

Baden Powell PSHE Curriculum

Year One	Autumn	Spring	Summer
	<p><b>Health and Wellbeing Aiming High:</b>            High aspirations            Positive learning attitudes            Stereotyping</p> <p><b>Relationships Team:</b>            Collaborative working skills            Kindness towards others            Bullying and teasing            Good Choices</p>	<p><b>Health and Wellbeing It's my body</b>            Choices we can make about looking after our body            Sleep and exercise            Diet            Personal Hygiene            Dangerous substances</p> <p><b>Living in the Wider World Britain</b>            Belonging            Diversity            Respect for others            Different communities</p>	<p><b>Relationships Be Yourself</b>            Different Emotions            Strategies to manage emotions            Changes            Sharing feelings (mental health)</p> <p><b>Living in the Wider World Money</b>            Consumerism            Savings            What we want            What we need            Budgeting</p>
Year Two	<p><b>Health and Wellbeing Think Positive</b>            Understand positive feelings            Understand negative feelings            Manage emotions            Making good decisions            Resilience            Thankfulness and Gratefulness            Mindfulness</p> <p><b>Relationships VIP's</b>            Important People in our lives            Positive relationships            Families and Friendships            Resolving problems</p>	<p><b>Health and Wellbeing Safety Frist</b>            Everyday dangers in the home            Everyday Dangers outside the home.            Keeping safe at home and outside home.            Staying safe online            Appropriate Touch            Who can help us and when to get help            Responsibility for staying safe</p> <p><b>Living in the Wider World Respecting Rights</b></p>	<p><b>Relationships Growing Up</b>            Know body parts            Know body parts that are private            Keeping the body safe            Gender Stereotypes            Growing Older            Similarities and differences</p> <p><b>Living in the wider World One world</b>            Respect differences and similarities            Special people            Communities we belong to            Home and family life</p>

	Cooperation	Rights Respecting Citizen Respecting shared rights Fairness Respecting those who are different Who helps protect our rights What do to do if we don't feel safe The school community Making a positive difference	Home and family around the world Using natural resources from the earth Environmental protection and I can help
Year Three	<b>Health and Wellbeing Aiming High:</b> High aspirations Positive learning attitudes Stereotyping <b>Relationships Team:</b> Collaborative working skills Kindness towards others Bullying and teasing Good Choices	<b>Health and Wellbeing It's my body</b> Choices we can make about looking after our body Sleep and exercise Diet Personal Hygiene Dangerous substances <b>Living in the Wider World Britain</b> Belonging Diversity Respect for others Different communities	<b>Relationships Be Yourself</b> Different Emotions Strategies to manage emotions Changes Sharing feelings (mental health) <b>Living in the Wider World Money</b> Consumerism Savings What we want What we need Budgeting
Year Four	<b>Health and Wellbeing Think Positive</b> Identify feelings Impact on feelings on mental and physical wellbeing Having a positive attitude Manging emotions and thoughts	<b>Health and Wellbeing Safety Frist:</b> Making good choices Being responsible for making good choices To be able to ask for help To know how to keep physically	<b>Relationships Growing Up</b> To know the correct anatomical name for human genitalia To understand how boys bodies change as they go through puberty To understand how boys bodies

	<p>effectively          To understand changes – divorce, loss, transitions, etc.          Use mindfulness to deal with conflicting emotions          To manage emotions  <b>Relationships VIPs:</b>          Understand how our actions affect others          To recognise emotions and feelings in others          To know the qualities of a friend          To know different support networks – families (including different family structures), friends, relatives,          To be able to resolve conflicts          To know what bullying is          To know how to help someone who is being bullied</p>	<p>and emotionally safe          To recognise and predict risk and act appropriately          To understand peer pressure          To understand how to stand up to peer pressure          To know road safety          To know commonly available substances that that pose a risk to health          To know how commonly available substances affect the body          To know how to stay safe online  <b>Living in the Wider World Respecting rights</b>          To understand what rights are and that all people have basic rights          To know the declaration of human rights and the declaration of the rights of the child          To know what democracy is and how it is an important human right          To be able to respect the rights of others          To understand the dangers of stereotypes</p>	<p>change as they go through puberty          To understand how emotions can change during puberty          To understand there are different relationships          To understand there are different family structures          To understand human reproduction  <b>Living in the Wider World One world:</b>          To understand differences between people          To be able to explain why these differences occur          To challenge stereotypes          To understand difference of opinion          To consider and give opinions on different places and differences in culture, history, customs, etc.          To understand what resources are          To understand how our decisions impact on others and the use of resources          To understand climate change and the impact it has on the world</p>
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Year Five	<p><b>Health and Wellbeing Aiming High:</b></p> <p>To be reflective on strengths and areas for development</p> <p>To set ourselves challenges</p> <p>To understand how a positive attitude can help us to succeed</p> <p>To understand the range of occupations</p> <p>To understand the skills we can develop to achieve our occupational aims</p> <p>To break gender stereotypes</p> <p>To be able to plan for the future</p> <p>To make a positive contribution to society</p> <p><b>Relationships Team:</b></p> <p>To know our actions affect others</p> <p>To work collaboratively</p> <p>To know the good elements of a team</p> <p>To listen to others with respect</p> <p>To know the difference between assertiveness and aggressiveness</p>	<p><b>Health and Wellbeing It's my body</b></p> <p>To understand how to look after our body</p> <p>To know we have the right not to have inappropriate contact</p> <p>To know FGM is a crime</p> <p>To know who to go to for support if they are worried about themselves or peers</p> <p>To know how to make informed choices</p> <p>To know what a balanced lifestyle is</p> <p>To know what positively and negatively affects physical and mental wellbeing</p> <p>To know our bodies need sleep</p> <p>To know how commonly available substances can affect their physical health in the present and the future</p> <p>To know some substances are illegal to own and give to others</p> <p>To know what a habit is</p>	<p><b>Relationships Be Yourself</b></p> <p>To set high aspirations for themselves</p> <p>To understand we are all unique in many different ways</p> <p>To know we should celebrate diversity</p> <p>To understand the range of feelings we can have</p> <p>To develop the skills to deal with conflicting emotions</p> <p>To understand what a positive relationship is</p> <p>To develop the skills to maintain positive relationships</p> <p>To know we should share our feelings and when it is appropriate to do this</p> <p>To develop skills to restrict the influence of peer pressure and media pressure upon us.</p> <p>To manage our emotions and feelings</p> <p>To be able to make informed choices</p>

	<p>To know how to constructively challenge viewpoints we don't agree with</p> <p>To develop skills to tackle disputes in a positive manner</p> <p>To find alternatives that may involve compromise</p> <p>To give constructive feedback</p>	<p>To know how peers and the media can pressure and influence us</p> <p>To know when to ask for help and to develop the skills required to seek help</p> <p>To know what a positive body image is</p> <p>To make informed choices through critical decision making</p> <p><b>Living in the Wider World Britain</b></p> <p>To know that the UK is a diverse country with different religions and ethnicities.</p> <p>To know what part of a community means</p> <p>To understand we have different rights and responsibilities</p> <p>To know what democracy is</p> <p>To know how laws are made what may happen if we break them</p> <p>To know what democracy is in relation to local government</p> <p>To know we have basic human rights</p> <p>To know what democracy is in relation to national government</p> <p>To know what charities and voluntary groups are and how we</p>	<p>To create positive relationships</p> <p>To identify negative and unhealthy relationships</p> <p>To know we all make mistakes</p> <p>To know how to make amends for mistakes we make</p> <p><b>Living in the Wider World Money</b></p> <p>To know how to manage money</p> <p>To know how to be a critical consumer</p> <p>To know how economic allocation affects communities and individuals</p> <p>To know how retailers and advertisers try to influence spending</p> <p>To know if commodities are good value for money</p> <p>To know what a budget is</p> <p>To know how to make a budget</p> <p>To know why we make a budget</p> <p>To know what a loan is</p> <p>To know why we take loans</p> <p>To know how loan providers charge for the loan</p> <p>To know what tax is</p> <p>To know why we pay tax</p>
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		can contribute	
Year Six	<p><b>Health and Wellbeing Think Positive</b></p> <p>To consider what positively and negatively affects their mental wellbeing</p> <p>To understand the link between thoughts, feelings and behaviours</p> <p>To understand the effect of positive thinking</p> <p>To understand how to deal with conflicting emotions</p> <p>To be able to manage uncomfortable feelings</p> <p>To know how to make positive choices</p> <p>To know what a balanced lifestyle is</p> <p>To know how to use mindfulness techniques in daily situations</p> <p>To know what a growth mindset is</p> <p>To be able to use a growth mindset in daily life</p> <p><b>Relationships VIPs:</b></p> <p>To recognise different relationships</p> <p>To recognise different familial structures</p>	<p><b>Health and Wellbeing Safety Frist:</b></p> <p>To know we have a responsibility to keep ourselves and others safe</p> <p>To know the difference between a risk, a danger and a hazard</p> <p>To know how to assess and manage risk in a responsible way</p> <p>To know strategies for keeping physically and emotionally safe</p> <p>To recognise and manage dares</p> <p>To identify people who are responsible for keeping them healthy and safe</p> <p>To know where and how to get help</p> <p>To know organisations have health and safety rules</p> <p>To know basic medical aid approaches</p> <p><b>Living in the Wider World Respecting rights</b></p> <p>To know what the declaration of human rights is and to know children have their own version</p> <p>To know universal rights have primacy over national, family and community practices</p>	<p><b>Relationships Growing Up</b></p> <p>To understand the changes their body will go through during puberty</p> <p>To know that they have the right to protect their body from inappropriate touching and unwanted contact</p> <p>To know how puberty affects the emotions</p> <p>To know the external factors that can influence body image</p> <p>To know that there is not ideal body type</p> <p>To know what a loving relationship are and that there are many relationship structures</p> <p>To understand what a sexual relationship is</p> <p>To understand the process of human reproduction from conception to birth</p> <p><b>Living in the Wider World One world:</b></p> <p>To understand what a responsible global citizen is</p> <p>To understand what global warming is</p> <p>To understand how we can work</p>

	<p>To know what a healthy relationships consists of</p> <p>To be able to respond positively to other emotional reactions</p> <p>To manage their own emotional responses and feelings</p> <p>To understand how to resolve conflicts</p> <p>To give constructive feedback</p> <p>To know what assertive and aggressive are</p> <p>To know how to constructively challenge viewpoints they disagree with</p> <p>To know pressure to behave in risky, unacceptable way can come from others in different forms.</p> <p>To use basic techniques to resist pressure</p> <p>To be able to ask for help</p> <p>To know when to break a confidence or a tell a secret</p> <p>To know who to talk too when they are in an unhealthy relationship</p> <p>To know who to talk to about secrets or confidences that cause concerns</p>	<p>To know that some practices are against British Law and Human Rights (e.g. FGM)</p> <p>To understand how to identify when rights are not being met or respected.</p> <p>To understand the effect of anti-social behaviours such as bullying and discrimination</p> <p>To understand the consequences of bullying and discrimination on individuals and communities.</p> <p>To know that concepts of human rights have changed and evolved over time and will continue to do so</p> <p>To understand the role of human rights activists</p> <p>To understand how we can contribute in securing others human rights</p>	<p>together to tackle global warming</p> <p>To now resources can be allocated in different ways</p> <p>To know economic choices at local, national and international level can impact upon the environment and local communities around the world</p> <p>To know that we should use water responsibly</p> <p>To know why it is important to use water responsibly</p> <p>To know what bio-diversity is</p> <p>To know how we can contribute to maintaining biodiversity across the planet</p> <p>To know that individual actions can have a positive impact upon the planet</p> <p>To know we can choose to help others and the planet</p>
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