

Spiritual, Moral, Social and Cultural Development: PSHE

Year Group	Spiritual Development	Moral Development	Social Development	Cultural Development
Year 3	<ul style="list-style-type: none"> <li>• Celebrate our differences and what makes us unique.</li> <li>• Be able to name a range of feelings.</li> <li>• Identify trusted adults.</li> <li>• How to keep ourselves healthy.</li> <li>• Responsibility.</li> <li>• Applying knowledge of feelings to real-life scenarios.</li> <li>• How our actions affect ourselves and others.</li> <li>• Understand mental health.</li> <li>• Skills to help us in talking openly about our feelings.</li> <li>• Skills and techniques to be good listeners.</li> <li>• The difference between small and big feelings and how to manage these.</li> <li>• Importance of sleep / impact on our health and well-being.</li> <li>• How online activity can affect others.</li> <li>• Staying safe online.</li> <li>• How money matters and the role it plays in their own and others' lives.</li> <li>• Trying our best /not giving up.</li> <li>• Setting goals and working to reach them.</li> <li>• Reflecting on achievements, targets, skills and qualities.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise kind and thoughtful behaviours.</li> <li>• Understand the importance of caring about others people's feelings.</li> <li>• The need for rules.</li> <li>• Identify and understand bullying behaviours.</li> <li>• Understanding the difference between appropriate and inappropriate touch.</li> <li>• Understand personal boundaries.</li> <li>• Healthy and unhealthy relationships.</li> <li>• The difference between safe and risky choices.</li> <li>• Washing hands and preventing the spread of germs.</li> <li>• Borrowing and stealing.</li> <li>• Image sharing.</li> <li>• Possible consequences of talking to strangers online.</li> <li>• Ways that we can receive money, how to keep it safe and why we might need to save.</li> <li>• Share opinions.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how to be a good friend.</li> <li>• Be able to see a situation from someone else's point of view.</li> <li>• How to deal with bullying behaviours.</li> <li>• Know who and how to ask for help.</li> <li>• Anti-bullying week</li> <li>• Develop an awareness of conflict.</li> <li>• Road safety.</li> <li>• How to help other people.</li> <li>• Work collaboratively towards shared goals.</li> <li>• Rules for online activity and how to use technology responsibly.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore diversity.</li> <li>• Identify a range of relationship types.</li> <li>• Listen and respond respectfully to those whose traditions, beliefs and lifestyles around Christmas are different to our own.</li> <li>• Stereotypes and the effects this can have.</li> <li>• Learn about our British Values</li> </ul>



<p>Year 4</p>	<ul style="list-style-type: none"> <li>• Recognise why we should take action when someone is being unkind.</li> <li>• Importance of looking out for others.</li> <li>• Recognise positive attributes in others.</li> <li>• Recognise our own strengths and goals and understand they may be different to other people around you.</li> <li>• Identify ways we can overcome mental and physical barriers and promote equality.</li> <li>• Recognise and care about other people's feelings.</li> <li>• Identify a range of danger signs.</li> <li>• Strategies that can keep ourselves and others' safe.</li> <li>• Responsibility for our own behaviour.</li> <li>• Maintaining a healthy lifestyle and the contribution from sleep.</li> <li>• Explore different types of relationships.</li> <li>• Explain the range and intensity of feelings to other people.</li> <li>• Strategies for keeping physically and emotionally safe online.</li> <li>• Identify what positively and negatively effects our physical, mental and emotional health.</li> <li>• Body image.</li> <li>• Recognise how our judgements and opinions can affect others.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify hazards, dangers and risks.</li> <li>• Impact and consequences of an accident or incident.</li> <li>• School rules.</li> <li>• Health and safety.</li> <li>• Share opinions.</li> <li>• Actions and consequences of an unhealthy lifestyle.</li> <li>• Describe caring and considerate behaviour.</li> <li>• Healthy and unhealthy relationships.</li> <li>• Nature and consequences of discrimination, teasing, bullying and aggressive behaviours, including cyber-bullying and prejudice-based language.</li> <li>• How our actions can affect others'.</li> <li>• Acceptable and unacceptable contact.</li> <li>• Breaking confidentiality and sharing a secret.</li> <li>• Recognise and manage dares.</li> <li>• Recognise how images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>• Plagiarism and citation.</li> <li>• Sharing information online.</li> <li>• Positive and negative aspects of live streaming.</li> <li>• Resolving differences.</li> <li>• Why and how rules that protect them are made and enforced.</li> <li>• Why different rules are needed in different situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate respect.</li> <li>• Challenge views in a polite but constructive manner.</li> <li>• Listen and respond respectfully.</li> <li>• Anti-bullying week</li> <li>• Develop an awareness of conflict.</li> <li>• Types of bullying: repeated, deliberate, power imbalance.</li> <li>• Right to feel safe at all times.</li> <li>• Network of support and who to call upon in certain situations.</li> <li>• How to maintain healthy relationships.</li> <li>• Persuasion / grooming.</li> <li>• Age limits for social media platforms.</li> <li>• Resolving differences.</li> <li>• Explain each of the British Values.</li> <li>• Taking part in making and changing rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Promote equality.</li> <li>• Giving and receiving, particularly at Christmas time.</li> <li>• How other people celebrate Christmas.</li> <li>• Discrimination and how to respond and ask for help.</li> <li>• Recognise and respect different types of family structure.</li> <li>• To learn about and understand there are a wide range of religions and beliefs in the UK.</li> <li>• Learn about our British Values</li> </ul>
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Year 5	<ul style="list-style-type: none"> <li>Identifying trusted adults and who to talk to if necessary.</li> <li>Different types of relationships.</li> <li>Understanding personal boundaries.</li> <li>Strategies to keep ourselves safe.</li> <li>Assertive, passive and aggressive behaviours.</li> <li>Consider the feelings of others and how our behaviour can affect them</li> <li>How to make informed choices.</li> <li>Identifying risks and how to approach them.</li> <li>Choices that support a healthy lifestyle.</li> <li>Physical, mental and emotional health.</li> <li>Expressing feelings in different ways.</li> <li>Identifying a range of emotions.</li> <li>Effects to our immediate and future health and well-being.</li> <li>Puberty.</li> <li>Hygiene.</li> <li>Change and loss.</li> <li>Reflecting on achievements, targets, skills and qualities.</li> </ul>	<ul style="list-style-type: none"> <li>Healthy and unhealthy relationships</li> <li>Sharing opinions.</li> <li>Impacts and consequences of taking risks.</li> <li>Acceptable and unacceptable physical contact.</li> <li>The importance of behaving responsibly.</li> <li>Importance of rules.</li> <li>Strategies to evaluate the reliability of sources and identify misinformation</li> <li>Recognise how images in the media can be manipulated or invented.</li> <li>Advertising.</li> <li>Alcohol, tobacco, vaping and drugs.</li> </ul>	<ul style="list-style-type: none"> <li>Debating respectfully.</li> <li>Rights to privacy.</li> <li>Recognising ways to manage peer pressure.</li> <li>Communication.</li> <li>Anti-bullying week</li> <li>Helping others in times of need.</li> <li>Research and discuss topical issues.</li> <li>Being a part of a community and the institutions that support them.</li> <li>Listen and respond respectfully.</li> <li>Laws around smoking.</li> <li>Support to and from families.</li> <li>UN Rights of the child.</li> <li>Safety in the environment – particularly focusing on the live railway track nearby.</li> </ul>	<ul style="list-style-type: none"> <li>Civil partnership.</li> <li>Marriage.</li> <li>Rules in a range of family dynamics, traditions and religions.</li> <li>The difference between, and the terms associated with, sex, gender identity, and sexual orientation.</li> <li>Celebrating diversity in all its forms.</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>Understand that our actions effect ourselves and others.</li> <li>Reflection on our own behaviour.</li> <li>Different types of relationships.</li> <li>Identify ways in which we are different and unique.</li> </ul>	<ul style="list-style-type: none"> <li>Actions and consequences.</li> <li>Prejudice.</li> <li>Differentiate between risks, hazards and dangers.</li> <li>Recognise how images in the media do not always reflect reality and can affect how people feel about themselves.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise and respond appropriately to a wider range of feelings in others.</li> <li>Bulling (including bullying related to disability).</li> <li>To listen and respond respectfully to other people.</li> <li>Anti-bullying week</li> </ul>	<ul style="list-style-type: none"> <li>Equality</li> <li>Human rights</li> <li>Bullying related specifically towards racism.</li> <li>Civil partnership and marriage.</li> <li>Forced marriages.</li> </ul>



	<ul style="list-style-type: none"> <li>• Strategies to overcome barriers.</li> <li>• Express our opinions.</li> <li>• What positively and negatively affects our physical, mental and emotional health.</li> <li>• The impact of healthy sleep patterns.</li> <li>• Conflicting emotions.</li> <li>• Practical strategies to access support.</li> <li>• Celebrate achievements, identify strengths and setting goals.</li> <li>• Strategies to help boost self-esteem.</li> <li>• Keeping safe online.</li> <li>• Puberty.</li> <li>• Human reproduction.</li> <li>• The impact money can have on people's lives and their feelings/emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• Protecting personal information online.</li> <li>• Distribution of images.</li> <li>• Age restrictions on social media platforms.</li> <li>• Responsible use of mobile phones.</li> <li>• Consent.</li> <li>• Appropriate and inappropriate touch.</li> <li>• Confidentiality and secrets.</li> <li>• 'Rules' in relationships and what happens if they are broken.</li> <li>• Keeping money safe.</li> <li>• Risks associated with money.</li> <li>• The links between jobs and money.</li> <li>• Does money bring you happiness?</li> </ul>	<ul style="list-style-type: none"> <li>• Explain a range and intensity of feelings to others.</li> <li>• Managing peer pressure.</li> <li>• The right to protect our bodies.</li> <li>• Transitions to secondary school.</li> </ul>	<ul style="list-style-type: none"> <li>• Promoting diversity and inclusion.</li> <li>• Global inequalities from a Christmas perspective.</li> <li>• Spending decisions.</li> <li>• Economic choices affect individuals, communities and the sustainability of the environment across the world.</li> <li>• Universal rights, national law and cultural practices.</li> </ul>
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