

## PSHE Thread Grid

|        | 5 Key Concepts   | Relationships  | Health and Wellbeing   | Living in the Wider World   |
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| EY     | <p>To give opinions and ask questions to understand diversity.</p> <p>To stay healthy and safe to ensure enrichment.</p> <p>To become a responsible global citizen and have high ambition.</p> <p>To show tolerance by enriching their environment</p> <p>To have positive, respectful relationships with others by accepting differences and diversity.</p> | <p>I know how to take turns.</p> <p>I know how to listen to others.</p> <p>I know how to form positive relationships.</p> <p>I know how to listen to and follow rules.</p> <p>I know about the different feelings.</p> <p>I know similarities and differences between myself and others.</p> | <p>I know how to dress independently.</p> <p>I know how to wash independently.</p> <p>I know how to go to the toilet independently.</p> <p>I know the importance of exercise and diet.</p> <p>I know how to talk about the ways to keep healthy and safe.</p>  | <p>I know how to talk about what I like / do not like.</p> <p>I know what behaviour is right and wrong.</p>   |
| Year 1 | <p>To give opinions and ask questions to understand diversity.</p> <p>To stay healthy and safe to ensure enrichment.</p> <p>To become a responsible global citizen and have high ambition.</p> <p>To show tolerance by enriching their environment</p> <p>To have positive, respectful relationships with others by accepting differences and diversity.</p> | <p>I know how to explain how to be kind and why it is important.</p> <p>I know how to talk about unkind behaviour like teasing and bullying.</p>   | <p>I know how to choose what happens to my body.</p> <p>I know how to make healthy choices about sleep and exercise.</p> <p>I know how to choose to keep my mind and body healthy and safe.</p> <p>I know how to name some of the different feelings I have and can describe how they feel.</p> <p>I know how to discuss how change and loss make me feel.</p> <p>I know how to share what I think and feel with confidence.</p> <p>I know how to think of star qualities I already have and those I would like to develop.</p> <p>I know how to explain how a positive learning attitude can help me.</p> | <p>I know how to describe ways that I can help my school community.</p> <p>I know how to explore how people living in the British Isles can be different and how they are the same.</p> <p>I know how to explain how to keep money safe and why this is important.</p> <p>I know how to explain the difference between things we want and things we need.</p> |

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|        |   |   | I know how to think about changes that might happen to me and consider how I feel about them.  |   |
| Year 2 | <p>To give opinions and ask questions to understand diversity.</p> <p>To stay healthy and safe to ensure enrichment.</p> <p>To become a responsible global citizen and have high ambition.</p> <p>To show tolerance by enriching their environment.</p> <p>To have positive, respectful relationships with others by accepting differences and diversity.</p> | <p>I know how to describe ways to help resolve arguments and disagreements without being unkind.</p> <p>I know how to talk about the very important people in my life and explain why they are special.</p> <p>I know how to use the scientific names for parts of the body.</p> <p>I understand how to respect my own and other people's bodies.</p> <p>I understand that we are all different and different people like different things.</p> | <p>I know how to stay safe and who can help if I feel unsafe.</p> <p>I know my body belongs to me and how to keep my body safe.</p> <p>I know who to go to if I need help.</p> <p>I know how to set myself goals and consider how to achieve them.</p> <p>I know how to discuss my feelings and opinions with others and cope with difficult emotions.</p> | <p>I know how to talk about what rights are and identify rights that all people share.</p> <p>I know how to explain why making a positive difference is important.</p> <p>I know how to explore places where people live which are different from where I live.</p> <p>I know how to say why it is important to care for the earth and identify how I know how to help protect it.</p>  |
| Year 3 | <p>To give opinions and ask questions to understand diversity.</p> <p>To stay healthy and safe to ensure enrichment.</p> <p>To become a responsible global citizen and have high ambition.</p> <p>To show tolerance by enriching their environment.</p> <p>To have positive, respectful relationships with others by accepting differences and diversity.</p> | <p>I know how to describe how my actions and behaviour affect my team.</p> <p>I know how to pay attention to and respond considerately to others.</p> <p>I know how to say the things about myself that I am proud of.</p> <p>I know how to identify the feelings I have and describe how different emotions feel.</p>  | <p>I know how to choose what happens to my body and how to say no.</p> <p>I know how to keep my body healthy.</p> <p>I know how to identify personal goals and suggest actions I know how to take to achieve them.</p> <p>I know how to explain how a positive learning attitude can help me learn new things.</p>   | <p>I know how to talk about what democracy is and understand why it is important.</p> <p>I know how to describe a diverse society and talk about why it is important.</p> <p>I know how to explain what being British means to me and others.</p> <p>I know how to explain ways people can borrow money and discuss some of the consequences of borrowing.</p> <p>I know how to explain the difference between things we want and things we need.</p> |

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|        |  |   |   | I know how to explain ways I know how to keep track of what I spend and why it is important to do this.   |
| Year 4 | <p>To give opinions and ask questions to understand diversity.</p> <p>To stay healthy and safe to ensure enrichment.</p> <p>To become a responsible global citizen and have high ambition.</p> <p>To show tolerance by enriching their environment</p> <p>To have positive, respectful relationships with others by accepting differences and diversity.</p> | <p>I know how to demonstrate strategies for resolving conflicts</p> <p>I know how to identify what bullying is.</p> <p>I know what to do if someone is being bullied.</p> <p>I know how to describe male and female body parts and explain what these are for.</p> <p>I know how to describe the feelings that some people experience as they grow up.</p>  | <p>I know how to be responsible for making good choices to stay safe and healthy.</p> <p>I know how to keep myself safe when I use the internet.</p> <p>I understand that having a positive attitude is good for our mental health.</p> <p>I know how to identify uncomfortable emotions and manage them effectively.</p> <p>I know how to apply a positive attitude towards learning and take on new challenges</p>  | <p>I know how to explain what democracy is and how this relates to rules and human rights.</p> <p>I know how to explain what it means to respect the rights of other and I understand why it is important.</p> <p>I understand what rights are and that all people share the same rights.</p> <p>I know how to think about the lives of people living in other places, make considered decisions and give reasons for my opinions.</p> <p>I know how to explore differences of opinion and identify if I feel these are fair.</p> |
| Year 5 | <p>To give opinions and ask questions to understand diversity.</p> <p>To stay healthy and safe to ensure enrichment.</p> <p>To become a responsible global citizen and have high ambition.</p> <p>To show tolerance by enriching their environment</p> <p>To have positive, respectful relationships with others by accepting differences and diversity.</p> | <p>I know how to accept that people have different opinions and know that I know how to politely disagree with others and offer my own opinion.</p> <p>I know how to identify hurtful behaviour and suggest ways I can help.</p> <p>I know how to explain why everyone is unique and understand why this should be celebrated and respected.</p> <p>I know how to identify when I might have to make different choices to those around me</p> | <p>I know that my body belongs to me and that I have control over what happens to it.</p> <p>I understand how to take care of my body.</p> <p>I know how to make informed choices in order to look after my physical and mental health.</p> <p>I know how to understand that a positive attitude towards learning can help us succeed in life.</p> <p>I know how to identify opportunities that may become available to me in the future and I am aware how to make the most of them.</p> | <p>I know how to talk about the range of faiths and ethnicities in our nation and identify ways of showing respect to all people.</p> <p>I know how to explain why and how laws are made and identify what might happen if laws are broken.</p> <p>I know how to discuss choices we have when we spend our money.</p> <p>I know how to explain some financial risks we might encounter and can discuss how we can avoid them.</p>   |

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| <p><b>Year 6</b></p> | <p>To give opinions and ask questions to understand diversity.</p> <p>To stay healthy and safe to ensure enrichment.</p> <p>To become a responsible global citizen and have high ambition.</p> <p>To show tolerance by enriching their environment</p> <p>To have positive, respectful relationships with others by accepting differences and diversity.</p> | <p>I understand that people have different opinions that should be respected.</p> <p>I know how to recognise healthy and unhealthy relationships</p> <p>I know how to describe the changes that people's bodies go through during puberty and how we can look after our changing bodies.</p> <p>I know how to describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.</p> | <p>I understand how to use mobile devices and the internet safely and responsibly.</p> <p>I know how to take responsibility for my own safety.</p> <p>I understand the link between thoughts, feelings and behaviours</p> <p>I know how to recognise and manage uncomfortable feelings.</p> | <p>I know how to identify how and why ideas about human rights have changed.</p> <p>I know how to explain the role and importance of human rights activists.</p> <p>I understand that human rights apply to everyone, no matter where they are from, what their culture is and what family traditions they have.</p> <p>I know how to talk about and understand how we can be responsible global citizens.</p> <p>I know how to make choices which make the world a better place and that help people across the world.</p> |
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