



Becontree Primary School

PSHE/RHE Curriculum Overview

EYFS
In EYFS, PSED has three aspects that it covers. These are explained below: Making relationships Children play co-operatively, taking turns with others. They take account of one another's ideas on how to organise their activity. They show sensitivity to other's needs and feelings. They form positive relationships with adults and other children. Self-confidence and Self-awareness Children are confident to try new activities and say why they like activities more than others. They are confident to speak in a familiar group. They will talk about their idea and will choose the resource they need for their chosen activities. They say when they do or don't need help. Managing Feelings and Behaviour They talk about how they and others show feelings They talk about their own and others' behaviour and its consequences, and know that some of it is unacceptable. They work as part of a group or class and understand the rules. They adjust their behaviour to different situations and take changes of routine in their stride.
End Points
By the end of EYFS, children will be able to: • -Begin to develop and form positive relationships • -Show sensitivity towards the needs of others • -Show self confidence and awareness by trying new things and taking risks • -Manage their feelings and behaviour • -Talk about their emotions and those of others • -Be able to differentiate between positive and negative behaviour and understand that negative behaviour has consequences.

Year 1					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
TEAM	Living in the Wider World- Britain	Be Yourself	Living in the Wider World- Money Matter and Harmful Substances	Aiming High	It's My Body
1.Together Everyone Achieves More I can talk about the teams I belong to.	1.My School I can describe ways that I can help my school community.	1.Marvellous Me I can talk about what makes me special.	1.Money I can explain where money comes from and why we need it.	1.Star Qualities I can think of star qualities that I have and those I would like to develop.	1.Different Friends I understand that we are all different but can still be friends.
2.Listening I can be a good listener.	2.My Community I can describe ways that I can be a good neighbour.	2Feelings I can name some of the different feelings I have and describe how they feel.	2.Keep It Safe I can explain how we can keep money safe and why it is important.	2.Positive Learners I can explain how a positive learning attitude can help me.	2.Growing and Changing I know how children grow and change.
3.Being Kind I can explain how to be kind and why it is important.	3.My Neighbourhood I can identify things that help and harm my neighbourhood.	3.Things I Like I can talk about things I like that make me happy.	3.Want or Need? I can explain the difference between things I want or need.	3.Bright Future I can talk about jobs that people can do and talk about what I want to be.	3.Families and Care I know about different families and who to ask for help.
4.Bullying and Teasing I can talk about unkind behaviour, teasing and bullying.	4.My Country I can describe what it is like to live in Britain	4.Uncomfortable Feelings I can talk about the things that make me feel unhappy/cross and what to do.	4.Staying Healthy I can identify how I stay healthy.	4.Jobs for All I understand that someone's skills and interests make them suited for a job.	4.Active and Asleep I can make healthy choices about sleep and exercise.
5.Brilliant Brains I can explain how to be a positive learner.	5.British People I can explore how people living in Britain can be different/same.	5.Changes I can discuss how change and loss make me feel.	5.Medicines I understand why and how to take medicines safely.	5. Going For Goals I can think about things I would like to achieve in the future.	5.Happy Healthy Food I can make healthy choices about food and drink.
6.Making Good Choices I can identify good and no-so-good choices.	6.What Makes Me Proud of Britain? I can share my ideas about being British and living in Britain.	6.Speak Up! I can share what I think and feel with confidence.	6.Who Gives Us Medicines I can identify who should be giving me medicine.	6.Looking Forward I can think about changes which might happen to me and consider how I feel about them.	6.Clean As a Whistle I know how to keep my body clean.
Red and Blue: Christopher Winter Project RHE: Growing and Caring for Ourselves, Medicines and People Who Help Us. Yellow: Outcomes evidenced in the Learning Journeys.					

Year 2					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Think Positive	Respecting Rights	VIPs	One World	Safety First	Growing Up
1.Think Happy, Feel Happy I understand how happy thoughts make me feel good.	1.Rights I can talk about what rights are and identify rights I have.	1.Who Are Your VIPs? I can talk about the VIP in my life and explain why they are special.	1.Families I can explore family life in different countries and say how it is the same/different to mine.	1.Keeping Safe I know how to stay safe and who can help me if I feel unsafe.	1.Look At Me Now I can describe how I have changed since I was a baby.
2.It's Your Choice I make good choices and consider the impact of my decisions	2.Protecting Our Rights I can explain why helps to protect our rights.	2.Families I can describe why families are important.	2.Homes I can explore homes in different countries and say how it is the same/different to mine.	2.Staying Safe At Home I know how to stay safe at home.	2.Getting Older I can describe how I will change as I get older.
3.Go-Getters I can set goals and consider how to achieve them.	3.Respecting Others I can show respect for others and understand why this is important.	3.Friends I can describe what makes someone a good friend.	3.Schools I can explore schools in different countries and say how it is the same/different to mine.	3.Staying Safe Online I can keep myself safe when I use the Internet.	3.Changes I can describe things that might change in a person's life and how it may make them feel.
4.Let It Out I can discuss my feelings and opinions with others and know how to cope with difficult emotions	4.Everybody's Different I can show respect for the differences people have.	4.Falling Out I can describe ways to help work out arguments and disagreements.	4.Environments I can explore places where people live which are different to where I live.	4.Staying Safe Around Strangers I can keep myself safe in different situations with people I don't know.	1.Differences I can identify the differences between male and female bodies.
5.Be Thankful I know what I am thankful for and focus on what I have rather than don't have.	5.Is it Fair? I can understand why it is important to be fair.	5.Working Together I can cooperate with others to achieve a task.	5.Resources I can think about how people use things from Earth and the impact this has for the future.	5.Safe Secrets and Surprises I know what I can share and what I should keep private.	2.Male and Female Animals To explore some of the differences between male and female- focus on life cycles.
6.Be Mindful I focus on what is happening now and how I am feelings.	6.Taking Part I can explain why making a positive difference is important.	6. Showing You Care I can describe how I show that I care about others.	6. Planet Protectors I can say why it is important to care for the Earth and protect it.	6.People Who Can Help Us I know who to go to if I need help.	3.Body Part Contact To understand sexual difference and name body parts.
Red: Christopher Winter Project RHE: Growing and Caring for Ourselves, Yellow: Outcomes evidenced in the Learning Journeys.					

Year 3					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
TEAM	Aiming High	Living in the Wider World-Britain	Be Yourself	Living in the Wider World-Money Matter/Healthy Lifestyle	It's My Body/Harmful Substances
1.A New Start I can talk about changes and how they may make me feel.	1.Achievements I can identify my achievement and how my actions help me to achieve.	1.Living in Britain I can describe what it is like to live in Britain.	1.Pride I can say things about myself that I am proud of.	1.Where Does Money Come From? I can explain what skills are needed for different jobs and why people work.	1.Body Differences I know that people are unique and respect the differences (exploring male and female bodies).
2.Together Everyone Achieves More I can explain how and why we should work as a team.	2.Goals I can set personal goals and suggest what it needed to achieve them.	2.Democracy I understand what democracy is and why it is important.	2Feelings I can identify the feelings that I have and describe how different emotions feel.	2.Ways To Pay I can explain the different ways people pay for things.	2.Personal Space I know what is appropriate and inappropriate physical contact.
3.Working Together I can describe how my actions and behaviour affect my team.	3.Always Learning I can explain how positive a learning attitude can help me learn new things.	3.Rules, Laws and Responsibilities I know what rules and laws are and how they help us.	3.Express Yourself I can describe the different ways I cope with uncomfortable feelings and why this is important.	3.Priorities I can explain the difference about things I want and that I need.	3.Help and Support I know there are different types of families and who to go to if I need help.
4.Being Considerate I can pay attention to and respond considerately to others.	4.Jobs and Skills I can identify the skills and attributes needed to do certain jobs.	4.Liberty I know what liberty means and can identify the rights of British people.	4.Know Your Mind I know how to be assertive.	4.Fit As A Fiddle I know how to keep my body healthy	1.Why People Smoke I know the effects of smoking.
5. When Things Go Wrong I can describe why disputes may happen and strategies to resolve them.	5. No Limit I understand that gender does not limit what we want to become in the future.	5.Tolerance and Respect I can describe a diverse society and talk about why it is important.	5.Media-Wise I can describe messages given by the media and know if they are helpful or harmful.	5.Good Night, Good Day I know why it is important to get enough sleep	2.Physical Effects of Smoking I know the impact of smoking and passive smoking.
6.Responsibilities I can talk about my responsibilities towards my team.	6.When I Grow Up I can discuss what job I want and what skills I need to do this job.	6.What Does It Mean To Be British? I can explain what being British means to me and others.	6.Making It Right I can identify different strategies to use if I make a mistake.	6.Choices Everywhere I know how to make better choices and choose healthy habits.	3.No Smoking I know some strategies to prevent starting smoking.
Red and Blue: Christopher Winter Project RHE: Growing and Caring for Ourselves, Medicines and People Who Help Us. Yellow: Outcomes evidenced in the Learning Journeys.					

Year 4					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Think Positive	VIPs	Safety First	Respecting Rights	One World	Growing Up
1.Happy Minds-Happy People I understand that having a positive attitude is good for my mental health.	1.Making Friends I can explain why we need new friendships and how to make them.	1.New Responsibilities I can be responsible for making good choices to stay safe and healthy.	1.Rights I understand what rights are and that all people share the same right.	1.China and Kwende I can discuss ways in which people's lives are similar/different and give reasons for this.	1.Changes I know the human life cycle and some basic facts about puberty.
2. Thoughts and Feelings I can recognise and manage positive and negative thoughts effectively.	2. Staying Friends I can create a list of positive actions needed to stay friends with my friend.	2.Risks, Hazards and Danger I can identify a risky situation and act responsibly.	2.Are All Rights Equal? I understand what the Universal Declaration of Human Rights and why they are important.	2.Chiwa's Dilemma (1) I can explore the differences of opinion and identify if I think these are fair.	2.What is Puberty? I know how puberty is linked to reproduction.
3.Changes I understand that some changes can be difficult, but that there are things we can do to cope.	3. Is This A Good Friend? I can identify my own support network.	3.Under Pressure I understand that I can choose not to do something that makes me feel uncomfortable.	3.Rules I can explain what democracy is and how this relates to rules and human rights.	3.Chiwa's Dilemma (2) I can think about the lives of people living in other places, make considered decisions and give my opinion.	3.Healthy Relationships I know what respect means in relationships and know the characteristics of a healthy relationship.
4.Keep Calm and Relax I can use mindfulness techniques to keep calm.	4.Falling Out I can demonstrate strategies for resolving conflicts.	4. Road Safety I know how to be safe on and near the road.	4.Rights Without Responsibilities I understand that human rights are not dependent on responsibilities.	4.Chiwa's Sugar I can recognise how my actions impact on people living in different countries.	1.Effects of Alcohol I know the effect alcohol has on the body.
5.You're The Boss I can identify uncomfortable emotions and manage them effectively.	5.Bullying I can identify what bullying is.	5.Dangerous Substances I know about dangerous substances and how they affect the human body.	5.Respect I can explain what it means to respect the rights of others and I understand why this is important.	5.Chiwa's World I know what climate change is and how it has an impact on people's lives.	2.Alcohol and Risk I know the risks related to drinking alcohol.
6. Always Learning I can apply a positive attitude towards learning and take on new challenges.	6. Anti-Bullying I know what to do if someone is being bullied.	6.Injuries and Emergencies I know how to respond in emergency situations.	6.Are We So Different I understand how stereotypes can stop people's human rights being met.	6.Charity for Chiwa I know some organisations which help people in different countries.	3.Limits To Drinking Alcohol I understand how society limits the drinking of alcohol.
Red and Blue: Christopher Winter Project RHE: Growing and Caring for Ourselves, Medicines and People Who Help Us. Yellow: Outcomes evidenced in the Learning Journeys.					

Year 5					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Aiming High	TEAM	Be Yourself	Money Matters/It's My Body	Living In The Wider World-Britain	Legal/Illegal Drugs and Growing Up
1.You Can Achieve Anything I understand how people learn new things and achieve their goals.	1.Together Everyone Achieves More I can talk about the attributes of a good team.	1.You Are Unique I know why everyone is unique and understand why this should be celebrated and respected.	1.Looking After It I know some financial risks I might encounter and can discuss how to avoid them.	1.Identities I can talk about the different faiths/ethnicities in Britain and how to show them respect.	1.Legal and Illegal Drugs I can explore a range of legal/illegal drugs, their risks and effects.
2.Breaking Down Barriers I can understand that a positive attitude helps us succeed in life.	2.Communicate I understand that we have different opinions and that I can disagree with others and offer my own opinion.	2.Let It Out I can explain why I should share my own thoughts and feelings.	2.Value For Money I know what 'value for money means' and how to tell if things are good value.	2.Communities I can explain what a community is and what it means to belong to one.	2.Attitude To Drugs I have considered my attitudes and beliefs to drugs and drug users.
3.Future Focus I can identify opportunities available to me in the future and how to make the most of them.	3.Collaborate I can work collaboratively to complete a task.	3.Uncomfortable Feelings I can explore uncomfortable feelings and understand how to manage them.	3.Money In The Wider World I know what tax is and why we need to pay it.	3.Respecting Laws I know why and how laws are made and identify what happens if they are broken.	3.Peer Pressure I have considered strategies to resist drug use.
4.Equal Opportunities I understand that gender does not determine what jobs people can do.	4.Compromise I can compromise to ensure a task is completed.	4.The Confidence Trick I understand why we sometimes feel 'shy' or 'nervous' and how to manage these.	4.Sleep Well, Be Well I understand why getting enough sleep is important.	4.Local Government I know what democracy and human rights are in relation to local government.	1.Talking About Puberty I have explored the emotional and physical changes which occur in puberty.
5.Innovation and Enterprise I understand why it is important to develop certain skills to prepare for work.	5.Care I can reflect on the need to care for individuals in a team.	5.Do The Right Thing I know when I might have to make different choices from those around me.	5.How We Think and Feel About Our Bodies I understand what a positive body image is.	5.National Government I know what democracy and human rights are in relation to national government.	2.The Reproduction System I know male and female puberty changes in more detail.
6.Onwards and Upwards I can discuss my goals for the future and what steps I need to take to achieve them.	6.Shared Responsibilities I can understand the importance of shared responsibility in helping a team to function.	6.Making Amends I can explore how it feels to make a mistake and describe how I can make amends.	6.Healthy Choices I can make informed choices to look after my physical and mental health.	6.Making A Difference I can investigate what charities/voluntary groups do and how they support the community.	3.Puberty Help And Support I know the impact puberty has on the body and the importance of hygiene.
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Year 6					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Think Positive	VIPs	Respecting Rights	One World	E-Safety/Social Media	Growing Up/Legal & Illegal Drugs
1.Cognitive Thinking I understand the link between thoughts, feelings and behaviours.	1.Family and Friends I can explain the importance of respecting my VIPs.	1.Know Your Rights I know what the Universal Declaration of Human Rights is and that I have rights.	1.Global Citizens I understand how we can be responsible global citizens.	1.You Are Responsible I can take responsibility for my own safety.	1.Puberty and Reproduction I know how and why the body changes during puberty in preparation for reproduction.
2.Thoughts Are Not Facts I understand the concept and impact of positive thinking.	2.Think Before You Act I can identify different ways to calm down when I am feeling angry/upset.	2.Do Human Rights Apply to Everyone? I understand that human rights apply to everyone.	2.Global Warming I know what global warming is and what we can do to prevent it from getting worse.	2. What Are the Risks? I can assess and manage risks in different situations.	2.Communication in Relationships. I know that communication and permission seeking are important in relationships.
3.Facing Your Feelings I can recognise and manage uncomfortable feelings.	3.It's Okay To Disagree I understand that people have different opinions that should be respected.	3.Are Everyone's Rights Met? I know why sometimes people's rights are not met.	3.Energy I know how energy can harm the environment and what we can do to help.	3.Making Your Mind Up I can identify and manage pressure to get involved in risky situations.	3.Families, Conception and Pregnancy I know the different ways people might start a family.
4.Choices and Consequences I understand the importance of making good choices	4.You Decide I can identify negative influences on my behaviour that I can resist these influences	4.Are you Rights Respecting? I can explain how I respect everyone's rights and I know why this is important.	4.Water I know how to use water responsibly and understand the importance of doing this.	4.In An Emergency I can act sensibly and responsibly in an emergency.	4.Online Relationships I know both positive and negative ways to communicate in a relationship.
5.Being Present I can use mindfulness techniques in my everyday life.	5.Secrets I can explain when it is right to keep a secret and when not and who to talk to about this.	5.Do Human Rights Change? I can identify how and why ideas about human rights have changed.	5.Biodiversity I understand what biodiversity is and explain its importance.	5.Keep It Safe I can understand how to use mobile devices and the internet safely and responsibly.	1. Cannabis I know the effects, risks and laws relating to cannabis.
6.Yes, I Can! I can apply a growth mindset in my everyday life.	6.False Friends I can recognise healthy and unhealthy relationships.	6.Human Rights Heroes I can explain the role and importance of human rights activists.	6.In Our Hands I can make better choices which makes the world a better place.	6.Click Safe, Click Happy I can understand that everyone has the right to feel safe/happy when using a mobile.	2. Substance Abuse, Getting Help and Support I understand the risk of substance abuse and know how to get help.
Red and Blue: Christopher Winter Project RHE: Growing and Caring for Ourselves, Medicines and People Who Help Us. Yellow: Outcomes evidenced in the Learning Journeys.					

KS1 End Points	KS2 End Points
By the end of KS1, children will be able to: • Develop an awareness of themselves in familiar contexts such as school/home • Understand how their behaviour impacts on others around them • Identify what makes them an individual and unique. • Understand about diversity and celebrate this • Understand what 'bullying' is and recognise the negative impact that it has • Express how they can succeed and how to achieve their goals • Understand how their body changes as they grow older • Be able to describe the private parts of their body • Understand what kind of things are healthy or unhealthy and how to look after their body	By the end of KS2, children will be able to: • Apply their understanding of themselves and others in a wider context such as community, The World • Understand how to manage their emotions effectively • Understand more deeply the diverse world they live in and how democracy works • Understand how their bodies change through puberty and into adulthood • Be clear about lifestyle choices and how these can affect their health and well-being, including drugs, cigarettes and alcohol • Set aspirational targets that will help them as they progress into KS3 • Understand what it means to be a positive role model and a global citizen and become this using the knowledge they have gained