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PERSONAL, SOCIAL, HEALTH AND ECONOMIC (PSHE) EDUCATION

AUTUMN 1	SPRING 1	SUMMER 1
<p><u>KEEPING SAFE & MANAGING RISK: INDOORS AND OUTDOORS</u></p> <p>L1. Pupils learn about keeping safe in the home, including fire safety</p> <ul style="list-style-type: none">  Pupils know some simple rules for keeping safe indoors, including online  can describe what to do if there is an emergency  understand that they can take some responsibility for their own safety <p>L2. Pupils learn about keeping safe outside</p> <ul style="list-style-type: none">  Pupils know some rules for keeping safe outside  can assess whether a situation is safe or unsafe  understand the importance of always telling someone where they are going or playing <p>L3. Pupils learn about road safety</p> <ul style="list-style-type: none">  Pupils can identify hazards in relation to road safety  are able to explain how to cross the road safely  recognise that there are rules in relation to road safety for all road users <p><u>ROAD SAFETY TRAINING</u> <u>Leeds City Council - Influencing Travel Behaviour</u></p> <p><u>COOKING IN THE CURRICULUM AUTUMN 1:</u> <u>COOKING AND NUTRITION: SAVOURY WRAP AND COLESLAW</u> See separate skill documentation</p>	<p><u>MENTAL HEALTH AND WELLBEING: FRIENDSHIP</u></p> <p>L1. Pupils learn about the importance of special people in their lives</p> <ul style="list-style-type: none">  Pupils can identify people who are special to them and explain why  understand what makes a good friend  can demonstrate how they show someone they care <p>L2. Pupils learn about making friends and who can help with friendships</p> <ul style="list-style-type: none">  Pupils understand how people might feel if they are left out or excluded from friendships  recognise when someone needs a friend and know some ways to approach making friends  know who they can talk to if they are worried about friendships <p>L3. Pupils learn about solving problems that might arise with friendships</p> <ul style="list-style-type: none">  Pupils can identify some ways that friendships can go wrong  can describe some ways to sort out friendship problems  recognise that difficulties within friendships can usually be resolved 	<p><u>SEX AND RELATIONSHIP EDUCATION: BOYS AND GIRLS, FAMILIES (PART 2)</u></p> <p><u>Include on newsletter inviting parents/carers to view teaching content if wanted.</u></p> <p>L4. Pupils learn about growing from young to old and that they are growing and changing</p> <ul style="list-style-type: none">  Pupils can identify key stages in the human life cycle  understand some ways they have changed since they were babies  understand that all living things including humans start life as babies <p>L5. Pupils learn that everybody needs to be cared for and ways in which they care for others</p> <ul style="list-style-type: none">  Pupils understand that we all have different needs and require different types of care  identify ways we show care towards each other  understand the links between needs, caring and changes throughout the life cycle <p>L6. Pupils learn about different types of family and how their home-life is special</p> <ul style="list-style-type: none">  Pupils can describe different types of family  identify what is special and different about their home life  understand families care for each other in a variety of ways

AUTUMN 2	SPRING 2 (includes HEALTHY WEEK)	SUMMER 2
<p><u>SEX AND RELATIONSHIP EDUCATION:</u> <u>BOYS AND GIRLS, FAMILIES (PART 1)</u> <u>Include on newsletter inviting parents/carers to view teaching content if wanted.</u></p> <p>L1. Pupils learn to understand and respect the differences and similarities between people  Pupils are able to define difference and similarity  understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that</p> <p>L2. Pupils learn about the biological differences between male and female animals and their role in the life cycle  Pupils know that female mammals give birth and nurse their young  can describe the biological differences between male and female  understand that the creation of life requires a male and female</p> <p>L3. Pupils learn the biological differences between male and female children  Pupils identify and name biological terms for male and female sex parts  can label the male and female sex parts with confidence  understand that the male and female sex parts are related to reproduction</p>	<p><u>DRUG, ALCOHOL AND TOBACCO EDUCATION:</u> <u>MEDICINES AND ME</u></p> <p>L1. Pupils learn why medicines are taken  Pupils understand the purpose of medicines is to help people stay healthy, get well or feel better if they are ill  know that medicines come in different forms  recognise each medicine has a specific use</p> <p>L2. Pupils learn where medicines come from  Pupils know that medicines can be prescribed by a doctor or bought from a shop or pharmacy  know when medicines might be used and who decides which medicine is used  understand that there are alternatives to taking medicines, and when these might be helpful</p> <p>L3. Pupils learn about keeping themselves safe around medicines  Pupils understand that medicines comes with instructions to ensure they are used safely  know some safety rules for using and storing medicines  recognise that medicines can be harmful if not taken correctly</p> <p>ASTHMA LESSON FOR YEAR 2 Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use  Pupils know what asthma is and how it can affect people  can recognise the symptoms of an asthma attack</p>	<p><u>PHYSICAL HEALTH AND WELLBEING:</u> <u>WHAT KEEPS ME HEALTHY?</u></p> <p>L1. Pupils learn about eating well  Pupils know what a healthy diet looks like  can identify who helps them make choices about the food they eat  know the benefits of a healthy diet (including oral health)</p> <p>L2. Pupils learn about the importance of physical activity, sleep and rest  Pupils can describe some ways of being physically active throughout the day  explain why it is important to rest and get enough sleep, as well as be active  understand that an hour a day of physical activity is important for good health</p> <p>L3. Pupils learn about people who help us to stay healthy and well and about basic hygiene routines  Pupils know about the roles of people who help them to stay healthy (including giving vaccinations)  can describe everyday routines to help take care of their bodies, including oral health  understand how basic hygiene routines can stop the spread of disease</p>



understand how people with asthma can look after themselves – treating asthma as a condition and treating an asthma attack