



St John's Catholic infant School



PSHE LONG TERM OVERVIEW

OUR PSHE INTENT

At St John's Catholic Infant School, we recognise that our Catholic ethos underpins the personal development of children, spiritually, morally, socially and culturally, (SMSC) playing a significant part in their ability to learn and achieve. Our philosophy starts by building positive self-image, a sense of identity and a healthy relationship with self, and from that starting point helps children grow healthy relationships with others. We value every child and see inclusivity as a given, promoting acceptance of individuals for who they are and who they will become. PSHE puts our children on the path to becoming healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. As respectful, responsible citizens, children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Children have opportunities to learn about, discuss and appreciate what it means to be a member of a diverse society as they widen their knowledge of their world locally, nationally and globally.

YEAR ONE	Autumn Term Autumn 1 'Where I Am' (Being me in my World) Autumn 2 'Being Famous' (Celebrating Difference incl Anti Bullying)	Spring Term Spring 1 'My Amazing Body' (Dreams and Goals) Spring 2 'The Adventure Of The Green Ship' (Healthy Me)	Summer Term Summer 1 'Down On The Farm' (Relationships) Summer 2 'The History Box' (Changing Me)
IMPLEMENTATION	<p><i>As respectful and responsible citizens, children will learn about:</i></p> <p>Autumn 1 'Being Me in my World' I feel special and safe in my class I understand the rights and responsibilities as a member of my class I know that I belong to my class I know my views are valued and can contribute to the Learning Charter I can recognise how it feels to be proud of an achievement I can recognise the choices I make and understand the consequences I can recognise the range of feelings when I face certain consequences I understand my rights and responsibilities within our Learning Charter I can understand my choices in following the Learning Charter</p> <p>Autumn 2 'Celebrating Difference'</p>	<p><i>As respectful and responsible citizens, children will learn about:</i></p> <p>Spring 1 'Dreams & Goals' I can set simple goals I can identify my successes and achievements I can set a goal and work out how to achieve it I can tell you how I learn best I understand how to work well with a partner I can celebrate achievement with my partner I can tackle a new challenge and understand this might stretch my learning I can identify how I feel when I am faced with a new challenge I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them I know how I feel when I see obstacles and how I feel when I overcome them I can tell you how I felt when I succeeded in a new challenge and how I celebrated it I know</p>	<p><i>As respectful and responsible citizens, children will learn about:</i></p> <p>Summer 1 'Relationships' I can identify the members of my family and understand that there are lots of different types of families I know how it feels to belong to a family and care about the people who are important to me I can identify what being a good friend means to me I know how to make a new friend I know appropriate ways of physical contact to greet my friends and know which ways I prefer I can recognise which forms of physical contact are acceptable and unacceptable to me I know who can help me in my school community I know when I need help and know how to ask for it I can recognise my qualities as person and a friend</p>

	<p>I can identify similarities between people in my class I can tell you some ways in which I am the same as my friends I can identify differences between people in my class I can tell you some ways I am different from my friends I can tell you what bullying is I understand how being bullied might feel I know some people who I could talk to if I was feeling unhappy or being bullied I can be kind to children who are bullied I know how to make new friends I know how it feels to make a new friend I can tell you some ways I am different from my friends I understand these differences make us all special and unique</p>	<p>how to store the feelings of success in my internal treasure chest Spring 2 'Healthy Me' I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I feel good about myself when I make healthy choices I know how to make healthy lifestyle choices I feel good about myself when I make healthy choices I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly I am special so I keep myself safe I understand that medicines can help me if I feel poorly and I know how to use them safely I know some ways to help myself when I feel poorly I know how to keep safe when crossing the road, and about people who can help me to stay safe I can recognise when I feel frightened and know who to ask for help I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy I can recognise how being healthy helps me to feel happy</p>	<p>I know ways to praise myself I can tell you why I appreciate someone who is special to me I can express how I feel about them Summer 2 'Changing Me' I am starting to understand the life cycles of animals and humans I understand that changes happen as we grow and that this is OK I can tell you some things about me that have changed and some things about me that have stayed the same I know that changes are OK and that sometimes they will happen whether I want them to or not I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina I respect my body and understand which parts are private I understand that every time I learn something new I change a little bit I enjoy learning new things I can tell you about changes that have happened in my life I know some ways to cope with changes</p>
<p>END POINTS</p>	<p>Being Me in my World Children working at the expected standard: I can explain why my class is a happy and safe place to learn. I can give different examples where I or others make my class happy and safe. Children working at greater depth: I can explain why I have a right to learn in a happy and safe class. I can explain how everyone in my class has responsibilities to make our class happy and safe.</p>	<p>Dreams & Goals Children working at the expected standard: I can tell you how I feel when I am successful and how this can be celebrated positively. I know how to store the feelings of success in my internal treasure chest. Children working at great depth: I can explain what helped me to succeed in a learning challenge and explain how this made me feel. I can choose how to celebrate my success and know how to store it in my internal treasure chest.</p>	<p>Relationships: Children working at the extended standard: Can you why I appreciate someone who is special to me. Express how I feel about them Children working at greater depth: Can talk about someone who is special to me, tell you why I appreciate them and why I think we get on well together. I can tell you how I feel about my relationship with this person.</p>

	<p>Celebrating difference Children working at expected standard: I can tell you some of the ways that I am different and similar to other people in my class, and why this make us special. I can explain what bullying is and how being bullied might make someone feel.</p> <p>Children working at greater depth: I can explain why being unique and special is important. I can explain why bullying might happen and I can offer strategies to help the person who is being bullied.</p>	<p>Healthy Me Children working at the expected standard: I know how to keep myself clean and healthy, and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly.</p> <p>Children working at greater depth: I know about how healthy food is a good choice for my body. It makes my brain work better and makes me feel better.</p>	<p>Changing Me Children working at the expected: I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. I can explain why some changes I might experience might feel better than others.</p> <p>Children working at greater depth: I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can also explain when it might be appropriate to talk about these, and when I should not. I can suggest things that might change for me in the future and what sort of feelings I might experience if/when these changes happen. I can offer some ideas about how I could manage feelings that are worrying or sad.</p>
<p>WHOLE SCHOOL EVENTS</p>	<p>Our School Values Anti-Bullying Week – Friendship Day Rights Respecting School Day NSPCC PANTS/ Speak Out Stay Safe</p>	<p>Year of the Word Safer Internet Day: Downs Syndrome Week British Values</p>	<p>Walk to school Week Happy Healthy Humans Week World Faiths</p>

YEAR TWO	<p style="text-align: center;">Autumn Term Autumn 1 'Lord Lever & Port Sunlight' (Being me in my World) Autumn 2 'Remembrance & Remembering' (Celebrating Difference incl Anti Bullying)</p>	<p style="text-align: center;">Spring Term Spring 1 'Owl Who Was Afraid Of The Dark' (Dreams and Goals) Spring 2 'China' (Healthy Me)</p>	<p style="text-align: center;">Summer Term Summer 1 'Lighthouse Keeper' (Relationships) Summer 2 'Pirates on Tour' (Changing Me)</p>
IMPLEMENTATION	<p><i>As respectful and responsible citizens, children will learn about:</i></p> <p>Autumn 1 'Being Me in my World' I can identify some of my hopes and fears for this year I recognise when I feel worried and know who to ask for help I understand the rights and responsibilities for being a member of my class and school I recognise when I feel worried and know who to ask for help I understand the rights and responsibilities for being a member of my class I can help to make my class a safe and fair place I can listen to other people and contribute my own ideas about rewards and consequences I understand how following the Learning Charter will help me and others learn I can work cooperatively I understand how following the Learning Charter will help me and others learn I am choosing to follow the Learning Charter</p> <p>Autumn 2 'Celebrating Difference' I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand some ways in which boys and girls are similar and feel good about this</p>	<p><i>As respectful and responsible citizens, children will learn about:</i></p> <p>Spring 1 'Dreams & Goals' I can choose a realistic goal and think about how to achieve it I can identify my successes and achievements and know how this makes me feel (proud) I can persevere even when I find tasks difficult I can tell you some of my strengths as a learner I can recognise who it is easy for me to work with and who it is more difficult for me to work with I understand how working with other people can help me to learn I can work cooperatively in a group to create an end product I can work with other people to solve problems I can explain some of the ways I worked cooperatively in my group to create the end product I can express how it felt to be working as part of this group I know how to share success with other people I know how contributing to the success of a group feels and I can store those feelings in my internal treasure chest (proud)</p> <p>Spring 2 'Healthy Me' I know what I need to keep my body healthy I am motivated to make healthy lifestyle choices I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I can tell you when a feeling is weak and when a feeling is strong</p>	<p><i>As respectful and responsible citizens, children will learn about:</i></p> <p>Summer 1 'Relationships' I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate I accept that everyone's family is different and understand that most people value their family I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not I know which types of physical contact I like and don't like and can talk about this I can identify some of the things that cause conflict with my friends I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this I recognise and appreciate people who can help me in my family, my school and my community I understand how it feels to trust someone I can express my appreciation for the people in my special relationships I am comfortable accepting appreciation from others</p> <p>Summer 2 'Changing Me' I can recognise cycles of life in nature I understand there are some changes that are outside my control and can recognise how I feel about this</p>

	<p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>I understand some ways in which boys and girls are different and accept that this is OK</p> <p>I understand that bullying is sometimes about difference</p> <p>I can tell you how someone who is bullied feels</p> <p>I can be kind to children who are bullied</p> <p>I can recognise what is right and wrong and know how to look after myself</p> <p>I know when and how to stand up for myself and others</p> <p>I know how to get help if I am being bullied</p> <p>I know some ways to make new friends</p> <p>I know how it feels to be a friend and have a friend</p> <p>I can tell you some ways I am different from my friends</p> <p>I understand these differences make us all special and unique</p>	<p>I understand how medicines work in my body and how important it is to use them safely</p> <p>I feel positive about caring for my body and keeping it healthy</p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p> <p>I have a healthy relationship with food and know which foods I enjoy the most</p> <p>I can decide which foods to eat to give my body energy</p> <p>I have a healthy relationship with food and I know which foods are most nutritious for my body</p> <p>I can make some healthy snacks and explain why they are good for my body</p> <p>I can express how it feels to share healthy food with my friends</p>	<p>I can tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>I can identify people I respect who are older than me</p> <p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>I feel proud about becoming more independent</p> <p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private</p> <p>I can tell you what I like/don't like about being a boy/girl</p> <p>I understand there are different types of touch and can tell you which ones I like and don't like</p> <p>I am confident to say what I like and don't like and can ask for help</p> <p>I can identify what I am looking forward to when I am in Year 3</p> <p>I can start to think about changes I will make when I am in Year 3 and know how to go about this</p>
<p>END POINTS</p>	<p>Being Me in my World Children working at the expected standard: I can explain the rights, responsibilities, rewards and consequences in my class. I can talk about why it is important to respect and complete my responsibilities</p> <p>Children working at greater depth: I can describe and give examples of the rights, responsibilities, rewards and consequences in my class. I understand why I have to follow my class charter and how this affects the children in my class.</p> <p>Celebrating Difference Children working at expected standard:</p>	<p>Dreams & Goals Children working at the expected standard: I can explain some of the ways I worked cooperatively in my group to create the end product. I can express how it feels to be working as part of a group.</p> <p>Children working at greater depth: I can explain how my own and others' contributions helped the group to create an end product. I can explain what felt good and what was difficult about working in our group.</p> <p>Healthy Me Children working at the expected standard:</p>	<p>Relationships Children working at the expected standard: I can identify some ways in which my friend is different to me. I can express how it feels to share healthy food with my friends. I can identify some of the things that cause conflict between me and my friends.</p> <p>Children working at greater depth: I can compare myself with a friend and describe the similarities and differences between us. I can identify and prepare snacks that are healthy and explain my choice by saying why they are good for my body. I can identify a range of things that cause conflict between me and my friends and explain why these conflicts happen.</p>

	<p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>I understand that bullying is sometimes about difference.</p> <p>I can tell you some ways I am different from my friends</p> <p>Children working at greater depth:</p> <p>I understand some ways in which boys and girls are similar and feel good about this. I understand boys and girls are different and accept that this is OK. I can tell you how someone who is bullied feels</p> <p>I can be kind to children who are bullied. I understand these differences make us all special and unique</p>	<p>I can make some healthy snack and explain why they are good for my body.</p> <p>Children working at greater depth:</p> <p>I can identify and prepare snacks that are healthy, and explain my choice by saying why they're good for my body.</p>	<p>Changing Me</p> <p>Children working at expected standard:</p> <p>I can tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>I understand there are different types of touch and can tell you which ones I like and don't like.</p> <p>I can identify what I am looking forward to when I am in Year 3.</p> <p>Children working at greater depth:</p> <p>I can identify people I respect who are older than me</p> <p>I am confident to say what I like and don't like and can ask for help.</p> <p>I can start to think about changes I will make when I am in Year 3 and know how to go about this.</p>
<p>WHOLE SCHOOL EVENTS & ENHANCEMENTS</p>	<p>Our School Values</p> <p>Anti-Bullying Week – Friendship Day</p> <p>Rights Respecting School Day</p> <p>NSPCC PANTS/ Speak Out Stay Safe</p>	<p>Safer Internet Day:</p> <p>World Autism Awareness Day</p> <p>British Values</p>	<p>Walk to school Week</p> <p>Happy Healthy Humans Week</p> <p>World Faiths</p>