

# EYFS

- Know they have a right to learn and play, safely and happily
- Make positive friendships
- Work and play co-operatively
- Know why rules are important
- To tackle challenges with perseverance
- Learn to make healthy food choices
- Learn about personal hygiene and the importance of exercise

# Developing Cultural Capital

## Year 1

- Understand their own rights and responsibilities within their classroom
- Learn that people are unique and that it is okay to be different
- Explore how to set simple goals and overcome obstacles
- Understand how to make healthy lifestyle choices and how to keep safe when crossing the road
- Know that families are founded on belonging, love and care
- Know which parts of the body are private and who to ask for help if they are worried or frightened

## Year 2

- Understand the rights and responsibilities of all class members, and the impact of positive and negative choices
- Recognise bullying and where to get help
- Understand that everyone's differences make them special and unique
- Know how to choose a realistic goal, think about how to achieve it and how to persevere
- Feel positive about caring for their bodies and keeping it healthy, including how to relax
- Can use positive problem-solving techniques to resolve a friendship conflict
- Recognise and talk about the types of physical contact that are acceptable or unacceptable

## Year 3

- Know that the school has a shared set of values and why these are needed
- Understand what it means to be a witness to bullying
- Identify that they are responsible for their own learning and how to overcome challenges
- Know that there are things, places and people that can be dangerous and recognise when something feels safe or unsafe
- Know how to access help if they are concerned about anything on social media or the internet
- Can identify their own wants and needs and how these may be similar or different from other children in school and the global community
- Know some of the body changes that happen during puberty

## Year 4

- Know their place in the school community and what democracy is
- Understand that some forms of bullying are harder to identify
- Have a positive attitude and be able to cope with disappointment
- Know the effects on health of alcohol and smoking and recognise peer pressure
- Can identify the feelings and emotions that accompany loss
- Know that babies are made by a sperm joining with an ovum
- Know how the female and male body change at puberty

## Year 6

- Know about children's universal rights (United Nations Convention on the Rights of the Child)
- Understand that difference can be a source of celebration as well as conflict
- Understand why it is important to stretch the boundaries of their current learning
- Are motivated to care for their own physical and emotional health
- Can resist pressure to do something online that might hurt themselves or others
- Know how a baby develops from conception through the nine months of pregnancy and how it is born
- Know how being physically attracted to someone changes the nature of the relationship

## Year 5

- Understand the rights and responsibilities associated with being a citizen in the wider community and their country
- Know what racism is and why it is unacceptable
- Investigate the types of job they might like to do when they are older
- Know how the media, social media and celebrity culture contribute to body image pressure
- Know how to stay safe when using technology to communicate with friends
- Know that sexual intercourse can lead to conception
- Understand the changes and growing responsibilities associated with becoming a teenager

## Personal, Social and Health Education

The PSHE curriculum supports children to be happy, confident and resilient individuals who build strong foundations for their future success and who respect the differences and rights of others. It equips children with the independence and skills to aspire to achieve their best, be productive members of communities and to keep physically and mentally healthy.

Term	Puzzle (Unit)	Content
<b>Autumn 1:</b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change