



## PSHRE Year Group Overview

### Cycle A – Year 3

Year 3 Coverage overview					
Autumn: Health and Well-being/ Living in the Wider World/Relationships		Spring: Health and Well-being/Relationships		Summer: Health and Well-being/Relationships	
Safety	Rules/ Responsibilities	Healthy Relationships	Emotions/Health	Communication	Diversity/First Aid
<p>1.1 Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>1.2 Know about the concept of privacy and the implications of it for</p>	<p>1.3 Understand why rules are needed in different situations</p> <p>1.4 Understand why it is important to plan ahead and think of potential consequences as a result of their actions</p> <p>1.5 Understand why it is important to behave responsibly</p>	<p>1.6 Know and understand the features of a good friend</p> <p>1.7 Know how important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>1.8 Know that most friendships have ups and downs, and</p>	<p>1.9 Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>1.11 Know that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>1.12 Understand why setting goals is important</p> <p>1.13 Know the importance of</p> <p>1.14 sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p>	<p>1.17 Recognise that there are many ways to communicate</p> <p>1.18 Understand why it is important to listen to others</p> <p>1.26 Understand why it is important to listen to others</p> <p>1.27 Know how to identify ways to improve the environment</p>	<p>1.19 Understand why it is important to be part of a community</p> <p>1.23 Know how to make a clear and efficient call to emergency services if necessary</p>



<p>both children and adults; including that it is not always right to keep secrets if they relate to being safe</p>		<p>that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p>	<p>1.21 •Understand that the rate at which we grow differs from person to person 1.22 Know and understand how to look after our teeth 1.25 Understand the meaning of the word 'healthy'</p>		
SAFE ZONE					
<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<p>1.6 I can explain what is meant by the term 'identity' 1.10 I can describe ways in which people who have similar likes and interests can get together online</p>	<p>1.14 I can explain why someone may change their mind about trusting anyone with something if they feel nervous, uncomfortable, or worried 1.15 I can recognise that I need to be careful before I share anything about myself or others online. 1.16 I can give examples of what anyone may or may not be willing to share about themselves online 1.20 I can explain why spending too much time using technology can sometimes have a negative impact on me; I can give some examples of activities where it is easy to spend a lot of time engaged (e.g. games, video)</p>		<p>1.24 I can give reasons why I should only share information with people I choose to and can trust. 1.28 I can explain why copying someone else's work from the internet without permission can cause problems</p>		



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<b>1.1 1.2 1.3 1.4 1.5 1.6 1.7 1.8 1.9</b> <b>1.10</b>	<b>1.11 1.12 1.13 1.14 1.15 1.16 1.17 1.18 1.19</b> <b>1.20</b>	<b>1.21 1.22 1.23 1.24 1.25 1.26 1.27 1.28</b>
<b>Subject Specific Vocabulary</b>		
See subject specific Vocabulary grid plus: Online, Rules, Friends, Friendship, Interests, Emotions	See subject specific Vocabulary grid plus: Well-being, Communication, Community, Mental Health, Goals,	See subject specific Vocabulary grid plus: Grow, Teeth, Emergency services, Healthy, Environment, Listening
<b>I will know ...</b>		
<ul style="list-style-type: none"> <li>• I can understand the rules and principles for keeping safe online</li> <li>• I can understand why rules are needed in different situations and how to behave responsibly</li> <li>• I can understand what makes a good friend/friendship</li> <li>• I can understand what to do when I fall out with my friends</li> <li>• I can recognise how to talk about my emotions</li> <li>• I can describe ways in which people who have similar likes and interests can get together online</li> </ul>	<ul style="list-style-type: none"> <li>• I will know that mental well-being is a part of normal day to day life</li> <li>• I will understand why setting goals is important</li> <li>• I will know the importance of getting enough sleep</li> <li>• I will recognise that there are many different ways to communicate and understand why it is important to listen to others</li> <li>• I can understand why it is important to be a part of a community</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand that the rate at which we grow differs from person to person</li> <li>• I will know and understand how to look after my teeth</li> <li>• I will know how to make a clear and efficient call to the emergency services if necessary</li> <li>• I can understand how to be 'healthy' and to live a healthy lifestyle</li> <li>• I can understand why it is important to listen to others/work together</li> <li>• I will identify ways to improve the environment</li> </ul>

**PSHRE Year Group Overview**



## Cycle B – Year 4

Year 4 Coverage overview							
Autumn: Living in the Wider world/Health and Well-being			Spring: Living in the Wider World/Relationships		Summer: Health and Well-Being/Relationships/Living in the Wider World		
Bullying/Discrimination	Similarities/Differences	Safety	Emotions	Nutrition and Food	Communication	Emotions	Aspirations/Economic Awareness
<p>1.3 I know what a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>1.5 Know how to recognise the difference between isolated hostile incidents and bullying</p> <p>1.6 Understand what self-esteem is and why it is important</p>	<p>1.25 Understand how we are all connected by our similarities</p> <p>1.26 Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's</p>	<p>1.1 Know how to use ICT safely including using software features and settings</p> <p>1.2 Know that for most people the internet is an integral part of</p>	<p>1.7 Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p>	<p>1.9 Know what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>1.10 Know what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>1.11 Know the principles of planning and</p>	<p>1.14 Understand why it is important to listen to others</p> <p>1.15 Know how to communicate their opinions in a group setting</p>	<p>1.16 Know that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>1.17 Understand that family</p>	<p>1.20 Understand that everyone has different strengths and weaknesses</p> <p>1.22 Know how to set realistic targets</p> <p>1.23 Understand how to break down the steps needed to achieve a goal</p> <p>1.28 Learn about and reflect on</p>



	<p>security as they grow up 1.27 Understand and appreciate the range of different cultures and religions 1.28 Know what a stereotype is, and how stereotypes can be unfair, negative or destructive represented within school</p>	<p>life and has many benefit</p>		<p>preparing a range of healthy meals 1.12 Learn to prepare and cook a variety of dishes</p>		<p>units can be different and can sometimes change 1.21 Learn about the importance of self-respect and how this links to their own happiness</p>	<p>their own spending habits / choices 1.29 Learn about and reflect on their own spending habits / choices</p>
SAFE ZONE							
<b>Autumn</b>			<b>Spring</b>			<b>Summer</b>	
<p>1.3 I can give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours.</p>			<p>1.13 I can describe how to find out information about others by searching online 1.18 I can explain how my online identity can be different to my online identity</p>			<p>1.24 I can give some simple examples of content which I must not use without permission from the owner, e.g. videos, music, images. 1.30 I can describe strategies for keeping personal information private, depending on the context</p>	



1.8 I can explain how using technology can be a distraction from other things, in both a positive and negative way.	1.19 I can explain that others online can pretend to be someone else, including my friends, and can suggest reasons why they might do this.	
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<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
1.1 1.2 1.3 1.4 1.5 1.6 1.7 1.8	1.13 1.14 1.15 1.16 1.17 1.18 1.19	1.20 1.21 1.22 1.23 1.24 1.25 1.26 1.27 1.28 1.29 1.30
<b>Subject Specific Vocabulary</b>		
See subject specific Vocabulary grid plus: Internet, Gender, Stereotype, Self-Esteem, Bullying, Feelings	See subject specific Vocabulary grid plus: Opinion, Loss, Separation, Family, Online, Self-Image	See subject specific Vocabulary grid plus: Strengths, Weaknesses, Goals, Diversity, Stereotypes, Money
<b>I will know ...</b>		
<ul style="list-style-type: none"> <li>• I will know how to use ICT safely including software features and settings</li> <li>• I will know that for most people the internet is an integral part of life and has many benefit</li> <li>• I will understand what a stereotype is including gender stereotypes</li> <li>• I will know how to recognise the differences between hostile incidents and bullying</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand how to respond to others</li> <li>• I can understand the importance of expressing my opinion</li> <li>• I can understand how loss and separation can affect people</li> <li>• I can understand how families can be different</li> <li>• I can understand how self-image and identity can be different online</li> <li>• I can describe how to find information about others online</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify my strengths and weaknesses and set realistic targets for my future</li> <li>• I can understand the importance of self-respect and how this links to happiness</li> <li>• I can set goals for my future whilst reflecting on my own strengths</li> <li>• I can understand how family units can differ</li> <li>• I can explore what diversity is and stereotypes are</li> </ul>



<ul style="list-style-type: none"><li>• I will know what self-esteem is and why it is important</li><li>• I will how to judge feelings and how people are behaving is appropriate and proportionate</li></ul>		<ul style="list-style-type: none"><li>• I can understand the importance of making sensible money choices</li></ul>
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- *Food/Nutrition lessons to be covered during Health and Sports Week in the Summer term*