

PSHE Autumn 1

Year 1/2 Good to be Me

- To know about people who look after them, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them.
- To understand the importance of health and how to maintain personal hygiene.
- To know how some diseases are spread and can be controlled and the responsibility they have for their own health and that of others.
- To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals.

Year 3/4 Good to be Me

- To understand that bacteria and viruses can affect health and that following simple routines can reduce their spread.
- To be able to judge what kind of physical contact is acceptable or unacceptable and how to respond.
- To reflect on and celebrate their achievements and understand their own uniqueness and what makes them happy.
- To understand the concept of 'keeping something confidential or a secret,' when we should or should not agree to this and when it is right to 'break a confidence', or 'share a secret'.
- To reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals.
- To recognise they may experience conflicting emotions and when they might need to listen to their emotions or overcome them.

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Year 5/6 Good to be Me

- To recognise how images in the media do not always reflect reality and can affect how people feel about themselves.
- To understand how to make informed choices (including recognising that choices can have positive, neutral and negative consequences)
- To recognise and challenge stereotypes.
- To recognise how images in the media do not always reflect reality and can affect how people feel about themselves.

Resources

SEAL theme booklets 'Good to be Me' (can be found in PSHE cupboard outside Jowett class)

Anti Bullying Week (19th November)

- To understand that there are different types of teasing and bullying, that these are wrong and unacceptable (Year 2)
- To know how to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help (Year 2)
- To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying, use of prejudice-based language, how to respond and ask for help) Year 6