

Readymoney (Year Five)

What makes up a person's identity?

how to recognise and respect similarities and differences between people and what they have in common with others

that there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)

how individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)

about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others

consider the concept of beauty and how this has changed over time

start to think about the fact that beauty is not a fixed image and that the way someone looks doesn't inform you about their true selves

how to challenge stereotypes and assumptions about others



Carne (Year Six)

How can we keep healthy as we grow? (part one)

how mental and physical health are linked

how positive friendships and being involved in activities such as clubs and community groups support wellbeing

how to make choices that support a healthy, balanced lifestyle including: how to plan a healthy meal, how to stay physically active, how to maintain good dental health, including oral hygiene, food and drink choices

how to benefit from and stay safe in the sun

how and why to balance time spent online with other activities

how sleep contributes to a healthy lifestyle

the effects of poor sleep; strategies that support good quality sleep

how to manage the influence of friends and family on health choices

that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one

how legal and illegal drugs can affect health and to manage situations involving them



PSHE

Autumn One

**What will my child
learn this term?**



**CORNWALL EDUCATION
LEARNING TRUST**

Lantic (EYFS)

What's the same and different about us?

what they like/dislike and are good at

what makes them special and how everyone has different strengths

how their personal features or qualities are unique to them

how they are similar or different to others, and what they have in common

to use the correct names for the main parts of the body, including external genitalia; and **that parts of bodies covered with underwear are private**

NSPCC Pants Rule



Cannis (Y1)

What makes a good friend?

how to make friends with others

how to recognise when they feel lonely and what they could do about it

how people behave when they are being friendly and what makes a good friend

how to resolve arguments that can occur in friendships

how to ask for help if a friendship is making them unhappy

to share the world with lots of other people, who may be different from me

NSPCC Pants Rule

All content in blue is part of the PSHE curriculum (which is now statutory).

All children in England have to learn these things.

All content in red is part of our RSE (relationships and sex education) curriculum. Parents/Carers can withdraw their child from these lessons if they wish by completing a form at the start of the school year.

Gribben and Coombe (Y2-Y4)

How can I be a good friend?

how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded

how to recognise if others are feeling lonely and excluded and strategies to include them

how to build good friendships, including identifying qualities that contribute to positive friendships

that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences

how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support