

CHERRY TREE ACADEMY

PSHE INTENT

2022 – 2023

**EYFS**

Early Learning Goal for ‘Personal, Social and Emotional Development’ includes Self-regulation, Managing Self, Building Relationships.

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| Children in reception will be learning to: | How this will look at Cherry Tree Academy: |
| Self Regulate | - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;  - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;  - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. |
| Manage Self | - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;  - Explain the reasons for rules, know right from wrong and try to behave accordingly;  - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. |
| Build Relationships | - Work and play cooperatively and take turns with others;  - Form positive attachments to adults and friendships with peers;  - Show sensitivity to their own and to others’ needs. |

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| * Self-identity * Understanding feelings * Being in a classroom * Being gentle * Rights and responsibilities | * Identifying talents * Being special * Families * Where we live * Making friends * Standing up for yourself | * Challenges * Perseverance * Goal-setting * Overcoming obstacles * Seeking help * Jobs * Achieving goals | * Exercising bodies * Physical activity * Healthy food * Sleep * Keeping clean * Safety | * Family life * Friendships * Breaking friendships * Falling out * Dealing with bullying * Being a good friend | * Bodies * Respecting my body * Growing up * Growth and change * Fun and fears * Celebrations |

**KS1- Year 1**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| * Feeling special and safe * Being part of a class * Rights and responsibilities * Rewards and feeling proud * Consequences * Owning the Learning Charter | * Similarities and differences Understanding bullying and knowing how to deal with it Making new friends * Celebrating the differences in everyone | * Setting goals * Identifying successes and achievements * Learning styles * Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles * Feelings of success | * Keeping myself healthy * Healthier lifestyle choices * Keeping clean * Being safe * Medicine safety/safety with household items * Road safety * Linking health and happiness | * Belonging to a family * Making friends/being a good friend * Physical contact preferences * People who help us * Qualities as a friend and person * Self-acknowledgement * Being a good friend to myself * Celebrating special relationships | * Life cycles – animal and human * Changes in me * Changes since being a baby Differences between female and male bodies (correct terminology) * Linking growing and learning * Coping with change * Transition |

**KS1- Year 2**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| * Hopes and fears for the year * Rights and responsibilities * Rewards and consequences Safe and fair learning environment * Valuing contributions * Choices * Recognising feelings | * Assumptions and stereotypes about gender Understanding bullying Standing up for self and others * Making new friends * Gender diversity * Celebrating difference and remaining friends | * Achieving realistic goals * Perseverance * Learning strengths * Learning with others * Group co-operation * Contributing to and sharing success | * Motivation * Healthier choices * Relaxation * Healthy eating and nutrition Healthier snacks and sharing food | * Different types of family * Physical contact boundaries * Friendship and conflict * Secrets * Trust and appreciation * Expressing appreciation for special relationships | * Life cycles in nature * Growing from young to old * Increasing independence Differences in female and male bodies (correct terminology) * Assertiveness * Preparing for transition |

**KS2 - Year 3**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| * Setting personal goals * Self-identity and worth * Positivity in challenges Rules, rights and * responsibilities * Rewards and consequences * Responsible choices Seeing things from others’ perspectives | * Families and their differences * Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it * Recognising how words can be hurtful * Giving and receiving compliments | * Difficult challenges and achieving success * Dreams and ambitions * New challenges * Motivation and enthusiasm Recognising and trying to overcome obstacles * Evaluating learning processes * Managing feelings * Simple budgeting | * Exercise * Fitness challenges * Food labelling and healthy swaps * Attitudes towards drugs Keeping safe and why it’s important online and off line scenarios * Respect for myself and others * Healthy and safe choices | * Family roles and responsibilities * Friendship and negotiation * Keeping safe online and who to go to for help * Being a global citizen * Being aware of how my choices affect others * Awareness of how other children have different lives * Expressing appreciation for family and friends | * How babies grow * Understanding a baby’s needs * Outside body changes * Inside body changes * Family stereotypes * Challenging my ideas * Preparing for transition |

**KS2 - Year 4**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| * Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences * Group decision-making * Having a voice * What motivates behaviour | * Challenging assumptions Judging by appearance * Accepting self and others * Understanding influences * Understanding bullying * Problem-solving * Identifying how special and unique everyone is * First impressions | * Hopes and dreams * Overcoming disappointment * Creating new, realistic dreams * Achieving goals * Working in a group * Celebrating contributions * Resilience * Positive attitudes | * Healthier friendships * Group dynamics * Smoking * Alcohol * Assertiveness * Peer pressure * Celebrating inner strength | * Jealousy * Love and loss * Memories of loved ones * Getting on and Falling Out * Girlfriends and boyfriends * Showing appreciation to people and animals | * Being unique * Having a baby * Girls and puberty * Confidence in change * Accepting change * Preparing for transition * Environmental change |

**KS2 - Year 5**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| * Planning the forthcoming year * Being a citizen * Rights and responsibilities * Rewards and consequences * How behaviour affects groups Democracy, having a voice, participating | * Cultural differences and how they can cause conflict * Racism * Rumours and name-calling * Types of bullying Material wealth and happiness * Enjoying and respecting other cultures | * Future dreams * The importance of money * Jobs and careers * Dream job and how to get there * Goals in different cultures * Supporting others (charity) * Motivation | * Smoking, including vaping * Alcohol * Alcohol and anti-social behaviour * Emergency aid * Body image * Relationships with food * Healthy choices * Motivation and behaviour | * Self-recognition and self-worth * Building self-esteem * Safer online communities * Rights and responsibilities online * Online gaming and gambling * Reducing screen time * Dangers of online grooming * SMARRT internet safety rules | * Self- and body image * Influence of online and media on body image * Puberty for girls * Puberty for boys * Conception (including IVF) * Growing responsibility * Coping with change * Preparing for transition |

**KS2 - Year 6**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| * Identifying goals for the year * Global citizenship * Children’s universal rights * Feeling welcome and valued Choices, consequences and rewards Group dynamics * Democracy, having a voice * Anti-social behaviour * Role-modelling | * Perceptions of normality * Understanding disability * Power struggles * Understanding bullying * Inclusion/exclusion Differences as conflict, * difference as celebration * Empathy | * Personal learning goals, in and out of school Success criteria * Emotions in success * Making a difference in the world * Motivation * Recognising achievements * Compliments | * Taking personal responsibility * How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health * Managing stress | * Mental health * Identifying mental health worries and sources of support Love and loss * Managing feelings * Power and control * Assertiveness * Technology safety * Take responsibility with technology use | * Self-image * Body image * Puberty and feelings * Conception to birth * Reflections about change * Physical attraction * Respect and consent * Boyfriends/girlfriends * Sexting * Transition |

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