



Oakfield Primary School - PSHE - Spring Term

EYFS: Dreams and Goals Understand how to achieve a goal and persevere to overcome challenges. Understand how learning now can link to the future.					
Healthy Me Understand how to keep my body healthy. To understand what a stranger is.					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Dreams and Goals</p> <p>I can set simple goals.</p> <p>I can identify my successes and achievements.</p> <p>I can set a goal and work out how to achieve it.</p> <p>I can tell you how I learn best.</p> <p>I understand how to work well with a partner.</p> <p>I can celebrate achievement with my partner</p> <p>I can tackle a new challenge and understand this might stretch my learning.</p> <p>I can identify how I feel when I am faced with a new challenge</p> <p>I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.</p> <p>I know how I feel when I see obstacles and how I feel when I overcome them.</p> <p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p> <p>I know how to store the</p>	<p>Dreams and Goals</p> <p>I can choose a realistic goal and think about how to achieve it.</p> <p>I can identify my successes and achievements and know how this makes me feel (proud)</p> <p>I can persevere even when I find tasks difficult</p> <p>I can tell you some of my strengths as a learner</p> <p>I can recognise who it is easy for me to work with and who it is more difficult for me to work with.</p> <p>I understand how working with other people can help me learn</p> <p>I can work cooperatively in a group to create an end product.</p> <p>I can work with other people to solve problems.</p> <p>I can explain some of the ways I worked cooperatively in my group to create the end product.</p> <p>I can express how it felt to be working as part of this group</p>	<p>Dreams and Goals</p> <p>I can tell you about a person who has faced difficult challenges and achieved success</p> <p>I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)</p> <p>I can identify a dream/ambition that is important to me</p> <p>I can imagine how I will feel when I achieve my dream/ambition</p> <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p>I can break down a goal into a number of steps and know how others could help me to achieve it</p> <p>I am motivated and enthusiastic about achieving our new challenge</p> <p>I know that I am responsible for my own learning and can use my strengths as a learner to</p>	<p>Dreams and Goals</p> <p>I can tell you about some of my hopes and dreams.</p> <p>I know how it feels to have hopes and dreams.</p> <p>I understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p>I know how disappointment feels and can identify when I have felt that way.</p> <p>I know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p>I know how to cope with disappointment and how to help others cope with theirs.</p> <p>I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I know what it means to be resilient and to have a positive attitude.</p> <p>I know how to work out the steps to take to achieve a goal and can do this successfully as part of a group.</p>	<p>Dreams and Goals</p> <p>I understand that I will need money to help me achieve some of my dreams.</p> <p>I can identify what I would like my life to be like when I am grown up.</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.</p> <p>I appreciate the contributions made by people in different jobs.</p> <p>I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.</p> <p>I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future.</p> <p>I can describe the dreams and goals of young people in a culture different to mine.</p> <p>I can reflect on how these relate to my own.</p> <p>I understand that</p>	<p>Dreams and Goals</p> <p>I know my learning strengths and can set challenging but realistic goals for myself (e.g one in-school goal and one out-of-school goal)</p> <p>I understand why it is important to stretch the boundaries of my current learning.</p> <p>I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.</p> <p>I can set success criteria so that I will know whether I have reached my goal.</p> <p>I can identify why I am motivated to do this.</p> <p>I know what some people in my class like or admire about me and can accept their praise.</p> <p>I can give praise and compliments to other people when I recognise their contributions and achievements.</p>



<p>feelings of success in my internal treasure chest.</p> <p>Key Vocabulary Simple Goals, achieve, tackle, challenges, obstacles, overcome, succeed, celebrate</p> <p>Healthy Me Understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I feel good about myself when I make healthy choices I know how to make healthy lifestyle choices I feel good about myself when I make healthy choices I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly I am special so I keep myself safe I understand that medicines can help me if I felt poorly and I know how to use them safely I know some ways to help myself when I feel poorly I know how to keep safe when crossing the road, and about people who can help</p>	<p>I know how contributing to the success of a group feels and I can store those feelings internally (proud).</p> <p>Key Vocabulary Realistic, proud, success, celebrate, achievement, goal, persevere, challenge, strength's, dream</p> <p>Healthy Me I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed. I can tell you when a feeling is weak and when a feeling is strong. I understand how medicines work in my body and how important it is to use them safely. I feel positive about caring for my body and keeping it healthy. I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy. I have a healthy relationship with food and know which foods I enjoy the most. I can decide which foods to eat to give my body energy. I have a healthy relationship with food and I know which foods are most nutritious for my body.</p>	<p>achieve the challenge I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge I can recognise obstacles which might hinder my achievement and can take steps to overcome them I can manage the feelings of frustration that may arise when obstacles occur I can evaluate my own learning process and identify how it can be better next time I am confident in sharing my success with others and can store my feelings in my internal treasure chest</p> <p>Key Vocabulary Challenges, success, achieved, ambition, dream, motivation, enthusiastic, obstacles, overcome, evaluate, responsible, frustration, confident, admire</p> <p>Healthy Me I understand how exercise affects my body and know why my heart and lungs are such important organs. I can set myself a fitness challenge. I understand how exercise affect my body and know why my heart and lungs are</p>	<p>I can enjoy being part of a group challenge. I can identify the contributions made by myself and others to the group's achievement. I know how to share in the success of a group and how to store this success experience in my internal treasure chest.</p> <p>Key Vocabulary Reflecting, experiences, counteract, disappointment, achieve, successful, contributions, achievement, resilient.</p> <p>Healthy Me I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most. I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions. I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower and understand the roles I take on in different situations. I am aware of how different people and groups impact on</p>	<p>communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. I appreciate the similarities and differences in aspirations between myself and young people in a different culture. I can encourage my peers to support young people here and abroad to meet their aspirations and suggest ways we might do this, e.g. through sponsorship. I understand why I am motivated to make a positive contribution to supporting others.</p> <p>Key Vocabulary Achieve, dreams, jobs, explore, earn, motivates, culture, communicating, support, abroad, sponsorship, appreciate, contributions, reflect, positive contribution.</p> <p>Healthy Me I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I can make an informed decision about whether or not I choose to smoke and know how to resist pressure. I know some of the risks</p>	<p>Key Vocabulary Learning strengths, challenging, realistic, motivate, problems, concern, admire, accept, emotions suffering, empathise, compliments, contribution, achievements.</p> <p>Healthy Me I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood. I am motivated to give my body the best combination of food for my physical and emotional health. I know about different types of drugs and their uses and their effects on the body, particularly the liver and heart. I am motivated to find ways to be happy and cope with life's situations without using drugs. I can evaluate when alcohol is being used responsibly, anti-socially or being mis-used. I can tell you how I feel about using alcohol when I am older and my reasons for this. I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in</p>
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<p>me to stay safe I can recognise when I feel frightened and know who to ask for help I can tell you why I think my body is amazing and can identify some ways to keep safe and healthy I can recognise how being healthy helps me to feel happy Key Vocabulary Healthy, unhealthy, lifestyle, clean, germs, disease, illness, medicines, harmful, road safety. Basic First Aid I know why is first aid important? I know what to do in an asthma attack I know what do kindness and coping mean?</p>	<p>I can make some healthy snacks and explain why they are good for my body. I can express how it feels to share healthy food with my friends. Key Vocabulary Healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, healthy, unhealthy, dangerous, medicines, safe, balanced diet, portion, nutritious, energy. Basic First Aid I know what do kindness and coping mean? I understand how to treat a burn</p>	<p>such important organs. I can set myself a fitness challenge. I can tell you my knowledge and attitude towards drugs. I can identify how I feel towards drugs. I can identify things, people and places that I need to keep safe from and can tell you some strategies for keeping myself safe including who to go to for help. I can express how being anxious or scared feels. I understand that, like medicines, some household substances can be harmful if not used correctly. I can take responsibility for keeping myself and others safe at home. I understand how complex my body is and how important it is to take care of it. I respect my body and appreciate what it does for me. Key Vocabulary Heart, lungs, exercise, organs, attitude, drugs, medicines, substances, harmful, complex. Basic First Aid I understand how to give some basic first aid</p>	<p>me and can recognise the people I most want to be friends with. I understand the facts about smoking and its effects on health and also some of the reasons people start to smoke. I can relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others. I understand the facts about alcohol and its effects on health, particularly the liver and also some of the reasons some people drink alcohol. I can relate to the feelings of shame and guilt and know how to act assertively to resist pressure from myself and others. I can recognise when people are putting me under pressure and can explain ways to resist this when I want. I can identify feelings of anxiety and fear associated with peer pressure. I know myself well enough to have a clear picture of what I believe is right and wrong. I can tap into my inner strength and know how to be</p>	<p>with misusing alcohol, including anti-social behaviour and how it affects the liver and heart. I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure. I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. I know how to keep myself calm in emergencies. I understand how the media and celebrity culture promotes certain body types. I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am. I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. I respect and value my body. I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy</p>	<p>emergency situations. I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen. I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. I know how to help myself feel emotionally healthy and can recognise when I need help with this. I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse. I can use different strategies to manage stress and pressure. Key Vocabulary Energy, mood altering, comfort, drugs, liver, heart, liver, heart, alcohol, misuse, responsibly, anti-socially, emergency procedures, emotionally well, mental health/illness, Basic First Aid To understand how to give first aid if someone is unresponsive</p>
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