

PSHCE Upper KS2 Overview

Emotional Health and Well-being (SEAL units)	Financial Capability	Sex and Relationship Education	Drugs Education	Enterprise/careers	Citizenship	Healthy Living
<p>New Beginnings. To have a sense of belonging. To understand and manage uncomfortable feelings. To understand the feelings of others and make good choices using my developing social skills.</p>	<p>To know that there are different ways to keep money safe.</p>	<p>To think about the lives of people living in other places and times, and people with different values and customs. To know how their actions affect themselves and others. To care about peoples feelings and try to see things from their point of view. Year 6 unit 17</p>	<p>To understand school rules about health and safety, basic emergency aid procedures and where to get help. Year 5 unit 15</p>		<p>To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action. Year 5 unit 4, 5 To know what democracy is, and about the basic institutions that support it locally and nationally. Year 5 unit 2 Year 6 unit 9 To recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals. Year 6 unit 5</p>	<p>To know what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices. Year 5 unit 13 Year 6 unit 11</p>
<p>Getting on and falling out. To have developing relationships. To see things in other people's perspectives. To work as part of a team. To manage feelings of anger where required and resolve conflict.</p>		<p>To know how their actions affect themselves and others. To care about peoples feelings and try to see things from their point of view. Year 5 unit 17, 18,19, 22 Year 6 unit 16</p>			<p>To resolve differences by looking at alternatives, making decisions and explaining choices Year 6 unit 8</p>	
<p>Say No to bullying. To understand the meaning of the word bullying. To make good choices regarding bullying behaviours.</p>		<p>To realise the nature and consequences of racism, teasing, bullying and aggressive behaviours and know how to respond to them and ask for help. Year 5 unit 21 Year 6 unit 19, 2o</p>			<p>To realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities. Year 6 unit 10</p>	<p>That exercise can have an effect on physical and emotional health and well being. Year 5 unit 11 Year 6 unit 12</p>
<p>Going for Goals. To know my own strengths and weaknesses. To make good choices. To set realistic goals with explicit plans for how to reach them in the future, persisting or reviewing where needed.</p>	<p>To know how to look after money and realise that future wants and needs may be met through saving. Year 5 unit 7 To know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the environment. Year 6 unit 7? To know that people have different values and attitudes regarding money. To solve word problems involving money and simple % and approximations.</p>			<p>To know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment. To explore how the media presents information. Year 5 unit 9 To know about the range of jobs carried out by people they know and to understand how they can develop skills to make their own contribution in the future. Year 5 unit 1</p>		
<p>Good to be me. To know myself and my feelings. To manage feelings using chosen strategies and taking risks.</p>			<p>To know which commonly available substances and drugs are legal and illegal, their effects and risks. Year 5 unit 16 Year 6 unit 13,14</p>	<p>To recognise and challenge stereotypes</p>	<p>To know that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability. Year 5 unit 20 Year 6 unit 22 To talk and write about their opinions, and explain their views, on issues that affect themselves and society Year 6 unit 3,4</p>	<p>To know what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices. Year 5 unit 12– Cycling safety. Year 6 unit 15</p>
<p>Relationships. To develop my social skills. To understand when my own and feelings of others need to be managed due to uncomfortable or embarrassing situations.</p>		<p>To know where individuals, families and groups can get help and support. To be aware of different types of relationships, including marriage and those between friends and families. Year 6 unit 18, 21 Year 5 to cover unit 18 and 20 from Year 4 To develop the skills to be effective in relationships. To recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way. Year 6 unit 6</p>	<p>To recognise the different risks in different situations and then decide how to behave responsibly.</p>	<p>To reflect on spiritual, moral, social and cultural issues, using imagination to understand other people's experiences.</p>	<p>To know that there are different kinds of responsibilities, rights and duties at home, at school and in the community, and that these can sometimes conflict with each other.</p>	
<p>Changes To respond to difficult changes in my life in a positive way. To manage my feelings appropriately even when changes interfere with sense of belonging.</p>	<p>To know about some features and benefits of different bank accounts.</p>	<p>To know how relationships change over time. To know how the body changes as they approach puberty.</p>	<p>To know why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules. Year 5 unit 8</p>		<p>To research, discuss and debate topical issues, problems and events Year 5 unit 10 To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action. Year 6 unit 1</p>	
	<p>Financial Capability through PSHE Guidance for schools July 2000</p>	<p>Sex and Relationship Education for schools DCSF 2010</p>	<p>Drugs Guidance for schools DCSF 2010</p>	<p>QCA Programs of study (End of Key Stage Statements) Personal, social and health education key stage 1– National Curriculum</p>		