Cornerstone Primary Schools

PSHE **– Overview of Disciplinary Knowledge**

Families and relationships	EYFS (Reception)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family	Learning how to talk about our families and discussing why we love them. Talking about people that hold a special place in my life.		Understanding that families offer love, care and support.		Using respectful language to discuss different families.	Identifying ways families might make children feel unhappy or unsafe.	
		Exploring how families are different to each other. Discussing ways to show respect for different families.		Learning that problems can occur in families and that there is help available if needed.			
Friendship	Developing strategies to help when sharing with others. Exploring what makes a good friend.	Exploring how friendship problems can be overcome. Exploring friendly behaviours.	Understanding difficulties in friendships and discussing action that can be taken.	Exploring ways to resolve friendship problems.	Developing an understanding of the impact of bullying and what to do if bullying occurs.	Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship. Identifying ways to resolve conflict through negotiation and compromise.	
				Exploring physical and emotional boundaries in friendships.			
Respectful Relationships	Thinking about what it means to be a valued person. Exploring the differences between us that make each person unique. Considering the perspectives and feelings of others. Learning to work as a member of a team. Developing listening skills.	Recognising how other people show their feelings. Identifying ways we can care for others when they are sad. Exploring the ability to successfully work with different people.	Learning how other people show their feelings and how to respond to them. Exploring the conventions of manners in different situations.	Exploring the negative impact of stereotyping.		Exploring and questioning the assumptions we make about people based on how they look. Identifying ways to challenge stereotypes.	Discussing how and why respect is an important part of relationships.
				Identifying who I can trust. Exploring how my actions and behaviour can affect other people. Learning about the effects of non verbal communication.		Exploring our positive attributes and being proud of these (self respect).	
Change and Loss		Exploring how loss and change can affect us.		Discussing how to help someone who has experienced a bereavement.		Exploring the process of grief and understanding that it is different for different people.	

Health and wellbeing	EYFS (Pre-School Reception)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Prevention	Discussing ways that we can take care of ourselves.	Learning how to wash hands properly. Learning how to deal with an allergic reaction. Exploring the effect that food and drink can have on my teeth.		Discussing why it is important to look after my teeth. Developing independence in looking after my teeth.		Developing independence for protecting myself in the sun. Discussing ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health.	
Physical Health and Wellbeing	Exploring how exercise affects different parts of the body.	Exploring positive sleep habits. Exploring two different methods of relaxation: progressive muscle relaxation and laughter. Exploring health-related jobs and people who help look after our health. Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Learning breathing exercises to aid relaxation.		Learning stretches which can be used for relaxation. Identifying what makes me feel calm and relaxed. Learning visualisation as a tool to aid relaxation. Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.		Considering calories and food groups to plan healthy meals. Developing greater responsibility for ensuring good quality sleep. Identifying a range of relaxation strategies and situations in which they would be useful. Exploring ways to maintain good habits. Setting achievable goals for a healthy lifestyle. Understanding the relationship between stress and relaxation.	
<u>Mental Wellbeing</u>	Identifying how characters within a story may be feeling. Identifying and expressing my own feelings. Exploring coping strategies to help regulate emotions. Exploring different facial expressions and identifying the different feelings they can represent. Exploring ways to moderate behaviour, socially and emotionally. Coping with challenge	Identifying different ways to manage feelings.	Exploring strategies to manage different emotions Developing empathy.	Exploring ways we can make ourselves feel happy or happier. Developing a growth mindset. Exploring my own identity through the groups I belong to. Identifying my strengths and exploring how I use them to help others. Exploring how my skills can be used to undertake certain jobs. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Being able to breakdown a problem into smaller parts to overcome it.		Taking responsibility for my own feelings. Exploring my personal qualities and how to build on them. Developing strategies for being resilient in challenging situations.	
		Identifying personal strengths and qualities. Identifying personal goals and how to work towards them. Exploring the need for perseverance and developing a growth mindset.					

Safety and the changing body	EYFS (Pre-School Reception)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being safe (including online)	Considering why it is important to follow rules. Exploring what it means to be a safe pedestrian.	Discussing the concept of privacy.		Identifying things people might do near roads which are unsafe.		Developing an understanding of how to ensure relationships online are safe. Developing an understanding about the reliability of online information. Exploring online relationships including dealing with problems.	
		Understanding people's roles within the local community that help keep us safe. Practising what to do if I get lost. Identifying hazards that may be found at home. Exploring ways to stay safe online Learning how to behave safely near the road and when crossing the road.		Discussing how to seek help if I need to. Exploring what to do if an adult makes me feel uncomfortable. Learning about the benefits and risks of sharing information online. Exploring ways to respond to cyberbullying or unkind behaviour Beginning to recognise unsafe digital content. Developing skills as a responsible digital citizen.			
<u>Drugs, alcohol and tobacco</u>		Learning what is and is not safe to put in or on our bodies.	Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines.	Exploring choices and decisions that I can make.	Exploring that people and things can influence me and that I need to make the right decision for me.	Learning to make 'for' and 'against' arguments to help with decision making. Discussing the reasons why adults may or may not drink alcohol	
				Discussing the benefits of being a non-smoker.			
<u>The changing adolescent body</u>					Discussing some physical and emotional changes during puberty.	Learning about the emotional changes during puberty. Identifying reliable sources of help with puberty.	Discussing problems which might be encountered during puberty and using knowledge to help.
<u>Basic first aid</u>		Practising making an emergency phone call.		Learning what to do in a medical emergency, including calling the emergency services.		Learning how to help someone who is choking. Learning about how to help someone who is bleeding. Placing an unresponsive patient into the recovery position.	
				Learning how to help someone who is having an asthma attack.			

Citizenship	EYFS (Pre-School Reception)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Beginning to understand why rules are important in school.	Recognising why rules are necessary. Exploring the differences between people.	Explaining why rules are in place.	Discussing ways we can make a difference to recycling rates at home/school. Identifying local community groups.	Discussing how local community groups support the community. Considering the responsibilities that adults and children have to maintain children's rights Identifying ways items can be reused. Explaining why reusing items is of benefit to the environment.	Discussing how rights and responsibilities link. Exploring the right to a freedom of expression. Developing an understanding of how parliament and Government work.	Discussing how education and other human rights protect us. Identifying causes which are important to us Discussing how people can influence what happens in parliament. Identifying appropriate ways to share views and ideas with others.
		Recognising the groups that we belong to. Identifying positives and negatives about the school environment. Recognising the importance of looking after the school environment. Identifying ways to help look after the school environment. Recognising the contribution people make to the local community. Discussing how to meet the needs of different pets Learning how to discuss issues of concern to me.		Discussing how we can help to protect human rights Identifying the benefits different groups bring to the local community Discussing the positives diversity brings to a community. Exploring how children's rights help them and other children.		Discussing ways to challenge prejudice and discrimination. Explaining why reducing the use of materials is positive for the environment. Identifying the contribution people make to the community and how this is recognised. Identifying ways people can bring about change in society. Learning about environmental issues relating to food.	