to resolve differences and respect another’s point of view Explore how decisions are made within a community</p>	<p>Bullying Matters Know what bullying is. Describe how a bullied person feels. Know who you can talk to if they were upset or being bullied and to explain what you would do if it happened to you. Think about ways we can help those who have been bullied</p>	<p>Exploring Emotions Think about things that make us happy Know how our emotions can make us feel Know how situations can affect our emotions Describe how anger can affect us Learn how to manage our emotions in different situations</p>	<p>Drugs Think about what we already know about drugs? Know how medicines can be used Describe the difference between safe and harmful and to know substances can be harmful is misused. Think about choices and how they affect our lives. Know what a risk is and how to respond to a risk Think about our learning about Drugs.</p>	<p>Changes Describe changes that have happened in our lives Think about why change can feel uncomfortable Think about how people feel when they loose something/someone Think about why change matters</p>	<p>Growing Up Know what happens when we growing up to from old to young Know the correct names for body parts and genitalia Know about privacy Know ways of keeping safe and asking for help Know not to keep secrets Know when physical contact is/isn’t acceptable</p>
Four	<p>Relationships Develop strategies to be assertive when we are being persuaded to do something we feel uncomfortable with Develop strategies to respond to difficult situations in relationships Recognise different types of behaviour and understand the skills needed to develop effective relationships. Describe what makes a healthy relationship Think about how our body language can affect relationships Think about what we</p>	<p>Bullying Matters Spot when situations are or aren’t bullying Know the different people who can be affected by bullying Explore ways we can help people affected by bullying Explore how cyber bullying can affect those involved</p>	<p>Being Healthy Understand what is included in a balanced diet Understand the benefits of a healthy lifestyle Understand what might influence our choices know the importance of good mental health Know it is important to talk about our feelings Explore what affects our mental health Describe how people might hide /show their feelings Know what affects physical, mental and emotional health Develop skills to set health related goals</p>	<p>Money Matters Think about where money comes from Understand the importance of money in people’s lives and how money is obtained Explore how to manage money Understand the concepts of interest, loan, debt and tax Explore how to manage money Know some ways money is spent in keeping a home Explore how to manage money Describe the role of voluntary and charity groups</p>	<p>Being Safe Recognise risks in different situations Know that being independent brings more responsibility Develop strategies for keeping physically and emotionally safe Understand how to make informed choices Understand the importance of protecting information Explore how to predict and assess risk in different situations Understand how to become digitally responsible</p>	<p>Growing Up Know changes and feelings that happen in life as they grow Know similarities and differences between girls and boys Name the parts of the body in both gender Know some things that happen during puberty and about periods Develop the skills to protect our bodies Know how images are presented in the media</p>

	know about relationships					
Five	<p>Being Healthy Reflect on ways to improve our mental health Reflect on ways to improve our physical and mental health Evaluate a range of health risks Identify how using technology might impact on our health Develop strategies for improving the mental health of others</p>	<p>Bullying Matters Explain what bullying is. Reflect on bullying can affect a person on the inside Understand the terms ‘direct’, ‘indirect’, and ‘cyberbullying’ Explore why people bully others Reflect on our learning about bullying</p>	<p>Exploring Emotions Deepen understanding of good and not so good feelings Acknowledge a range of feelings in others and how to respond appropriately Reflect on the intensity and range of feelings Manage disputes Explain how their actions can affect themselves and others Reflect on when they experience conflicting emotions and how to manage these Acknowledge that online activity can affect our emotions</p>	<p>Being Responsible Understand that there are Human Rights to protect everyone Explain what Parliament is Practise debating topical issues Reflect on why rules are needed in different situations Explore others’ points of view Explore what being part of a community means and how you belong Use prior knowledge to discuss topical issues Apply skills to carry out responsibilities</p>	<p>Relationships Understand what a healthy relationship is Acknowledge different types of relationship Understand the different types of family relationship Understand the true meaning behind civil partnership and marriage Reflect on forced marriage Manage confidentiality and when it might be necessary to break a confidence Evaluate when a relationship can be unhealthy and who to turn to for support</p>	<p>Growing Up Understand the changes that happen in puberty Understand what puberty and human reproduction is Explore the intensity of feelings Manage and follow simple hygiene routine can prevent the spread of bacteria Reflect on similarities and differences between people, but Understand that everyone is equal</p>
Six	<p>Drugs Explore a range of drinks and assess the effects of these Understand that alcohol is a drug Acknowledge some of the effects of drinking alcohol Understand that nicotine is a drug Acknowledge some of the effects of smoking Reflect on influences and when an influence becomes a pressure Develop skills in how to ask for help</p>	<p>Bullying Matters Reflect on when ‘banter’ becomes ‘bullying’ Understand the nature and consequences of homophobic/cyber bullying Evaluate strategies of supporting a victim of homophobic/cyber bullying Acknowledge that we are all unique and that our differences arise from a number of factors Apply our understanding of cyber bullying Explain the consequences of cyber bullying for all</p>	<p>Staying Safe Understand how to make informed choices Acknowledge, predict and assess risks Explain where to get help Reflect on the importance of protecting information particularly online Practise being digitally responsible</p>	<p>Money Matters Understand about being a critical consumer Understand the concepts of interest, loan, debt, and tax Explain the concepts of interest, loan, debt, and tax Acknowledge how resources are allocated and the effects in individuals, communities, environments Use and apply enterprise skills Evaluate the risks associated with finance</p>	<p>Changes Explain the intensity of feelings Manage conflicting feelings Acknowledge and manage change positively Manage transition to secondary school Practise asking for help Manage transition to secondary school Acknowledge and manage change positively Manage transition to secondary school Acknowledge and manage change positively Manage difficult emotions</p>	<p>Growing Up Understand the qualities of a healthy relationship and apply this to my relationships Understand about committed and loving relationships Acknowledge pressures and influences and apply assertiveness Understand conflicting feelings Reflect on how images in the media and online don’t always reflect reality Apply knowledge and understanding to debate topical issues</p>

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