

NEWHAM BRIDGE PRIMARY SCHOOL
FOUNDATION SUBJECTS
CURRICULUM AND ASSESSMENT
DOCUMENT



P.S.H.E



Y1 P.S.H.E Non-negotiables

Health and Wellbeing

- To know and name the main parts of the body, and how to keep my body healthy.
- To understand the importance of personal hygiene.
- To understand the benefits of healthy eating and oral health.
- To think about themselves and recognise what they are good at.
- To recognise, name and deal with feelings in a positive way.
- To recognise there are times they will experience negative and conflicting emotions and discuss how we overcome them.
- To know they belong to various groups and communities.
- To understand who to go to if they are worried.
- To understand there are good and not so good secrets.
- To recognise that we have a responsibility to keep ourselves and others safe.
- To recognise the need for safety rules, including how to assess and predict certain situations.
- To understand that household products, including medicines can be harmful if not used properly.

Relationships

- To understand how behaviour can affect others.
- To understand the importance of listening to others and turn-take.
- To share responsibly.
- To identify people special to them in their life and discuss how special people should care for one another.
- To be able to recognise and name feelings.
- To know that feelings and bodies can be hurt.
- To know that kind words can inspire good thoughts.
- To know that self-belief and determination can overcome difficulties.

Living in the wider World

- To agree and follow class rules and understand how these rules are helpful.
- To be able to play a full part in the life of the classroom.
- To be able to express an opinion, agreement or disagreement.
- To know rules for and ways of keeping safe (including road safety, people who can help keep them safe).
- To know the internet is a way of finding information and communicating
- To know that we have to pay for what we buy.
- To know that it may not be possible to have everything I want straight away.

Links to P4C and Global Learning intrinsically woven throughout.



Y2 P.S.H.E Non-negotiables

Health and Wellbeing

- To know that I can make choices to improve my health and wellbeing.
- To know how diseases can be spread and how they can be controlled.
- To use appropriate language for body parts.
- To know that individuals have rights over their own bodies and that there is good and bad touching.
- To know who to go to if worried or upset.
- To recognise things they like/dislike, how to make real, informed choices which improve physical and emotional health.
- To understand that responsibilities and new opportunities can increase independence.
- To know that mistakes are ok and it is part of how we learn.
- To identify positive ways to face new challenges and be prepared for the transition to KS2.
- To know that people's needs change with age.
- To know rules about medicines and other substances used in the home.
- To know that medicines and drugs are useful but can be harmful if not used properly.

Relationships

- To listen to other people and to take and share responsibility (including strategies to resolve simple arguments through negotiation).
- To discuss what is right and wrong.
- To recognise that humans have different emotions and discuss ways to deal with these.
- To identify and respect differences and similarities between people.
- To know that there are different types of teasing and bullying, that these are unacceptable and how to resist teasing or bullying including who to go to and how to get help.

Living in the wider World

- To contribute to the life of the classroom.
- To have an awareness of charities and how they help people.
- To understand that not everything on the internet is true.
- To know what to do if they find anything inappropriate online.
- To understand that money comes from different sources and can be used for different purposes.

Links to P4C and Global Learning intrinsically woven throughout.



Y3 P.S.H.E Non-negotiables

Health and Wellbeing

- To recognise opportunities to make their own choices and understand the concept of a 'balanced lifestyle' and what is meant by a balanced diet.
- To know how to take care of their body (hygiene/ personal space) and understanding of having the right to protect their body from unwanted contact and know where to go for help.
- To understand how to maintain personal hygiene and that bacteria and viruses can affect health: How to reduce the spread.
- To know the importance of valuing myself and reflect on and celebrate achievements, identifying strengths and areas to improve.
- To understand what is meant by the term 'habit' and know rules relating to medicines, alcohol and tobacco.
- To understand how to deal with change and loss (key stage, possession, pet).
- To recognise rules around keeping safe in the environment (road/ water safety).
- To understand what is meant by the terms risk, danger and hazard.

Relationships

- To recognise and respond appropriately to a wider range of feelings in selves and others.
- To understand that different rules are needed in different situations.
- To participate in making and changing rules.
- To understand that differences and similarities arise in people due to a number of factors (age, family, cultural, religious).
- To understand the concept of a 'secret' when we should/should not agree to this and when it is right to break confidence.
- To empathise with other people and situations through topical issues and events.

Living in the wider World

- To understand that there are different kinds of responsibilities, rights and duties at home, school and in the community.
- To know that money is a finite resource for individuals, families and the community.
- To be able to use the internet purposefully and discuss the need for e-safety when online.

Links to P4C and Global Learning intrinsically woven throughout.



Y4 P.S.H.E Non-negotiables

Health and Wellbeing

- To make informed choices about healthy eating and exercising.
- To reflect on and celebrate achievements, identifying strengths and areas for improvement, set high aspirations and goals.
- To identify positive things about my own and others achievements.
- To recognise the worth of other people.
- To recognise and understand how to deal with change, losing a possession, separation and changes in the family unit.
- To understand that we have a choice and not to feel pressured to behave in a certain way.
- To have strategies to cope with peer influence and pressure.
- To understand what is meant by the term 'habit' and how habits can be hard to change.
- To know how to take care of their body, have the right to protect their body from unwanted contact and how to get support if they have any fears.
- To identify risk, danger and hazard factors.

Relationships

- To describe some of the different beliefs and values in society.
- To acknowledge that others have different points of view.
- To demonstrate respect and tolerance when others express different views.
- To express views confidently, when communicating with peers and adults.
- To recognise aggressive and antisocial behaviour and their effects upon individuals and communities.
- To respond to and challenge negative behaviour such as stereotyping and aggression.

Living in the wider World

- To understand that charities can play an important role in creating a more equal society and that some charities exist to fight for children's rights.
- To understand that sometimes people have their rights taken away and have to fight for the freedom that we often take for granted.
- To understand the different values and attitudes people have with regard to money.
- To realise that there are consequences to our behaviour on the environment: litter, vandalism, pollution, discrimination.
- I can take responsibility for my own online behaviour and safety and realise that actions have consequences.

Links to P4C and Global Learning intrinsically woven throughout.



Y5 P.S.H.E Non-negotiables

Health and Wellbeing

- To understand what positively and negatively affects their physical , mental and emotional health: peer and media pressure and recognise their worth as individuals by identifying positive things about themselves and their achievements.
- To deal positively with feelings and recognise a range of emotions in others.
- To make informed choices about healthy eating and exercising.
- To know how to take care of their body, have the right to protect their body from unwanted contact and how to get support if they have any fears for themselves and for peers.
- To recognise which substances: alcohol and tobacco could damage their future health and safety , why and how.
- To recognise and understand how to deal with change, losing a possession, separation and changes in the family unit.
- To recognise rules for and ways of keeping safe physically (rail safety)

Relationships

- To recognise what constitutes a positive, healthy relationship and develop skills to form and maintain positive and healthy relationships and know who to talk to for support.
- To express own views, show respect for views of others and resolve differences, looking at alternatives, making decisions and explaining choices.
- To know where individuals, families and groups can get help and support.
- To know that differences and similarities between people rise from a number of factors.
- To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise.
- To recognise and challenge stereotypes.

Living in the wider World

- To recognise local and national support groups
- To know that circumstances in other countries and cultures may be different from their own.
- To know about 'Fair Trade' and what it means.
- To know that individual and community rights and responsibilities need to be taken into account when making decisions.
- To understand that 'poverty' caught have different meanings to different people in different circumstances.
- To understand how and why people save.
- To understand the importance of keeping personal information safe and recognise dangers and responsibilities in the use of social media, ICT and mobile phones.



Y6 P.S.H.E Non-negotiables

Health and Wellbeing

- To understand that media can have an effect on emotional health and wellbeing: eating disorders, managing finances.
- To recognise which, why and how commonly available substances and drugs could damage their immediate family and future healthy and safety (legal and illegal).
- To name and explain male and female body parts.
- To recognise how people's emotions and bodies change at that time and how to deal with their feelings towards themselves, family and others in a positive way (puberty).
- To recognise their worth as individuals and feel positive about themselves by identifying the positive achievements, seeing mistakes, making amends and setting personal goals.
- To recognise positive ways to face new challenges and understand how to deal with change: bereavement, KS2 to KS3
- To know how to take care of their body, have the right to protect their body from unwanted contact and how to get support if they have any fears for themselves and for peers.
- To know how to stay safe and not to be pressured into behaving in a certain way, recognising the consequences of their behaviour (observing acceptable and unacceptable behaviour through the media)

Relationships

- To recognise what constitutes a positive healthy relationship verses an unhealthy one and know who to talk to if support is needed.
- To be aware of different types of relationships, family units, friends, relatives, personal and professional relationships and the appropriate of behaviour with different social contexts.
- To know that circumstances in other countries and cultures may be different from their own.
- To recognise different risks in different situations and then decide how to behave responsibly, including judging what kind of physical contact is acceptable and unacceptable.
- To know how to ask for help and have a range of strategies to resist pressure and distinguish between positive and negative influences.
- To realise the consequences of anti-social and aggressive behaviours such as bullying, cyber bullying and racism on others.

Living in the wider World

- To understand the importance of freedom to make choices and that everyone has human rights.
- To describe some of the different beliefs and values in society and understand respect and tolerance towards people who are different.
- To demonstrate a sense of social justice and moral responsibility.
- To know why and how rules are made and enforced, how to take part in making changes.
- To know about the basic institutions that support democracy locally and nationally.
- To make informed choices about the environment.
- To research, discuss and debate topical issues, problems and events.
- To know too exchange and share ideas with a wider audience, and evaluate my use of technology including the use of email, social networking, online gaming and mobile phones and how to present themselves online.
- To understand that money we earn also supports the community.

Links to P4C and Global Learning intrinsically woven throughout.