



## PSHE Themes (CIS & BOJ)



Unit Title: Myself & My Relationships - Beginning and Belonging			
EYFS	KS1	Lower KS2	Upper KS2
How am I special and what is special about other people in my class?	Do I understand simple ways to make sure my school is a safe, happy place?	What is my role in making my school a place where we can learn happily and safely? How can we build relationships in our class and how does this benefit me?	What are my responsibilities for making sure everyone in school feels happy and safe?
What have I learnt to do and what would I like to learn next?	How can I get to know the people in my class?	What does it feel like to be new or to start something new?	How can I take responsibility for building relationships in my school and how does this benefit us all?
How do we welcome people to our class?	How do I feel when I am doing something new?	How can I help children and adults feel welcome in school?	How might different people feel when starting something new and how can I help?
What can I do to make the classroom a safe and happy place?	What helps me manage in new situations?	What helps me manage a new situation or learn something new?	How do we make people feel welcome and valued in and out of school?
How can I play and work well with others?	Who can help me at home and at school?	Who are the different people in my network who I can ask for help?	What helps me to be resilient in a range of new situations?
How can I show I am listening to an adult?			Are there more ways I can get help now and how do I seek support?
What can help me to follow instructions?			

**Unit Title: Myself & My Relationships - Family & Friends**

EYFS	KS1	Lower KS2	Upper KS2
	<p>Can I describe what a good friend is and does and how it feels to be friends?</p> <p>Why is telling the truth important?</p> <p>What skills do I need to choose, make and develop friendships?</p> <p>How might friendships go wrong, and how does it feel?</p> <p>How can I try to mend friendships if they have become difficult?</p> <p>What is my personal space and how do I talk to people about it?</p> <p>Who is in my family and how do we care for each other?</p> <p>Who are my special people, why are they special and how do they support me?</p>	<p>How do good friends behave on and offline and how do I feel as a result?</p> <p>What is a healthy friendship and how does trust play an essential part?</p> <p>What skills do I need for choosing, making and developing friendships and how effective are they?</p> <p>How can I help to resolve disagreements positively by listening and compromising?</p> <p>Can I empathise with other people in a disagreement?</p> <p>How can I check with my friends that their personal boundaries have not been crossed?</p> <p>How do my family members help each other to feel safe and secure even when things are tough?</p> <p>Who is in my network of special people now and how do we affect and support each other?</p>	

**Unit Title: Myself & My Relationships - My Emotions**

EYFS	KS1	Lower KS2	Upper KS2
<p>Can I recognise and talk about my feelings?</p> <p>Can I recognise emotions in other people and say how they are feeling?</p> <p>Do I know what causes different emotions in myself and other people?</p> <p>How do I and others feel when things change?</p> <p>Do I know simple ways to make myself feel better?</p> <p>How can I help to make other people feel better?</p> <p>What could I do when things are difficult for me?</p>	<p>What am I good at and what is special about me?</p> <p>How can I stand up for myself?</p> <p>Can I name some different feelings?</p> <p>Can I describe situations in which I might feel happy, sad, cross etc?</p> <p>How do my feelings and actions affect others?</p> <p>How do I manage some of my emotions and associated behaviours?</p> <p>What are the different ways people might relax and what helps me to feel relaxed?</p> <p>Who do I share my feelings with?</p>	<p>Why is it important to accept and feel proud of who we are?</p> <p>What does the word 'unique' mean and what do I feel proud of about myself?</p> <p>Why is mental wellbeing as important as physical wellbeing?</p> <p>How can I communicate my emotions?</p> <p>Can I recognise some simple ways to manage difficult emotions?</p> <p>What does it mean when someone says I am "overreacting" and how do I show understanding towards myself and others?</p> <p>How do my actions and feelings affect the way I and others feel?</p> <p>How do I care for other people's feelings?</p> <p>Who can I talk to about the way I feel?</p> <p>How can I disagree without being disagreeable?</p>	<p>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</p> <p>What does it mean to have a 'strong sense of identity' &amp; 'self-respect'?</p> <p>What can I do to boost my self-respect?</p> <p>How do I manage strong emotions?</p> <p>How can I judge if my own feelings and behaviours are appropriate &amp; proportionate?</p> <p>How do I recognise how other people feel and respond to them?</p> <p>What is loneliness and how can we manage feelings of isolation?</p> <p>How common is mental ill health and what self-care techniques can I use?</p> <p>What kinds of problems can be caused by impulsive online communication?</p> <p>How and from whom do I get support when things are difficult?</p>

Unit Title: Myself & My Relationships - Managing Change

EYFS	KS1	Lower KS2	Upper KS2
	<p>How are my achievements, skills and responsibilities changing and what else might change?</p> <p>How might people feel during times of loss and change? How do friendships change?</p> <p>What helps me to feel calmer when I am experiencing strong emotions linked to loss and change?</p> <p>How might people feel when they lose a special possession?</p> <p>When can I make choices about changes?</p>		<p>What positive and negative changes might people experience?</p> <p>How do people's emotions evolve over time as they experience loss and change?</p> <p>How can I manage the changing influences and pressures on my friendships and relationships?</p> <p>What different strategies do people use to manage feelings linked to loss and change and how can I help?</p> <p>How might people whose families change feel?</p> <p>When might change lead to positive outcomes for people?</p> <p>What positive and negative changes have I experienced and how have these experiences affected me?</p> <p>What strategies will help me to thrive when I move to my next school?</p>

Unit Title: Myself & My Relationships - Body Image

EYFS	KS1	Lower KS2	Upper KS2
			<p>What does attractive mean?</p> <p>What does school do to help children feel good about themselves?</p> <p>What could they do further?</p> <p>Why do certain characteristics contribute to people's view of attractiveness?</p> <p>With regards to appearance, how do people spend their time and money?</p> <p>What influences how we view ourselves?</p> <p>What messages are given on 'makeover' programmes? How are messages about attractiveness given to boys and girls?</p> <p>What is popularity?</p> <p>What is meant by a positive body image?</p>

Unit Title: Citizenship - Rights, Rules & Responsibilities			
EYFS	KS1	Lower KS2	Upper KS2
	<p>How do rules make me feel happy and safe?</p> <p>How do I take part in making rules?</p> <p>Who looks after me and what are their responsibilities?</p> <p>What jobs and responsibilities do I have in school and at home?</p> <p>Can I listen to other people, share my views and take turns?</p> <p>Can I take part in discussions and decisions in class?</p>	<p>What does it mean to be treated and to treat others with respect?</p> <p>Who are those in positions of authority within our school and communities and how can we show respect?</p> <p>Why do we need rules at home and at school?</p> <p>What part can I play in making and changing rules?</p> <p>What do we mean by rights and responsibilities?</p> <p>What are my responsibilities at home and at school?</p> <p>How do we make democratic decisions in school?</p> <p>What is a representative and how do we elect them?</p>	<p>What are the conventions of courtesy &amp; manners and how do these vary?</p> <p>How does my behaviour online affect others &amp; how can I show respect?</p> <p>Why is it important to keep my personal information private, especially online?</p> <p>How can I contribute to making and changing rules in school?</p> <p>How else can I make a difference in school?</p> <p>Are there places or times when I must behave differently? What are the basic rights of children and adults? Why do we have laws in our country?</p> <p>How does democracy work in our community and in our country?</p> <p>What do councils, councillors, parliament and MPs do?</p> <p>Can I take part in a debate and listen to other people's views?</p>

**Unit Title: Citizenship - Working Together**

EYFS	KS1	Lower KS2	Upper KS2
	<p>What am I and other people good at?</p> <p>What new skills would I like to develop?</p> <p>How can I listen well to other people?</p> <p>How can I work well in a group?</p> <p>Why is it important to take turns?</p> <p>How can I negotiate to sort out disagreements?</p> <p>How are my skills useful in a group?</p> <p>What is a useful evaluation?</p>	<p>What am I good at and what are others good at?</p> <p>What new skills would I like or need to develop?</p> <p>How well can I listen to other people?</p> <p>How do I ask open questions?</p> <p>How can I share my views and opinions effectively?</p> <p>How can different people contribute to a group task?</p> <p>How can I persevere and overcome obstacles to my learning?</p> <p>How can I work well in a group? What is useful evaluation?</p> <p>How do I give constructive feedback and receive it from others?</p>	<p>What are my strengths and skills and how are they seen by others?</p> <p>What helps me learn new skills effectively?</p> <p>What would I like to improve and how can I achieve this?</p> <p>How could my skills and strengths be used in future employment?</p> <p>What are some of the jobs that people do?</p> <p>How can I be a good listener to other people?</p> <p>How can I share my views effectively and negotiate with others to reach agreement? How can I persevere and help others to do so?</p> <p>How can I give, receive and act on sensitive and constructive feedback?</p>

Unit Title: Citizenship - Diversity & Communities			
EYFS	KS1	Lower KS2	Upper KS2
Who are the people in my class and how are we similar to and different from each other?	What makes me 'me', what makes you 'you'?	What have we got in common and how are we different?	How do other people's perceptions, views and stereotypes influence my sense of identity?
Who are the people in my family, and who are the people in other families?	Do all boys and all girls like the same things?	How might others' expectations of girls and boys affect people's feelings and choices? How are our families the same and how are they different?	How do views of gender affect my identity, friendships, behaviour & choices?
What things are especially important to my family and me?	What is my family like and how are other families different?	Do people who live in my locality have different traditions, cultures and beliefs? How does valuing diversity benefit everyone?	What are people's different identities, locally and in the UK?
What are some of the similarities and differences in the way people including families live their lives?	What different groups do we belong to?	Why are stereotypes unfair and how can I challenge them?	How can I show respect to those with different lifestyles, beliefs & traditions?
How can we value different types of people including what they believe in and how they live their lives?	What is a stereotype, and can I give some examples?	How do people in my locality benefit from being part of different groups?	What are the negative effects of stereotyping?
How do we celebrate what we believe in and how is this different for different people?	Who helps people in my locality and what help do they need?	What are the roles of people who support others with different needs in my community?	Which wider communities & groups am I part of & how does this benefit me? What are voluntary organisations and how do they make a difference?
<u>Me &amp; My World</u>	What does 'my community' mean and how does it feel to be part of it?	How does the media work in my community?	What is the role of the media and how does it influence me and my community?
Who are the people who help to look after me and my school?	How do people find out about what is happening in my community?	How can we care for the local environment and what are the benefits?	Who cares for the wider environment and what is my contribution?
How can I help to look after my school?	How do we care for animals and plants?		
How can I help to care for my things at home?	How can I help look after my school?		



**Unit Title: Healthy & Safer Lifestyles - Managing Risk**

EYFS	KS1	Lower KS2	Upper KS2
	<p>What are risky situations and how can I keep myself safer?</p> <p>How do I feel in risky situations?</p> <p>What is my name, address and phone number and when might I need to give them?</p> <p>What is an emergency and who helps?</p> <p>How can I help in an emergency?</p>	<p>How do I feel in risky situations and how might my body react?</p> <p>Can I make decisions in risky situations, and might my friends affect these decisions?</p> <p>When might I meet adults, I don't know &amp; how can I respond safely?</p> <p>What actions could I take in an emergency or accident and how can I call the emergency services?</p> <p>What are the benefits of using the roads and being near water and how can I reduce the risks?</p> <p>How is fire risky and how can I reduce the risks?</p> <p>How do I keep myself safe during activities and visits?</p> <p>How can I stop accidents happening at home and when I'm out?</p>	

**Unit Title: Healthy & Safer Lifestyles - Personal Safety**

EYFS	KS1	Lower KS2	Upper KS2
	<p>Where are the safer places I can play?</p> <p>What are the risks for me in using the roads, and how can I stay safe?</p> <p>What are the risks for me in the sun and how can I stay safe?</p> <p>What are the risks for me near water and how can I stay safe?</p> <p>What are the risks for me if I am lost and how can I stay safe?</p> <p>What are the best ways to keep safe from accidents?</p>	<p>How do I recognise my own feelings and communicate them to others?</p> <p>Which school/classroom rules are about helping people to feel safe?</p> <p>Can I recognise when my Early Warning Signs are telling me I don't feel safe?</p> <p>What qualities do trusted adults and trusted friends have?</p> <p>Who is on my personal network and how can I ask them for help?</p> <p>What could I do if I feel worried about a friendship or family relationship?</p> <p>What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?</p> <p>Can I describe my home and neighbourhood?</p> <p>Who are the people who help keep me safer?</p> <p>Who could I talk to if I felt unsafe or unsure?</p> <p>Do I understand what good and bad secrets might be?</p> <p>What can I do if someone tries to persuade me?</p> <p>Can I recognise and describe 'yes' and 'no' feelings and "I am not sure" feelings?</p> <p>How can I get the attention of an adult if I need to?</p>	<p>How do I recognise my own feelings and consider how my actions may affect the feelings of others?</p> <p>Can I use my Early Warning Signs to judge how safe I am feeling?</p> <p>How do I judge who is a trusted adult or trusted friend?</p> <p>How can I seek help or advice from someone on my personal network and when should I review my network?</p> <p>How could I report concerns of abuse or neglect?</p> <p>Can I identify appropriate &amp; inappropriate or unsafe physical contact?</p> <p>How do I judge when it is not right to keep a secret and what action could I take?</p>

**Unit Title: Healthy & Safer Lifestyles - Drug Education**

EYFS	KS1	Lower KS2	Upper KS2
	<p>Which substances might enter our bodies, how do they get there and what do they do?</p> <p>What are medicines and why and when do some people use them?</p> <p>When and why do people have an injection from a doctor or a nurse?</p> <p>Who is in charge of what medicine I take?</p> <p>What different things can help me feel better if I feel poorly?</p> <p>How can I keep safe with medicines and substances at home and at school?</p> <p>What is persuasion and how does it feel to be persuaded?</p>	<p>What medical &amp; legal drugs do I know about, and what are their effects?</p> <p>Who uses and misuses legal drugs?</p> <p>Why do some people need medicine and who prescribes it?</p> <p>What are immunisations and have I had any?</p> <p>What are the safety rules for storing medicine and other risky substances?</p> <p>What should I do if I find something risky, like a syringe?</p> <p>What do I understand about how friends and the media persuade and influence me?</p>	<p>What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them?</p> <p>How does drug use affect the way a body or brain works?</p> <p>How do medicines help people with different illnesses?</p> <p>What immunisations have I had or may I have in future and how do they keep me healthy?</p> <p>What is drug misuse?</p> <p>What are some of the laws about drugs?</p> <p>When and how should I check information about drugs?</p>

**Unit Title: Healthy & Safer Lifestyles - Healthy Lifestyles**

<b>EYFS</b>	<b>KS1</b>	<b>Lower KS2</b>	<b>Upper KS2</b>
<p>What things can I do when I'm feeling good and healthy?</p> <p>What can't I do when I am feeling ill or not so healthy?</p> <p>What can I do to help keep my body healthy?</p> <p>Why is food and drink good for us?</p> <p>How can I make healthier choices about food?</p> <p>What is exercise is and why is it good for us?</p> <p>Why is rest and sleep good for us?</p>			

**Unit Title: Healthy & Safer Lifestyles - Sex & Relationships**

EYFS	KS1	Lower KS2	Upper KS2
<p>What does my body look like? How has my body changed as it has grown?</p> <p>What can my body do?</p> <p>What differences and similarities are there between our bodies?</p> <p>How can I look after my body and keep it clean?</p> <p>How am I learning to take care of myself and what do I still need help with?</p> <p>Who are the members of my family and trusted people who look after me?</p> <p>How do I feel about growing up?</p>	<p><u>Year 1</u> What are the names of the main parts of the body?</p> <p>What can my amazing body do?</p> <p>When am I in charge of my actions and my body?</p> <p>How can I keep my body clean?</p> <p>How can I avoid spreading common illnesses and diseases?</p> <p><u>Year 2</u> How do babies change and grow?</p> <p>How have I changed since I was a baby?</p> <p>What's growing in that bump?</p> <p>What do babies and children need from their families?</p> <p>Which stable, caring relationships are at the heart of families I know?</p> <p>What are my responsibilities now I'm growing up?</p>	<p><u>Year 3</u> How are male and female bodies different and what are the different parts called?</p> <p>When do we talk about our bodies, how they change, and who do we talk to?</p> <p>What can my body do and how is it special?</p> <p><u>Year 4</u> What are the main stages of the human life cycle?</p> <p>How did I begin?</p> <p>What does it mean to be 'grown up'?</p> <p>What am I responsible for now and how will this change?</p> <p>How do different caring, stable, adult relationships create a secure environment for children to grow up?</p>	<p><u>Year 5</u> What are male and female sexual parts called and what are their functions?</p> <p>How can I talk about bodies confidently and appropriately?</p> <p>What happens to different bodies at puberty?</p> <p>What might influence my view of my body?</p> <p>How can I keep my growing and changing body clean?</p> <p>How can I reduce the spread of viruses and bacteria?</p> <p><u>Year 6</u> What are different ways babies are conceived and born?</p> <p>What effect might puberty have on people's feelings and emotions?</p> <p>How can my words or actions affect how others feel, and what are my responsibilities?</p> <p>What should adults think about before they have children?</p> <p>Why might people get married or become civil partners?</p> <p>What are different families like?</p>

**Unit Title: Economic Wellbeing - Financial Capability**

EYFS	KS1	Lower KS2	Upper KS2
			<p>What different ways are there to gain money?</p> <p>What sort of things do adults need to pay for?</p> <p>How can I afford the things I want or need?</p> <p>How can I make sure I get 'value for money'?</p> <p>Why don't people get all the money they earn?</p> <p>How is money used to benefit the community or the wider world?</p> <p>What is poverty?</p>