

Bishop Wood Junior School – PSHE Curriculum

Year Group	Area of Study	Key Skills	End Points
Year 3	Being Me in my World	<ul style="list-style-type: none"> • Explain how my behaviour can affect how others feel and behave. • Understand why it is important to have rules and how that helps me and others to learn. • Evaluate different choices that I or others might make and what the consequences might be. • Understand why rules are needed and how they relate to rights and responsibilities. 	<ul style="list-style-type: none"> • Set personal goals • Recognise my worth and identify positive things about myself and my achievements. • Face new challenges positively. • Contribute to a class learning charter. • Make responsible choices • Appreciate my family/the people who care for me. • Use my understanding of conflicts to act responsibly in situations. • Recognise how I can improve my learning. • Contribute to a whole school display of dreams and goals • Add to 'The Happy Healthy Me Recipe Book'. • Understand what positively and negatively affects my physical, mental and emotional health. • Understand how to keep myself safe in dangerous situations including online. • Make choices based on my consideration of how it will affect others. • Create 'Our Relationships Fiesta'. • Understand that animals and humans go through lots of changes. • Contribute to 'The Tree of Change' display
	Celebrating difference	<ul style="list-style-type: none"> • Describe different conflicts that might happen in family/friendship groups. • Explain how being involved in conflicts makes me feel. • Explain how the role of a witness in a conflicted situation can be helpful/unhelpful depending on their actions. 	
	Dreams and Goals	<ul style="list-style-type: none"> • Explain the different ways that help me learn. • Think about how I can help myself improve. • Confidently share my successes with others. • Analyse my learning strengths. 	
	Healthy Me	<ul style="list-style-type: none"> • Identify things, people and places that I need to keep safe from. • Explain strategies for keeping myself safe and healthy. • Express how being anxious/ scared and unwell feels. • Judge levels of risk involved in different situations. 	
	Relationships	<ul style="list-style-type: none"> • Explain how my life is influenced positively by people. • Explain some of the rights and responsibilities that I and others have. • Explain how my choices might affect my family, friendships and people around the world I don't know. 	
	Changing me	<ul style="list-style-type: none"> • Explain how boys' and girls' bodies change on the inside/outside during the growing up process. • Recognise how I feel about these changes and suggest some ideas to cope with these feelings. 	

Year 4	Being Me in My World	<ul style="list-style-type: none"> • Explain why being listened to and listening to others is important in my school community. • Explain how being democratic helps us to feel valued. • Problem solve and offer different solutions to help my class/team/school be more democratic. 	<ul style="list-style-type: none"> • Set personal goals. • Try to make people feel welcomed and valued. • Take on a role in a group and contribute to the overall outcome. • Contribute to a class learning charter. • Care about other people's feelings and try to empathise with them. • Question my first impressions. • Problem-solve a bullying situation with others. • Like and respect the unique features of my physical appearance. • Contribute to a whole school display of dreams and goals • Work out the steps to take to achieve my goal. • Add to 'The Happy Healthy Me Recipe Book'. • Show love and appreciation to the people and animals who are special to me. • Create 'Our Relationships Fiesta'. • Contribute to 'The Tree of Change' display.
	Celebrating Difference	<ul style="list-style-type: none"> • Discuss a time when my first impression of someone changed. • Explain how first impressions can be misleading. • Explain why bullying may be difficult to spot. 	
	Dreams and Goals	<ul style="list-style-type: none"> • Plan and set new goals even after a disappointment. • Explain what it means to be resilient and have a positive attitude. • Explain how this can lead to more chance of success. 	
	Healthy Me	<ul style="list-style-type: none"> • Recognise when I'm being put under pressure • Identify feelings of anxiety. • Identify a variety of strategies in different situations where I may experience peer pressure. 	
	Relationships	<ul style="list-style-type: none"> • Recognise how people are feeling when they miss someone/something. • Give reasons why people may experience a range of feelings associated with personal loss. • Offer and evaluate solutions. 	
	Changing Me	<ul style="list-style-type: none"> • Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby. • Explain some of the choices I might need to make in the future. • Give reasons why adults may choose to have a baby. 	

Year 5	Being Me in My World	<ul style="list-style-type: none"> • Compare my life with other people in my country and explain why we have rules and responsibilities in school. • Explain how the actions of one person can affect another. • Explain why rights and responsibilities contribute to making groups effective. 	<ul style="list-style-type: none"> • Contribute to a class learning charter. • Set personal goals. • Face new challenges positively. • Appreciate the things that make me happy. • Consider strategies for supporting myself or others who are being bullied. • Contribute to the school 'Dreams and Goals' display. • Practice emergency procedures. • Identify what I would like my life to be when I grow up. • Add to the 'Happy Healthy Me' recipe book. • Suggest ways to raise money for charity. • Create 'Our Relationships Fiesta'. • Recognise when I am spending too much time using devices. • Explain how to stay safe when using technology to communicate with my friends. • Identify what I'm looking forward to when I move to my next class. • Contribute to 'The Tree of Change' display.
	Celebrating Difference	<ul style="list-style-type: none"> • Explain the differences between direct and indirect bullying and offer a range of strategies to help myself and others. • Explain why racism and other forms of discrimination are unkind. Express how I feel about discriminatory behaviour. • Consider a range of bullying behaviours and explain the impact these may have on everyone involved. 	
	Dreams and Goals	<ul style="list-style-type: none"> • Compare my hopes and dreams to those of people from different cultures. • Explain why people from different cultures may have different hopes and dreams. • Evidence how I may have different opportunities and life chances compared to some young people. 	
	Healthy Me	<ul style="list-style-type: none"> • Explain different roles that food and some substances can play in people's lives. • Summarise different ways that I respect and value my body. • Consider how respecting and valuing my body may play a part in maintaining my self-confidence. 	
	Relationships	<ul style="list-style-type: none"> • Compare different types of friendships and the feelings associated with them. • Explain how to stay safe when using technology to communicate with my friends. • Justify why some people may use technology in ways that may be risky or harmful. 	
	Changing Me	<ul style="list-style-type: none"> • Explain how boys and girls changed during puberty and why looking after myself physically and emotionally is important. • Express how I feel about the changes that will happen to me during puberty. 	

Year 6	Being Me in My World	<ul style="list-style-type: none"> • Explain how my choices can have an impact on people in my immediate community and globally. • Empathise with others in my community and globally and explain how this can influence the choices I make. • Compare and contrast my own wants and needs with others in my immediate community and some global communities. 	<ul style="list-style-type: none"> • Contribute to a class learning charter. • Set personal goals for this year. • Contribute to the class and understand how we can function best as a whole. • Consider why people may bully others. • Contribute to the school 'Dreams and Goals' display. • Talk to others about my concerns and worries. • Add to the 'Happy Healthy Me' recipe book. • Recognise what triggers me to feel stressed. • Recognise when people are trying to gain power and control. • Create 'Our Relationships Fiesta'. • Recognise when I am spending too much time using devices. • Understand how I might become physically attracted to someone. • Identify any worries about moving to secondary school. • Contribute to 'The Tree of Change' display.
	Celebrating Difference	<ul style="list-style-type: none"> • Explain ways in which difference can be a source of conflict or a cause for celebrations. • Show empathy with people in situations where their difference is a source of conflict or a cause for celebration. • Explain ways in which different cultures, beliefs or lifestyles can be a source of conflict or a cause for celebration. • Express my own attitudes. 	
	Dreams and Goals	<ul style="list-style-type: none"> • Explain different ways to work with others to help make the world a better place. • Explain what motivates me to make the world a better place. • Analyse and justify why my group chose an activity and how this contributes to making the world a better place. 	
	Healthy Me	<ul style="list-style-type: none"> • Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. • Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure. • Give an account of different ways in which people in our society use substances including alcohol as part of their lifestyle. 	
	Relationships	<ul style="list-style-type: none"> • Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. • Explain when I need to stand up for myself and my friends in real or online situations. • Analyse some of the methods people can use to try to gain power and control over others. 	
	Changing Me	<ul style="list-style-type: none"> • Describe how a baby is conceived and how it develops through the nine months of pregnancy. • Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby. 	

