

Belmont Cheveley Park Primary School

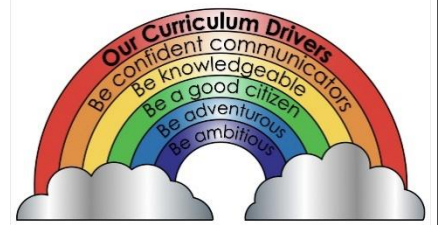


**PSHE
Passport**



Year 1

PSHE Passport



Autumn 1: What is the same and different about us?

- What do you like and dislike?
- What makes you special?
- How are you the same/ different to your friends?
- Do you know the scientific words for the private parts of the body and know the similarities and differences between boys and girls?
- Can you explain the NSPCC's PANTS rule?
- What should I do if a family relationship makes me feel unhappy, unsafe or worried?

Autumn 2: Friends, secrets and people who help us

- How do we show different feelings?
- How do different experiences make you feel?
- How can our behaviour make other people feel?
- What is kind and unkind behaviour?
- What is a good and bad secret?
- When and where should we go for help (including online) if we are scared or worried?
- How to be assertive to say 'no' to unreasonable demands.

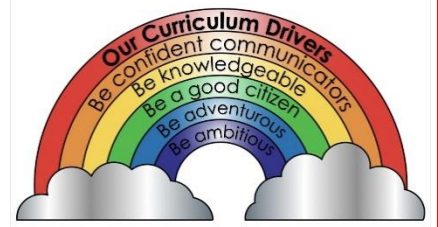
Spring 1: What helps us stay healthy?

- What does it mean to be healthy (mentally and physically)?
- How can you keep healthy?
- How do medicines (including vaccinations and immunisations) help people stay healthy?
- Why is hygiene important and how simple hygiene routines can stop germs from being passed on?
- What can we do to take care of ourselves on a daily basis? (E.g. brushing teeth and hair, hand washing.)



Year 1

PSHE Passport



Spring 2: How can we all live respectfully in diverse Britain?

- How can I help my school community?
- What different groups do I belong to?
- How can I be a good neighbour?
- What is it like to live in the British Isles and be British?
- How are people living in Britain the same and different?
- How can we respect others who are different to us?

Summer 1: What can we do with money?

- What is money?
- How do we get money?
- What do we do with money?
- How do we keep money safe?
- Do we need everything that we want?
- What are pop-up scams online and how do we keep our money and private details safe?

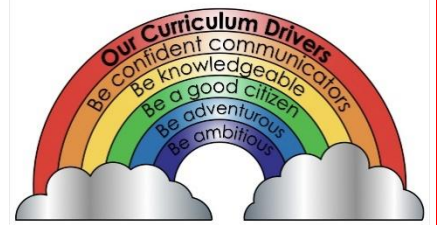
Summer 2: How can we look after each other and the world?

- How does our behaviour make people feel?
- How do we look after people?
- How do we look after animals?
- How and why should we look after our world?
- How do we change as we grow from old to young?
- How do you feel when you move into a new class?



Year 2

PSHE Passport



Autumn 1: What helps us to stay safe?

- What rules and restrictions help to keep you safe?
- How would you know if a situation was unsafe and what could you do to keep yourself safe outdoors?
- Do you always have to keep secrets?
- Do you always have to do everything you are asked to do?
- Can you always trust what you see online?
- What would you do if you see something you don't like or are worried about something?

Autumn 2: What is bullying?

- What is bullying (including cyberbullying)?
- How can words and actions make people feel bad?
- What would you do if you knew someone was being bullied?
- What would you do if someone or yourself is being bullied online?
- How can you communicate with kindness and respect?
- How can you set and respect other people's boundaries?

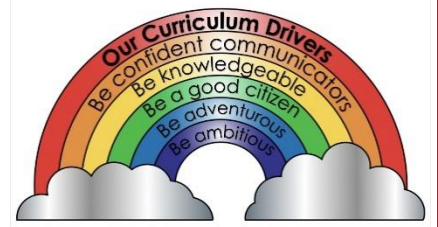
Spring 1: What jobs do people do?

- Why do people have jobs?
- Can you tell me about some different jobs that people do?
- What makes someone good at a job?
- How do people use the internet and digital devices in their jobs?
- Can men and women do the same job?
- What do you want to do when your older?



Year 2

PSHE Passport



Spring 2: What helps us grow and stay healthy?

- What can we do to look after our physical and mental health?
- If you have too much sugar what happens to your body?
- What activities do you do to keep you healthy?
- How much sleep do you need to be healthy?
- When do you know that it is time to take a break from your screen?
- How do stay safe in the sun?

Summer 1: What makes a good friend?

- How can you be a good friend to someone?
- If people are having an argument what can they do to sort it out?
- How do you know if you are feeling lonely?
- If you are feeling lonely what can you do to help yourself feel better?
- If you are unhappy with your friends, who can help you?
- How can you balance everyone's needs in friendship?

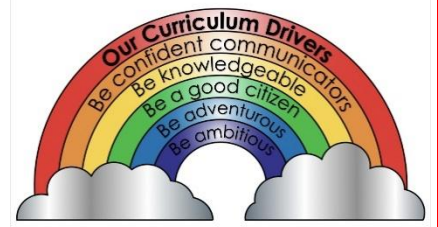
Summer 2: How do we recognise our feelings?

- Can you tell me some different feelings that everyone feels?
- What things can help you and other people feel better if you're not feeling good?
- What things might happen in life to give you different feelings?
- What is grief and does everyone grieve in the same way?
- If you have a really big feeling, what can you do?
- Is it ever ok to call people names, hurt them or tease them?
- Who would you tell is you or someone else is feeling hurt or sad?
- How do tell someone you don't like something or don't want to do something?



Year 3

PSHE Passport



Autumn 1: How Can We Be a Good Friend? Resolving Conflict

- How can friendships support our wellbeing?
- How can we recognise that others are feeling lonely and what can we do to help them?
- What makes a healthy and positive relationship?
- How can we resolve arguments and differences with our friends?
- What can we do if a friendship is making us unhappy or uncomfortable?

Autumn 2: What Are Families Like?

- Can you describe how families are different in their make-up and explain how we should treat everyone?
- What are the most important attributes at the heart of all families?
- How do people within families' care for each other and what are the different ways they demonstrate this?
- What should we do if family relationships are making us feel unhappy and unsafe?

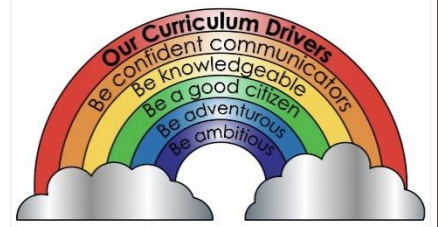
Spring 1: What Makes a Community?

- Can you describe the different groups and communities that people can belong to?
- Can you describe the people that we see within our community?
- How do we show respect to everyone regardless of race, religion?
- How does a community help everyone to feel valued and included?



Year 3

PSHE Passport



Spring 2: What Keeps Us Safe?

- What is a hazard and do you know any that could cause harm?
- How would you keep yourself safe outdoors?
- Can you explain the PANTS rule and why it is important that we keep our bodies private?
- How can you help if someone is injured?
- What would you do to help if there was an emergency?
- How do everyday health and hygiene routines help us to stay safe and healthy?
- What are healthy boundaries in friendships (including online)?

Summer 1: Why Should We Eat Well and Look After Our Teeth?

- What is a healthy diet and what are the benefits of nutritionally rich foods?
- How do we develop a healthy relationship with food?
- How can we plan and prepare healthy meals?
- How can we maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist?
- How does eating a poor balanced diet affect health, including the impact of too much sugar/acidic drinks on dental health?
- How, when and where should we ask for advice and help about healthy eating and dental care?

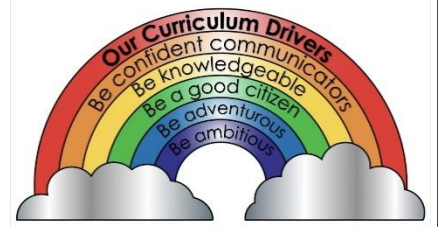
Summer 2: Why Should We Keep Active and Sleep Well?

- How does keeping active (mentally and physically) benefit our bodies?
- How can we be active on a daily and weekly basis - how to balance time online with other activities?
- How does lack of exercise affect our health and wellbeing?
- How does lack of sleep affect our body and our mood?
- How we get support if we are worried about our or others' health?



Year 4

PSHE Passport



Autumn 1: Respect: examining violence excuses and responsibility

- How does people's behaviour affect themselves and others, including online?
- How can we set and respect healthy boundaries with friends, family and others?
- How can we recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)?
- How should we respond if we witness or experience exclusion, disrespect or discrimination?
- How should we respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – and how to report concerns?

Autumn 2: What strengths, skills and interests do we have?

- How do we recognise personal qualities and individuality?
- How to develop self-worth by identifying positive things about ourselves and our achievements.
- How can our personal attributes, strengths, skills and interests contribute to our self-esteem?
- How can we set goals for ourselves?
- How can we manage when there are set-backs, learn from mistakes and reframe unhelpful thinking?

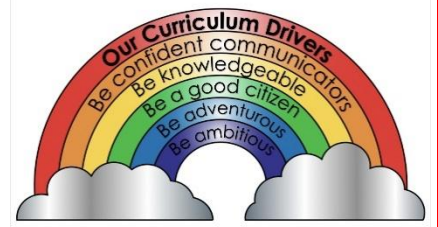
Spring 1: How can we manage our feelings?

- How can everyday experiences affect feelings?
- How can feelings change over time and be experienced at different levels of intensity?
- What is the importance of expressing feelings?
- How can we respond proportionately to, and manage, feelings in different circumstances?
- Where can we access advice and support to help manage our own or others' feelings?



Year 4

PSHE Passport



Spring 2: How can we manage risk in different places?

- How can we recognise, predict, assess and manage risk in different situations?
- How can people's online actions impact on other people?
- How can we keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online?
- How can we report concerns, including about inappropriate online content and contact?
- What are the risks to online gaming (including addiction and scams)?

Summer 1: Health and prevention

- How can bacteria and viruses affect health and that following simple routines can reduce their spread?
- How do we recognise early signs of physical illness, such as weight loss, or unexplained changes to the body?
- What simple personal hygiene practices can we do to prevent the spread of germs?
- What are the facts and science relating to allergies, immunisation and vaccination?

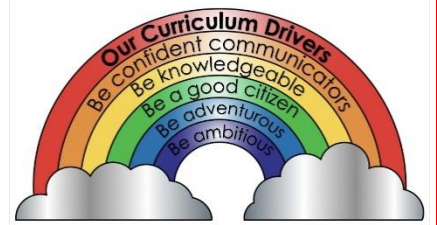
Summer 2: How can our choices make a difference to others and the environment?

- How do people have a shared responsibility to help protect the world around them?
- How can our everyday choices can affect the environment?
- How can what people choose to buy or spend money on affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity?)
- How do we show care and concern for others (people and animals)?



Year 5

PSHE Passport



Autumn 1: What can we do to help in an accident and emergency?

- What would you do if someone was burnt, scalded, cut, choking?
- What do you do if you think someone has a head injury?
- What do you do if it is a serious accident?
- How do you contact emergency services?
- What are emergency services for?

Autumn 2: What decisions can people make with money? What jobs would we like?

- Why do people save money?
- What does value for money mean?
- Name three risks associated with money.
- Name a broad range of different jobs that people could experience during their careers and over their lifetime.
- Why are some jobs paid more than others whereas some jobs may be voluntary and unpaid?
- What are the skills, attributes, qualifications and training needed for different jobs?

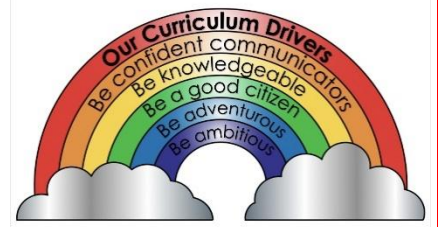
Spring 1: How can drugs common to everyday life affect health?

- What is a prescribed drug?
- What is an illegal drug?
- Why do we have laws about drugs?
- What are the risks associated with some drugs?
- What does 'addiction' or 'drug habit' mean?



Year 5

PSHE Passport



Spring 2: How can friends communicate safely?

- What different types of relationship do people have in their lives?
- How does knowing someone online differ from knowing someone face-to-face?
- What sorts of boundaries are appropriate in friendships?
- How can we recognise risk in relation to friendships and keeping safe?
- What content is safe to share online and how do we seek consent before images or personal information is shared with friends or family?
- How should we respond if a friendship is making us feel worried, unsafe or uncomfortable?

Summer 1: What makes up a person's identity?

- What factors contribute to someone's identity?
- How can we recognise and respect similarities and differences between people?
- What is a stereotype?
- How can stereotypes be unfair, negative or destructive?
- How can we challenge stereotypes?

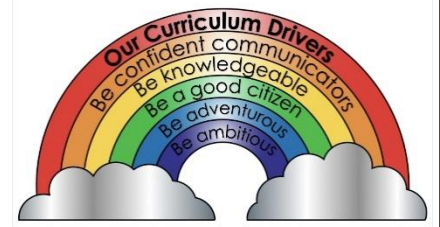
Summer 2: How will my body change as I go through puberty?

- What is puberty?
- How does puberty affect our emotions and feelings?
- How can personal hygiene routines change during puberty?
- What are the key facts about menstrual wellbeing?
- Where can you get advice and support about growing and changing during puberty?



Year 6

PSHE Passport



Autumn 1: How can we keep healthy as we grow?

- How are mental and physical health linked?
- How can we recognise early signs of physical or mental ill-health and what to do about this?
- How can positive friendships and being involved in activities such as clubs and community groups support wellbeing?
- How can we make choices that support a healthy, balanced lifestyle?
- How can habits be healthy or unhealthy and what strategies can help change or break an unhealthy habit or take up a new healthy one?

Autumn 2: How can we live responsibly as global citizens?

- How can we be responsible global citizens?
- What is global warming and what can we do to prevent it from getting worse?
- How does our energy use harm the environment?
- Why is it important to use water responsibly?
- Why should we all encourage biodiversity?
- How can my decisions and choices make the world a better place?

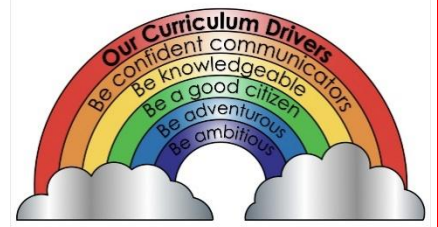
Spring 1: How can we make a positive contribution to our community?

- What different faiths and ethnicities live in our nation and how to way show respect to all people?
- What is a community?
- Why and how are laws made and why should we adhere to them?
- What does democracy mean in relation to local and national government?
- How do charities support communities?



Year 6

PSHE Passport



Spring 2: How can the media influence people?

- How can we make decisions about the content we view online or in the media and know if it is appropriate for our age range?
- How should we respond to and if necessary, report information viewed online which is upsetting, frightening or untrue?
- Where does pressure to behave in an unacceptable, unhealthy or risky way come from?
- What sorts of boundaries are appropriate in friendships (including online)?
- How can the media, including online experiences, affect people's wellbeing – their thoughts, feelings and actions?
- How to evaluate the reliability of different types of online content?

Summer 1: What will change as we become more independent?

- What are the different kinds of relationships in people's lives?
- Can people be attracted to and love each other from any gender, ethnicity or faith?
- Should adults be able to choose to be part of a committed relationship or not, including marriage or civil partnership?
- How may friendships change as they grow and how should we manage this?
- How best can we manage change, including moving to secondary school?
- What is grief and do we all grieve in the same way?

Summer 2: What are the key facts about puberty, menstrual wellbeing and reproduction?

- How does puberty relate to growing from childhood to adulthood?
- What are the key facts about puberty and the changing adolescent body, including physical and emotional changes?
- What are the key facts about the menstrual cycle and menstrual wellbeing?
- What is a loving relationship?
- What is the process of reproduction from conception to birth?