

	Autumn		Spring		Summer	
Year A	<p><b>Be Yourself</b></p> <p><b>KS1:</b> Recognise different emotions, explore different strategies to help manage uncomfortable feelings, learn about how big life changes impact on feelings and emotions, explore the importance of sharing thoughts and emotions.</p> <p><b>LKS2:</b> Identify strengths and achievement, recognise different emotions they experience, explore how to express thoughts and feelings respectfully and how to be assertive when in uncomfortable situations, explore the influence of the media in how we view ourselves, analyse the reality of these messages, how to make things right when we make mistakes, both in person or online, and the importance of learning from these.</p> <p><b>UKS2:</b> Develop a positive view of themselves, enable them to recognise the importance of being proud of their individuality, importance of recognising situations where they need to make positive choices in order to do the right thing, explore how to avoid being led into tricky situations, how to recognise and respond to peer pressure, how to be confident and how to manage uncomfortable feelings, investigate how to make things right when they make a mistake.</p>	<p><b>Digital Wellbeing</b></p> <p><b>KS1:</b> How: the Internet can be useful in everyday life, we can balance time online with other activities to keep our mind and body healthy, what risks there are online and how we can stay safe, including how important it is to not share any personal information online, explore the importance of communicating online in a way that shows kindness and respect and discuss whether or not we can believe everything we see on the Internet.</p> <p><b>LKS2:</b> Screen time and getting a healthy balance between online and offline activities. Learn about: online relationships, inc. cyberbullying and online stranger danger, privacy issues in terms of passwords, personal information and the sharing or forwarding of images and videos, pressures and challenges that are often associated with social media.</p> <p><b>UKS2:</b> Learn about potential risks of being online and when using digital technologies as well as strategies to stay safe and to get help, about online relationships and what a respectful and healthy online relationship looks like, as well as signs of an inappropriate online relationship and ways to get help, benefits and risk of social media will also be explored and how it can be used responsibly. Learn how to recognise what online bullying looks like and how to help make it stop, the concept of 'fake news' will be explored.</p>	<p><b>It's My Body</b></p> <p><b>KS1:</b> Make safer choices about their body, sleep and exercise, diet, cleanliness and substances, learn facts about each of these areas and learn strategies to manage them, the message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.</p> <p><b>LKS2:</b> making safer choices about bodies, sleep and exercise, diet, cleanliness and substances, learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.</p> <p><b>UKS2:</b> learning about: consent and autonomy, body image and stereotypes and substances which are harmful to our bodies, learn about the importance of sleep, exercise and hygiene, explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. Throughout the unit, children will be encouraged to consider the choices they have, healthy habits that can benefit us all and how to seek support should they need to.</p>	<p><b>VIPs</b></p> <p><b>KS1:</b> Explores the Very Important Persons (VIPs) in children's lives and the ways in which they can develop positive relationships with them. It enables children to identify who the special people in their life are and what makes someone a special person. Children are also encouraged to explore why families and friendships are important and to understand that there are things they can do to resolve differences and build healthy and positive relationships within them. This unit also teaches children the importance of cooperation and how to show the special people in their lives that they care, as well as the positive impact of doing this.</p> <p><b>LKS2:</b> focus on relationships we have with our VIPs. It will look at friendships, how friendships are formed and maintained and the qualities of a good friend, disputes and bullying and address strategies for coping with each of these.</p> <p><b>UKS2:</b> Children will identify who their VIPs are within their families and friendship groups and how important kindness and respect are within these relationships. The unit addresses conflicts and resolutions in relationships. The children will also look at the secrets and dares as well as healthy and unhealthy relationships.</p>	<p><b>Money Matters</b></p> <p><b>KS1:</b> Think about where money comes from and how it can be used, discuss the idea of spending and saving money and begin to understand why it is important to keep belongings, including money, safe. Learn about the different things on offer when they go shopping and identify the difference between the things we want and the things we need.</p> <p><b>LKS2:</b> discuss how we spend money, why people might need to borrow money and the consequences of this, begin to explore how we can prioritise what we spend money on and what choices we have, including environmental considerations of wider spending. Children will also consider what influences their spending and how we can keep track of what we spend.</p> <p><b>UKS2:</b> discuss the possible consequences of taking financial risks and identify ways to avoid these, learn about influences advertisers try to use to encourage us to spend our money and how to see the real value of products by being critical consumers, explore what ethical spending means and consider how to identify the impact of our spending choices on the environment around us, learn about budgeting and discuss how to prioritise our spending. Discuss how our earning and spending can contribute to society through the payment of tax and by making ethical choices.</p>	<p><b>Think Positive</b></p> <p><b>KS1:</b> recognise, talk about and accept their feelings, both positive and negative, as well as how to manage certain emotions</p> <p><b>LKS2:</b> mental health, thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mind-set approach to learning.</p> <p><b>UKS2:</b> links between our thoughts, feelings and emotions, making good choices and mindfulness and applying a growth mind-set approach to life.</p>

<b>Year B</b>	<p><b>TEAM (Together Everyone Achieves More)</b></p> <p><b>KS1:</b> Enable the children to develop successful collaborative working skills, such as good listening. Children learn about the importance of being kind to others, the effects of bullying and teasing what to do about it if they see it happening to others or if it happens to them. They will also think about effective learning skills and how to identify good and not-so-good choices.</p> <p><b>LKS2:</b> Enable children to identify the impact their actions have on the team they are working in. Children learn about successful teamwork skills, being considerate of others in the team and how to positively resolve any conflicts that occur. They will also learn about their individual responsibilities towards teams they work in and how new starts, such as starting a new school year, may feel and how they can support each other in this.</p> <p><b>UKS2:</b> Address collaborative learning and compromise to ensure task is completed successfully, discuss different types and effects of unkind behaviour, explore strategies for helping situations by creating team support networks. Address the importance of caring for team members and the shared responsibilities a team has.</p>	<p><b>Diverse Britain</b></p> <p><b>KS1:</b> enable children to identify that they belong to various groups and communities, ways in which they contribute positively to these. Learn about community, being good neighbours and looking after the environment. They will also learn about Britain, what it means to be British, about diversity and the importance of celebrating and being respectful of our differences.</p> <p><b>LKS2:</b> Inspired by the idea that we live in a diverse, multicultural and democratic society and that this is important and brings many benefits. It aims to enable the children to identify that they should be respectful of difference. Children learn about: British people, rules, the law, liberty and what living in a democracy means, the importance of being tolerant of differences within their society.</p> <p><b>UKS2:</b> Inspired by the idea that Britain represents a wide range of faiths and ethnicities and that the structures within it are there to support all. It aims to enable the children to identify how they can make a positive contribution to the community. Children learn about the law and the consequences of not respecting it, the workings of local and national government and the role of charities and voluntary groups in British society.</p>	<p><b>Safety First</b></p> <p><b>KS1:</b> Learn rules to keep themselves safe around strangers, (inc. online), learn about The Underwear Rule, which includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Children will also learn about people who help them and how to get help when needed, as well as their growing responsibility for their own safety.</p> <p><b>LKS2:</b> Taking responsibility for the decisions they make and how to stand up to peer pressure in a range of situations. Learn about everyday risks, hazards and dangers and what to do in risky or dangerous situations, road, water and rail safety and dangerous substances: drugs (including medicines), cigarettes and alcohol. Children will look at first aid, exploring how to deal with common injuries and what to do to respond to emergency situations.</p> <p><b>UKS2:</b> Assess the risk associated with different situations and learn about what to do if they feel in danger, how to identify an emergency, what to do and how to get help when needed. Look at hazards, dangers and risks, both inside the home and outdoors, and they will identify strategies for safe use of roads, railways, water and fireworks.</p>	<p><b>One World</b></p> <p><b>KS1:</b> Enable children to explore their own family life, home and school and compare these to others from around the world which are different from their own. Children learn about the relationship between people and their environment and how this affects their way of life. They will learn about how people use the earth's resources and the importance of protecting the earth for ourselves and future generations and how we can work together to do this.</p> <p><b>LKS2:</b> Enable the children to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place. Children also learn about climate change and its effects, fair trading practices and organisations that help people. They will also learn about how to be a good global citizen.</p> <p><b>UKS2:</b> Enable the children to explore the ideas of sustainability, the use of the earth's natural resources and the harmful effects of global warming. Children also learn about the steps they can take to reduce these harmful effects. They will also learn about biodiversity and its importance and explore what they would like to do to make the world a better place</p>	<p><b>Growing Up</b></p> <p><b>KS1:</b> Children will learn about their own and others' bodies, gender stereotypes and different types of families. They will learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences.</p> <p><b>LKS2:</b> How we grow and change, both physically and emotionally. Children will learn about their own and others' bodies and how male and female bodies play a part in human reproduction. They will also learn about different relationships and family structures.</p> <p><b>UKS2:</b> Builds on children's knowledge of how we grow and change, both physically and emotionally, and the types of relationships that people have. Children will learn about sexual relationships and sexually transmitted diseases. They will also learn about positive body images and stereotypes.</p>	<p><b>Aiming High</b></p> <p><b>KS1:</b> Discuss positive views of themselves, positive learning attitude, share aspirations for the future, with regard to employment and personal goals, different jobs and roles will be considered, difficulties faced by stereotyping will be explored. Children will discuss what they are looking forward to about their learning next year.</p> <p><b>LKS2:</b> Focus on goals and aspirations. Discuss achievements accomplished, identify ways of applying a growth mind-set to new challenges and learn about the importance of resilience, share aspirations for future goals, consider different jobs and careers, explore some of the difficulties faced by stereotyping, think about the specific skills they might wish to develop in order to achieve their short, mid and long-term goals.</p> <p><b>UKS2:</b> Learn about their own personal preferred learning styles, to understand how they learn best. Children will look at challenges people face and barriers to success and strategies to overcome such obstacles. Stereotypes in the world of work will be addressed, jobs they would like to do and the skills needed to do those jobs considered. Reflect on personal goals and the steps they can take to achieve these.</p>
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# Tackley CE Primary School Whole School PSHE Framework

