Spiritual, Moral, Social and Cultural Development: PSHE

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| Year Group | Spiritual Development | Moral Development | Social Development  | Cultural Development |
| Year 3 | * Celebrate our differences and what makes us unique.
* Be able to name a range of feelings.
* Identify trusted adults.
* How to keep ourselves healthy.
* Responsibility.
* Applying knowledge of feelings to real-life scenarios.
* How our actions affect ourselves and others.
* Understand mental health.
* Skills to help us in talking openly about our feelings.
* Skills and techniques to be good listeners.
* The difference between small and big feelings and how to manage these.
* Importance of sleep / impact on our health and well-being.
* How online activity can affect others.
* Staying safe online.
* How money matters and the role it plays in their own and others’ lives.
* Trying our best /not giving up.
* Setting goals and working to reach them.
* Reflecting on achievements, targets, skills and qualities.
 | * Recognise kind and thoughtful behaviours.
* Understand the importance of caring about others people’s feelings.
* The need for rules.
* Identify and understand bullying behaviours.
* Understanding the difference between appropriate and inappropriate touch.
* Understand personal boundaries.
* Healthy and unhealthy relationships.
* The difference between safe and risky choices.
* Washing hands and preventing the spread of germs.
* Borrowing and stealing.
* Image sharing.
* Possible consequences of talking to strangers online.
* Ways that we can receive money, how to keep it safe and why we might need to save.
* Share opinions.
 | * Understand how to be a good friend.
* Be able to see a situation from someone else’s point of view.
* How to deal with bullying behaviours.
* Know who and how to ask for help.
* Anti-bullying week
* Develop an awareness of conflict.
* Road safety.
* How to help other people.
* Work collaboratively towards shared goals.
* Rules for online activity and how to use technology responsibly.
 | * Explore diversity.
* Identify a range of relationship types.
* Listen and respond respectfully to those whose traditions, beliefs and lifestyles around Christmas are different to our own.
* Stereotypes and the effects this can have.
* Learn about our British Values
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| Year 4 | * Recognise why we should take action when someone is being unkind.
* Importance of looking out for others.
* Recognise positive attributes in others.
* Recognise our own strengths and goals and understand they may be different to other people around you.
* Identify ways we can overcome mental and physical barriers and promote equality.
* Recognise and care about other people’s feelings.
* Identify a range of danger signs.
* Strategies that can keep ourselves and others’ safe.
* Responsibility for our own behaviour.
* Maintaining a healthy lifestyle and the contribution from sleep.
* Explore different types of relationships.
* Explain the range and intensity of feelings to other people.
* Strategies for keeping physically and emotionally safe online.
* Identify what positively and negatively effects our physical, mental and emotional health.
* Body image.
* Recognise how our judgements and opinions can affect others.
 | * Identify hazards, dangers and risks.
* Impact and consequences of an accident or incident.
* School rules.
* Health and safety.
* Share opinions.
* Actions and consequences of an unhealthy lifestyle.
* Describe caring and considerate behaviour.
* Healthy and unhealthy relationships.
* Nature and consequences of discrimination, teasing, bullying and aggressive behaviours, including cyber-bullying and prejudice-based language.
* How our actions can affect others’.
* Acceptable and unacceptable contact.
* Breaking confidentiality and sharing a secret.
* Recognise and manage dares.
* Recognise how images in the media do not always reflect reality and can affect how people feel about themselves.
* Plagiarism and citation.
* Sharing information online.
* Positive and negative aspects of live streaming.
* Resolving differences.
* Why and how rules that protect them are made and enforced.
* Why different rules are needed in different situations.
 | * Demonstrate respect.
* Challenge views in a polite but constructive manner.
* Listen and respond respectfully.
* Anti-bullying week
* Develop an awareness of conflict.
* Types of bullying: repeated, deliberate, power imbalance.
* Right to feel safe at all times.
* Network of support and who to call upon in certain situations.
* How to maintain healthy relationships.
* Persuasion / grooming.
* Age limits for social media platforms.
* Resolving differences.
* Explain each of the British Values.
* Taking part in making and changing rules.
 | * Promote equality.
* Giving and receiving, particularly at Christmas time.
* How other people celebrate Christmas.
* Discrimination and how to respond and ask for help.
* Recognise and respect different types of family structure.
* To learn about and understand there are a wide range of religions and beliefs in the UK.
* Learn about our British Values
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| Year 5 | * Identifying trusted adults and who to talk to if necessary.
* Different types of relationships.
* Understanding personal boundaries.
* Strategies to keep ourselves safe.
* Assertive, passive and aggressive behaviours.
* Consider the feelings of others and how our behaviour can affect them
* How to make informed choices.
* Identifying risks and how to approach them.
* Choices that support a healthy lifestyle.
* Physical, mental and emotional health.
* Expressing feelings in different ways.
* Identifying a range of emotions.
* Effects to our immediate and future health and well-being.
* Puberty.
* Hygiene.
* Change and loss.
* Reflecting on achievements, targets, skills and qualities.
 | * Healthy and unhealthy relationships
* Sharing opinions.
* Impacts and consequences of taking risks.
* Acceptable and unacceptable physical contact.
* The importance of behaving responsibly.
* Importance of rules.
* Strategies to evaluate the reliability of sources and identify misinformation
* Recognise how images in the media can be manipulated or invented.
* Advertising.
* Alcohol, tobacco, vaping and drugs.
 | * Debating respectfully.
* Rights to privacy.
* Recognising ways to manage peer pressure.
* Communication.
* Anti-bullying week
* Helping others in times of need.
* Research and discuss topical issues.
* Being a part of a community and the institutions that support them.
* Listen and respond respectfully.
* Laws around smoking.
* Support to and from families.
* UN Rights of the child.
* Safety in the environment – particularly focusing on the live railway track nearby.
 | * Civil partnership.
* Marriage.
* Rules in a range of family dynamics, traditions and religions.
* The difference between, and the terms associated with, sex, gender identity, and sexual orientation.
* Celebrating diversity in all its forms.
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| Year 6 | * Understand that our actions effect ourselves and others.
* Reflection on our own behaviour.
* Different types of relationships.
* Identify ways in which we are different and unique.
* Strategies to overcome barriers.
* Express our opinions.
* What positively and negatively affects our physical, mental and emotional health.
* The impact of healthy sleep patterns.
* Conflicting emotions.
* Practical strategies to access support.
* Celebrate achievements, identify strengths and setting goals.
* Strategies to help boost self-esteem.
* Keeping safe online.
* Puberty.
* Human reproduction.
* The impact money can have on people’s lives and their feelings/emotions.
 | * Actions and consequences.
* Prejudice.
* Differentiate between risks, hazards and dangers.
* Recognise how images in the media do not always reflect reality and can affect how people feel about themselves.
* Protecting personal information online.
* Distribution of images.
* Age restrictions on social media platforms.
* Responsible use of mobile phones.
* Consent.
* Appropriate and inappropriate touch.
* Confidentiality and secrets.
* ‘Rules’ in relationships and what happens if they are broken.
* Keeping money safe.
* Risks associated with money.
* The links between jobs and money.
* Does money bring you happiness?
 | * Recognise and respond appropriately to a wider range of feelings in others.
* Bulling (including bullying related to disability).
* To listen and respond respectfully to other people.
* Anti-bullying week
* Explain a range and intensity of feelings to others.
* Managing peer pressure.
* The right to protect our bodies.
* Transitions to secondary school.
 | * Equality
* Human rights
* Bullying related specifically towards racism.
* Civil partnership and marriage.
* Forced marriages.
* Promoting diversity and inclusion.
* Global inequalities from a Christmas perspective.
* Spending decisions.
* Economic choices affect individuals, communities and the sustainability of the environment across the world.
* Universal rights, national law and cultural practices.
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