



RYDES HILL

PRE-PREP & NURSERY SCHOOL

PSHE Teaching at Rydes Hill Life Skills Curriculum Overview

Year 1

Autumn Term

It's My Body:

- To understand that my body belongs to me and that I can choose what happens to my body.
- To identify healthy choices related to sleep and exercise.
- To understand what makes a healthy, balanced diet and explain why it is important for our bodies.
- To know how to keep my body clean and maintain good personal hygiene.
- To recognise what foods and drinks are safe to eat and drink.
- To make positive choices that help keep my mind and body healthy and safe.

Safety First:

- To understand how to stay safe and identify trusted adults who can help if I feel unsafe.
- To know how to keep myself safe at home.
- To understand how to stay safe when I am out and about in different places.
- To recognise ways to keep myself safe around people I do not know.
- To understand the difference between safe surprises and secrets that should be shared with a trusted adult.
- To identify people who can help me and know how to ask for support when I need it.

Spring Term

Diverse Britain:

- To describe ways that I can help my school community.
- To describe ways that I can be a good neighbour.
- To identify things that help and harm my neighbourhood.
- To describe what it is like to live in the British Isles.
- To explore how people living in the British Isles can be different and how they are the same.
- To talk about being British and living in the British Isles.

Be Yourself:

- To identify my own special traits and qualities.
- To talk about how changes and losses can make me feel.
- To understand the importance of sharing my thoughts and feelings with others.
- To recognise situations and experiences that may make me feel unhappy.
- To understand and celebrate individuality and how everyone is unique.
- To identify things I enjoy and explain why they make me feel happy.
- To consider ways I can support others who are experiencing change or loss.
- To explore strategies for managing feelings such as anger and sadness.
- To identify, name and describe a wide range of emotions and feelings.

Summer Term

TEAM:

- To identify and talk about the different teams and groups that I belong to.
- To understand the importance of listening carefully and being a good listener.
- To explain what kindness looks like and why it is important.
- To recognise unkind behaviours, including teasing and bullying, and understand their impact on others.
- To identify the qualities and behaviours of a positive learner.
- To recognise the difference between good choices and not-so-good choices and understand their consequences.

Aiming High:

- To identify my strengths and positive qualities and consider qualities I would like to develop.
- To understand how having a positive attitude can help me to learn and achieve.
- To explore different jobs and careers and talk about my aspirations for the future.
- To understand that interests, skills and talents help make people suited to different jobs.
- To set goals and think about things I would like to achieve in the future.
- To recognise that changes may happen as I grow and reflect on how these changes might make me feel.

Please note that the order in which units are delivered may vary throughout the academic year.

Teachers may adapt the sequence of teaching in response to the needs of the class and to ensure effective learning and progression.

Year 2

Autumn Term

VIPs:

- To identify the very important people in my life and explain why they are special to me.
- To understand why families are important and describe what families do for us.
- To recognise what makes a good friend and how to be a good friend to others.
- To identify ways to help resolve arguments and disagreements with others.
- To understand how to work cooperatively with others to achieve a shared goal.
- To describe ways I can show my special people that I care about them and explain why this is important.

One World:

- To explore family life in different countries and identify similarities and differences compared to my own.
- To explore homes and home life around the world and identify similarities and differences compared to my own.
- To understand what school life is like in different countries and compare it with my own school experience.
- To explore different environments where people live around the world.
- To understand how people use natural resources and recognise some of the problems this can cause.
- To understand why it is important to care for the Earth and identify ways I can help protect it.

Spring Term

Money Matters:

- To understand where money comes from and how people use it in everyday life.
- To understand how to keep money safe and explain why this is important.
- To understand what personal information is and how to keep it private.
- To understand that people make choices about spending money and why it is important to keep track of spending.
- To understand the difference between wants and needs and how this affects spending decisions.
- To understand that money can affect people's emotions.

Growing Up:

- To name the main parts of boys' and girls' bodies.
- To understand how to respect my own body and other people's bodies.
- To understand that everyone is different and that people like different things.
- To talk about my own family and recognise that other families may be different.
- To describe how I will change as I get older.
- To identify changes that can happen in people's lives and describe how these changes might make us feel.

Summer Term

Digital Wellbeing:

- To understand how the internet can be useful and describe ways it helps us in everyday life.
- To understand the importance of balancing screen time with other activities and explain why this is important.
- To understand how to stay safe when using the internet.
- To understand what personal information is and explain why it should be kept private.
- To understand how to communicate online in ways that show kindness and respect.
- To recognise that not everything found on the internet is true.

Think Positive:

- To understand how positive thoughts can help me to feel happy.
- To make good choices and consider the impact of my decisions.
- To set myself goals and think about how I can achieve them.
- To talk about my feelings and opinions and learn ways to cope with difficult emotions.
- To recognise things I am thankful for and focus on what I have.
- To understand what it means to be mindful and focus on the present moment and my feelings.

Please note that the order in which units are delivered may vary throughout the academic year.

Teachers may adapt the sequence of teaching in response to the needs of the class and to ensure effective learning and progression.

Year 3

Autumn Term

It's My Body:

- To understand that I can choose what happens to my body and know where to get help with any concerns.
- To understand how to keep my body healthy.
- To understand why it is important to get enough sleep.
- To understand the importance of hygiene and know what to do if I feel unwell.
- To understand how to take medicine safely and recognise how to stay safe around harmful substances.
- To understand how to make positive choices and develop healthy habits.

Safety First:

- To understand that I can take responsibility for making choices that keep me safe and healthy.
- To identify risky situations and respond in a responsible way.
- To understand that I can choose not to do something that makes me feel uncomfortable.
- To understand how to stay safe when I am out and about.
- To understand that some substances can be dangerous and explain how they can affect the human body.
- To understand how to respond in emergency situations.

Spring Term

Digital Wellbeing:

- To identify the positives and negatives of being online.
- To understand how to be kind online and help make the internet a safer place.
- To understand how to stay safe when communicating online and know what to do if I do not feel safe.
- To understand that not all online information is reliable and how to share information responsibly.
- To identify what should not be shared online and explain why this is important.
- To understand how technology can affect my wellbeing in different ways.

Diverse Britain:

- To describe what it is like to live in the British Isles.
- To understand what democracy is and explain why it is important.
- To understand what rules and laws are and describe how they help us.
- To understand what liberty means and identify the rights of British people.
- To understand what a diverse society is and explain why tolerance and respect are important.
- To explain what being British means to me and to others.

Summer Term

Be Yourself:

- To identify things about myself that I am proud of.
- To identify different feelings and describe how different emotions feel.
- To understand different ways to cope with uncomfortable feelings and explain why this is important.
- To understand what it means to be assertive.
- To explore messages from the media and decide whether they are helpful or harmful.
- To identify different strategies I can use if I make a mistake.

Aiming High:

- To identify my achievements and understand how my actions can help me to achieve goals.
- To identify personal goals and describe actions I can take to achieve them.
- To understand how a positive learning attitude can help me to learn new things.
- To identify the skills and attributes needed for different jobs.
- To understand that everyone should have equal opportunities to follow their career ambitions.
- To discuss what job I might like to do when I grow up and the skills I will need to achieve this.

Please note that the order in which units are delivered may vary throughout the academic year.

Teachers may adapt the sequence of teaching in response to the needs of the class and to ensure effective learning and progression.

Year 4

Autumn Term

TEAM:

- To talk about changes and describe how they might make me feel.
- To understand how and why we should work well as part of a team.
- To describe how my actions and behaviour affect my team.
- To pay attention to others and respond in a considerate way.
- To understand why disputes might happen and identify ways to resolve them.
- To understand my responsibilities within a team.

One World:

- To discuss ways in which people's lives are similar and different and give reasons for these differences.
- To explore different opinions and identify whether I think these are fair.
- To think about the lives of people in other countries, make considered decisions and give reasons for my opinions.
- To understand how my actions can impact people in different countries and identify ways to help make the world fairer.
- To understand what climate change is, how it affects people's lives and what I can do to help.
- To identify organisations that support people in different countries and explain how they help.

Spring Term

Money Matters:

- To understand that there are different routes into employment and reasons why people go to work.
- To understand that people make decisions about what to spend money on and why.
- To understand that people may need to borrow money and how money can affect people's emotions.
- To understand ways people can keep money safe and explain why this is important.
- To understand that different factors can influence people's spending decisions.
- To explain what it means to make and use a budget.

VIPs:

- To understand the importance of respecting the special people in my life.
- To understand how to make and maintain positive friendships.
- To identify my own support network and know who I can turn to for help.
- To demonstrate strategies for resolving conflicts and disagreements.
- To understand what bullying is and how to recognise it.
- To know what to do if someone is being bullied and how to seek help.

Summer Term

Growing Up:

- To describe male and female body parts and explain their functions.
- To understand how boys' bodies change during puberty.
- To understand how girls' bodies change during puberty.
- To describe some of the emotions people may experience as they grow up.
- To understand that there are many different types of relationships and families.

Think Positive:

- To understand that having a positive attitude is good for our mental health.
- To recognise and manage helpful and unhelpful thoughts.
- To understand that some changes can be difficult and identify ways to cope with them.
- To use mindfulness techniques to help me stay calm.
- To identify uncomfortable emotions and manage them effectively.
- To apply a positive attitude towards learning and take on new challenges.

Please note that the order in which units are delivered may vary throughout the academic year.

Teachers may adapt the sequence of teaching in response to the needs of the class and to ensure effective learning and progression.

Year 5

Autumn Term

It's My Body:

- To understand that my body belongs to me and that I have control over what happens to it.
- To understand why getting enough exercise and sleep is important for health and wellbeing.
- To understand how to take care of my body and keep it healthy.
- To understand the harmful effects of drugs, including alcohol and tobacco.
- To understand what a positive body image is and how we think and feel about our bodies.
- To make informed choices to look after my physical and mental health.

Aiming High:

- To understand how people learn new things and achieve goals.
- To understand that a positive attitude towards learning can help us succeed in life.
- To identify opportunities that may be available to me in the future and understand how to make the most of them.
- To understand that gender, race and social class do not determine what jobs people can do.
- To understand that there are different routes into jobs which may match my skills and interests.
- To discuss my goals for the future and the steps I need to take to achieve them.

Spring Term

Digital Wellbeing:

- To identify the benefits of the internet and understand how to look after my digital wellbeing.
- To understand how to stay safe, healthy and happy when using the internet and digital technology.
- To develop safe, respectful and healthy online relationships and recognise signs of inappropriate or harmful relationships online.
- To understand how to use social media responsibly to protect the health, wellbeing and rights of others.
- To understand what online bullying is and know what to do if I see or experience it.
- To understand that not all information online is true and learn how to assess the reliability of text and images.

Safety First:

- To take responsibility for my own safety.
- To assess and manage risks in different situations.
- To identify and manage pressure to take part in risky situations.
- To act sensibly and responsibly in an emergency.
- To identify hazards and reduce risks to keep myself and others safe at home.
- To understand how to stay safe in different outdoor environment.

Summer Term

Be Yourself:

- To understand that everyone is unique and explain why this should be respected and celebrated.
- To understand why it is important to share my thoughts and feelings and know how to do this.
- To explore uncomfortable feelings and understand how to manage them.
- To understand why we may feel shy or nervous and identify ways to manage these feelings.
- To recognise situations where I may need to make different choices from those around me.
- To explore how it feels to make a mistake and describe how I can make amends.

Diverse Britain:

- To understand and respect similarities and differences between people and show respect for different beliefs, traditions and lifestyles.
- To understand what human rights and diversity mean and explain the benefits of living in a diverse community.
- To understand what a community is and what it means to belong to one.
- To understand why rules and laws are needed and the consequences of breaking them.
- To understand what democracy is and how it relates to local and national government.
- To understand what discrimination, prejudice and stereotypes are and identify ways to challenge them.
- To understand the role of charities and voluntary groups and how they support communities.

Please note that the order in which units are delivered may vary throughout the academic year.

Teachers may adapt the sequence of teaching in response to the needs of the class and to ensure effective learning and progression.

Year 6

Autumn Term

Think Positive:

- To understand the link between thoughts, feelings and behaviours.
- To understand that thoughts are not facts and recognise the impact of positive thinking.
- To recognise and manage uncomfortable feelings.
- To understand the importance of making good choices and considering consequences.
- To use mindfulness techniques in everyday life.
- To apply a growth mindset in everyday life.

One World:

- To understand what it means to be a responsible global citizen.
- To understand what global warming is and identify ways to help prevent it from getting worse.
- To understand how energy use can affect the environment and describe ways to reduce this impact.
- To understand the importance of using water responsibly and how to do this.
- To understand what biodiversity is and explain why it is important.
- To understand that our choices can help make the world a better place for people everywhere.

Spring Term

Money Matters:

- To understand that different countries have their own currencies and to identify different ways to pay for things.
- To understand the factors that can influence how people choose to spend their money.
- To understand what a budget is, why it is helpful, and how to create one.
- To understand how money can affect people's emotional wellbeing.
- To understand how to spend money online safely and securely.
- To understand the factors that influence employment choices and how people can contribute positively to society.

VIPs:

- To understand how people who care for each other should treat one another.
- To identify different ways to calm down when feeling angry or upset.
- To understand that people can have different opinions and these should be respected.
- To identify negative influences on behaviour and suggest ways to resist them.
- To understand when it is right or wrong to keep a secret and who to talk to about concerns.
- To recognise the difference between healthy and unhealthy relationships.

Summer Term

Growing Up:

- To describe the changes that occur during puberty and understand how to care for a changing body.
- To describe how thoughts and feelings may change during puberty and suggest ways to manage these emotions.
- To understand that many factors affect how we feel about ourselves and that there is no ideal body type.
- To understand that there are different types of relationships and what a loving relationship is.
- To understand what a sexual relationship is and who may have one.
- To describe the process of human reproduction from conception to birth.

TEAM:

- To understand the attributes of a good team.
- To understand that people can have different opinions and practise politely disagreeing and sharing my own views.
- To understand how to compromise and collaborate to complete a task successfully.
- To reflect on the importance of caring for others within a team.
- To identify hurtful behaviour and suggest ways to respond and help.
- To understand the importance of shared responsibilities in helping a team work successfully.

Please note that the order in which units are delivered may vary throughout the academic year.

Teachers may adapt the sequence of teaching in response to the needs of the class and to ensure effective learning and progression.



RYDES HILL

PRE-PREP & NURSERY SCHOOL