



Oakfield Primary School - PSHE - Summer Term

EYFS: Relationships Understand ways I feel I belong and how to manage my feelings. Understand how to be kind and a good friend. Changing me Name parts of the body and understand how we grow from babies to adults.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Relationships</p> <p>I can identify the members of my family and understand that there are lots of different types of families.</p> <p>I know how it feels to belong to a family and care about the people who are important to me</p> <p>I can identify what being a good friend means to me</p> <p>I know how to make a new friend</p> <p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>I can recognise which forms of physical contact are acceptable and unacceptable to me</p> <p>I know who can help me in my school community</p> <p>I know when I need help and know how to ask for it</p> <p>I can recognise my qualities as person and a friend</p> <p>I know ways to praise myself</p> <p>I can tell you why I appreciate someone who is</p>	<p>Relationships</p> <p>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and co-operate.</p> <p>I accept that everyone's family is different and understand that most people value their family.</p> <p>I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.</p> <p>I know which types of physical contact I like and don't like and can talk about this.</p> <p>I can identify some of the things that cause conflict with my friends.</p> <p>I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.</p> <p>I understand that sometimes it is good to keep a secret and</p>	<p>Relationships</p> <p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</p> <p>I can describe how taking some responsibility in my family makes me feel.</p> <p>I can identify and put into practice some of the skills of friendship, e.g taking turns, being a good listener.</p> <p>I know how to negotiate in conflict situations to try to find a win-win solution.</p> <p>I know and can use some strategies for keeping myself safe.</p> <p>I know who to ask for help if I am worried or concerned.</p> <p>I can explain how some of the actions and work of people around the world help and influence my life.</p> <p>I can show an awareness of how this could affect my choices.</p> <p>I understand how my needs</p>	<p>Relationships</p> <p>I can identify the web of relationships that I am part of, starting from them closest to me and including those more distant.</p> <p>I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them.</p> <p>I can identify someone I love and can express why they are special to me.</p> <p>I know how most people feel when they lose someone or something they love.</p> <p>I can tell you about someone I know that I no longer see.</p> <p>I understand that we can remember people even if we no longer see them.</p> <p>I can explain different points of view on an animal rights issue.</p> <p>I can express my own opinion and feelings on this.</p> <p>I understand how people feel when they love a</p>	<p>Relationships</p> <p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>I know how to keep building my own self-esteem.</p> <p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p> <p>I know how to stand up for myself and how to negotiate and compromise.</p> <p>I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean.</p> <p>I understand that relationships are personal and there is no need to feel pressured into having a boyfriend/girlfriend.</p> <p>I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean.</p> <p>I can recognise the feeling</p>	<p>Relationships</p> <p>I can identify the most significant people to be in my life so far.</p> <p>I understand how it feels to have people in my life that are special to me.</p> <p>I know some of the feelings we can have when someone dies or leaves.</p> <p>I can use some strategies to manage feelings associated with loss and can help other people to do so.</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.</p> <p>I can recognise when I am feeling those emotions and have strategies to manage them.</p> <p>I can recognise when people are trying to gain power or control.</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.</p>



<p>special to me I can express how I feel about them.</p> <p>Key vocabulary Family, different families, friend, appropriate contact, school community, qualities, appreciate, touch</p> <p>Changing Me I am starting to understand the life cycles of animals and humans I understand that changes happen as we grow and that this is OK I can tell you some things about me that have changed and some things about me that have stayed the same I know that changes are OK and that sometimes they will happen whether I want them to or not I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles,</p>	<p>sometimes it is not good to keep a secret. I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this. I recognise and appreciate people who can help me in my family, my school and my community. I understand how it feels to trust someone. I can express my appreciation for the people in my special relationships. I am comfortable accepting appreciation from others.</p> <p>Key Vocabulary Family, different, similarities, special, relationship, important, co-operate, touch, physical contact, communication, hugs, like, dislike, acceptable, not acceptable, point of view, conflict, good secret, worry secret, telling, trust, frightened, compliments.</p> <p>Changing Me I can recognise cycles of life in nature. I understand there are some changes that are outside my control and can recognise how I feel about this.</p>	<p>and rights are shared by children around the world and can identify how our lives may be different. I can empathise with children whose lives are different to mine and appreciate what I may learn from them. I know how to express my appreciation to my friends and family.</p> <p>Key Vocabulary Responsibilities, reflect, expectations, males, females, strategies, influence, appreciation.</p> <p>Changing Me I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby. I can express ow I feel when I see babies or baby animals. I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow. I can express how I might feel if I had a new baby in my family. I understand that boys' and</p>	<p>special pet. I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet. I know how to show love and appreciation to the people and animals who are special to me. I can love and be loved.</p> <p>Key Vocabulary Relationships, closest, distant, points of view, animal rights, love, appreciation, contribute.</p> <p>Changing Me I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm. I appreciate that I am a truly unique human being. I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby. I understand that having a baby is a personal choice and can express how I feel about having children when</p>	<p>of jealousy, where it comes from and how to manage it. I understand how to stay safe when using technology to communicate with my friends. I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others. I can explain how to stay safe when using technology to communicate with my friends. I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others.</p> <p>Key Vocabulary Self-esteem, personal qualities, characteristics, negotiate, compromise, trust, loyalty, empathy, betrayal, attraction, pressure, jealousy, resist.</p> <p>Changing Me I am aware of my own self-image and how my body image fits into that. I know how to develop my own self esteem. I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and</p>	<p>I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening. I can take responsibility for my own safety and well-being. I can use technology positively and safely to communicate with my friends and family. I can take responsibility for my own safety and well-being.</p> <p>Key Vocabulary Significant people, feelings, death, stages of grief, loss, power and control, technology, safely, communicate, emotions, attraction</p> <p>Changing Me I am aware of my own self-image and how my body image fits into that. I know how to develop my own self esteem. I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. I can express how I feel about the changes that will</p>
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<p>vagina I respect my body and understand which parts are private I understand that every time I learn something new I change a little bit I enjoy learning new things I can tell you about changes that have happened in my life I know some ways to cope with changes.</p> <p>Key Vocabulary Changes, grow, natural, different rates, respect, private parts, girl, boy</p>	<p>I can tell you about the natural process of growing from young to old and understand that this is not in my control. I can identify people I respect who are older than me. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. I feel proud about becoming more independent. I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private. I can tell you what I like/don't like about being a boy/girl. I understand there are different types of touch and can tell you which ones I like and don't like. I am confident to say what I like and don't like and can ask for help. I can identify what I am looking forward to when I am in year 3. I can start to think about changes I will make when I am in Year 3 and know how</p>	<p>girls' bodies change on the outside during this growing up process. I recognise how I feel about these changes happening to me and know how to cope with those feelings. I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I recognise how I feel about these changes happening to me and know how to cope with these feelings. I can start to recognise stereotypical ideas I might have about parenting and family roles. I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes. I can identify what I am looking forward to when I am in Year 4. I can start to think about changes I will make when I am in Year 4 and know how to go about this.</p>	<p>I am an adult. I can describe how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation (having periods) is a natural part of this. I have strategies to help me cope with the physical and emotional changes I will experience during puberty. I know how the circle of change works and can apply it to changes I want to make in life. I am confident enough to try to make changes when I think they will benefit me. I can identify changes that have been and may continue to be outside of my control that I learnt to accept. I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively. I can identify what I am looking forward to when I am in Year 5. I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.</p>	<p>emotionally. I understand that puberty is a natural process that happens to everybody and that it will be ok for me. I can describe how boys' and girls' bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty. I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby. I appreciate how amazing it is that human bodies can reproduce in these ways. I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). I am confident that I can cope with the changes that growing up will bring. I can identify what I am looking forward to when I am in Year 6. I can start to think about changes I will make when I am in Year 6 and know how to go about this.</p> <p>Key Vocabulary</p>	<p>happen to me during puberty. I can ask the questions I need answered about changes during puberty. I can reflect on how I feel about asking the questions about the answers I receive. I can describe how a baby develops from conception through the nine months of pregnancy and how it is born. I recognise how I feel when I reflect on the development and birth of a baby. I understand how being physically attracted to someone changes the nature of the relationship. I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this. I can identify what I am looking forward to and what worries me about the transition to secondary school. I know how to prepare myself emotionally for starting secondary school.</p> <p>Key Vocabulary Self-image, body-image, puberty, physically,</p>
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	<p>to go about this.</p> <p>Key Vocabulary Change, grow, lifecycle, control, baby, adult, fully grown, growing up, old, young, respect, appearance, physical, toddler, child, teenager, adult, timeline, responsibilities, male, female, vagina, penis, testicles, public, private, touch, cuddle, acceptable, unacceptable.</p>	<p>Key Vocabulary Humans, conception, uterus, process, stereotypical, respect.</p>	<p>Key Vocabulary Personal characteristics, egg, sperm, penis, testicles, vagina, uterus/womb, ovaries, making love, fertilise, reproduction, puberty, physical and emotional changes, confident, menstruation, periods.</p>	<p>Self, self-image, body-image, self-esteem, perception, characteristics, Aspects, affirmation, puberty, menstruation, periods, sanitary towels, tampons, ovary, vagina, womb/uterus, sperm, semen, testicles, erection, ejaculation, wet dream, larynx, hormones, sexual intercourse, fallopian tube, fertilisation, embryo, umbilical cord, contraception, fertility treatment.</p>	<p>emotionally, conception, trust, respect, pubic hair, menstruation, semen, erection, tampon, breasts, hormones, wet dream, ovulation, masturbation, sanitary towel, clitoris, testicles, sperm, penis, moody, vagina, womb, fallopian tube</p>
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