

**Lower KS2
PSHE Education
Learning Journey**

Students will start Upper Key Stage 2 with:

- Understanding of how to be a good friend, including showing respect for others
- Knowledge of their rights and responsibilities, as detailed in the UNCRC, including an ability to recognise stereotyping
- An understanding of how to stay safe, including online, & what to do in emergencies
- Knowledge of how to live a healthy lifestyle, including a balanced diet, the importance of exercise, sleep and dental health
- Experience of meaningful YSA; environmental, community-based & enterprise

How do I raise money for charity?

How are payments changing?

Choices about money

How can I keep my money safe?

How do I plan a budget?

What is the link between jobs & money?

What does it feel like to be excluded?

What can we do when we fall out with friends?

How can I stand up for myself?

What makes a good friend?

Emergency Situations

How can I use a bank account?

How can I pay for things?

How do I work well as a team to solve a problem?

What is leadership?

How can we prevent fire-based emergencies and keep ourselves safe?

Money & feelings

Money around the world

How do I become an effective team player?

How can we keep safe near water?

What is an emergency?

What is first aid?

How can I keep my teeth healthy and what are the benefits?

Respect, Falling Out & Making Up

Healthy Living

Who are my five trusted people?

How do I reflect meaningfully?

How do I speak effectively?

How can I recognise when I am not physically well or becoming unhealthy, and what can I do?

How can I plan and create healthy meals?

What is a healthy diet?

What is a poor diet & how does being unhealthy affect us?

Human Rights

YSA: The UNCRC Outright Campaign

What rights and responsibilities do we have in our classroom?

Do we all have the right to play?

What makes me happy and how can I help bring some happiness to others?

What happens when rights are taken away?

What is the UNCRC?

YSA: Being Part of a Community

How do I belong to my community?

What is my family community?

How can I help people in my community?

How can we design a community centre that is suitable for everyone?

What is my class community?

What is it like when people make assumptions about you?

Are we all the same?

Which decisions are mine to make?

What is important to me?

Stereotypes

What I Like

Can we change traditional stereotypes?

What can I do and where can I go for help if I am worried or feel uncomfortable?

What do I do if I don't agree?

What happens to my body if I don't exercise?

What are my likes and dislikes?

What are the signs I may be getting ill, and who can I go to if I am worried?

Enrichment & careers related learning opportunities in LKS2:

The OAT Advantage:

- Know how to make friends
- Know how to be kind
- Be aware of internet safety
- Learn about water safety
- Raise money for charity or take part in a fundraising event
- Know your legal rights and responsibilities
- To have an understanding of important current & historical figures
- I can cook a simple, healthy meal
- Understand the value of money
- Know why & how to stand up for others (prevent bullying)
- Help someone in your community
- #iwill social action opportunity

CRL encounters from:

- Employees in computer-based industries: computer programmers, games designers, CAD design or engineering
- Employees in health-based industries: personal trainer, occupational therapist, nutritionist, doctor, dentists & hygienists
- Employees in the Law
- Employees in emergency services: police, fire & water
- Employees that challenge gender stereotypes
- Employees in business & finance: banking, marketing, sales, HR

Safety Online

Exercise

How are online friends different from friends in the real world?

What is my personal information?

What is good and bad about the internet?

How can I deal with difficult situations in my life?

How can Petr Participate and Collaborative Twins Jade and Jacob help themselves and other learn?

Is too much online gaming bad for you?

Why is being active good for our minds and our bodies?

Why is it good for us to spend time outdoors?

ThinkUKnow: Jessie & Friends

What advice about being safe online do pupils in Year 3 need?

Can exercise be fun, quick and free?

What happens to my body if I don't exercise?

What does it mean to be resilient?

What are achievements and how and why do we celebrate them?

What are our ground rules in PSHE lessons?

How does Independent Isha become an effective learner?

What qualities do Resilient Riley and Creative Curtis have that make them more effective learners?

Welcome to LKS2: Resilience and Reflection

Students will start LKS2:

- Knowing who is special in their lives, including their friends and family
- Having a basic understanding of healthy choices
- With an understanding of how to stay safe
- With a foundation of CRL and financial education
- Having had an experience of YSA

YEAR 4

YEAR 3