



ALEXANDER HOSEA PRIMARY SCHOOL

'Roots to grow, wings to fly'

Key PSED skills

- Understanding of emotional/physical and mental wellbeing.
- Understanding of social and cultural relationships.
- Understanding of responsible citizenship including economic wellbeing.

PHSE Non-negotiables

	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and wellbeing	<p>Know that we should eat a healthy diet.</p> <p>Be able to name some foods that are healthy.</p> <p>Know why we exercise.</p> <p>Manage own personal hygiene.</p>	<p>Discuss ways to stay healthy and identify healthy foods.</p> <p>Understand personal hygiene and know how diseases spread.</p>	<p>Make healthy choices and discuss reasons for choices.</p> <p>Know how diseases spread and how to control them.</p>	<p>Identify what makes a healthy lifestyle and explain how to care for the body.</p> <p>Understand how bacteria and viruses affect the body.</p>	<p>Begin to discuss changes which happen to the body.</p> <p>Understand how bacteria and viruses affect the body and how they can be prevented.</p>	<p>Discuss how the body changes and how to maintain hygiene through puberty.</p> <p>Know how to prevent the spread of diseases and viruses.</p>	<p>Understand the effects of mental health problems.</p> <p>Understand the impact of disease in the wider world.</p> <p>Discuss how to manage change and transition.</p> <p>Discuss how to manage emotions and other changes within puberty.</p> <p>Discuss self-harm</p>
Relationships	Know that we	Recognise	Understand	Identify how	Identify that	Begin to see	Discuss behaviour

	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>are all different and that it is okay.</p> <p>Know that some behaviour is unacceptable.</p> <p>Work as part of a group.</p> <p>Start to develop team work skills</p>	<p>similarities and differences between people.</p> <p>Define bullying and understanding that it is wrong.</p>	<p>that their behaviours and actions can impact on others.</p> <p>Identify and respect differences between people.</p> <p>Know how to deal with bullying.</p>	<p>their behavior impacts on others.</p> <p>Understand the different types of relationships.</p> <p>Understand different types of bullying and where to access support.</p>	<p>behaviour choices have consequences.</p> <p>Understand how to maintain a positive relationship.</p> <p>Understand the nature and consequences of bullying and racism.</p>	<p>their actions from a different perspective.</p> <p>Know what stereotyping is.</p> <p>Understand different values, traditions and customs.</p> <p>Discuss differences between people such as religion, race, disability etc...</p>	<p>choices in society and their consequences.</p> <p>Recognise and challenge stereotypes.</p> <p>Discuss pressures from media and online sites and how to deal with them</p> <p>Identify positive and negative relationships and where to access support.</p> <p>Respect equality and diversity between people.</p> <p>Begin to understand sexual relationships.</p>
Wider world-economic wellbeing and being a responsible citizen	<p>Know why we have rules.</p> <p>Be able to follow rules.</p>	<p>Begin to understand the difference between right and wrong and discuss rules</p>	<p>Understand fairness as a citizen concept.</p> <p>Express own views with</p>	<p>Show an understanding of values</p> <p>Discuss moral and social</p>	<p>Investigate topical issues and explore media sources.</p> <p>Ask and</p>	<p>Understand rights and responsibilities and how they impact on own lives and the</p>	<p>Begin to explore democracy and government as well as justice and laws.</p>







	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
including British values	<p>Start to say why and how things are right and wrong.</p> <p>Begin to understand the importance of money.</p> <p>Listen to others when they speak.</p>	<p>within society.</p> <p>Respond to simple questions.</p> <p>Explain own views and listen to the views of others.</p> <p>Understand the importance of money.</p>	<p>reasons.</p> <p>Listen and respond to others views.</p> <p>Know where money comes from and how it should be used.</p> <p>Understand how to look after the environment.</p>	<p>issues.</p> <p>Discuss/ debate topical issues affecting themselves and others.</p> <p>Understand the importance of saving.</p>	<p>respond to questions and questions from others.</p> <p>Understand roles within society and meet people to discuss these roles.</p> <p>Know why it is important to manage money.</p> <p>Understand why it is important to care for the environment and know the impact of people's actions.</p>	<p>wider world.</p> <p>Justify personal opinions linked to broad topical issues.</p> <p>Understand decision making and the impact this has on others.</p> <p>Show an understanding of enterprise.</p> <p>Discuss how to protect the environment and advise others.</p>	<p>Analyse different sources and understand media interpretation.</p> <p>Show a deeper understanding of enterprise and the economic/business environment.</p> <p>Understand the term sustainable development.</p>
Safety	<p>Know how to keep themselves and others safe (in the sun).</p> <p>Know that</p>	<p>Understand the purpose of medicines.</p> <p>Understand what people can help us</p>	<p>Understand that some medicines can be harmful.</p> <p>Understand how people</p>	<p>Begin to identify legal substances that affect the body e.g. smoking/</p>	<p>Understand legal substances and how they affect the body.</p> <p>Understand</p>	<p>Know different legal and illegal harmful substances.</p> <p>Make informed choices about</p>	<p>Know how legal and illegal substances affect the body and make informed choices.</p>

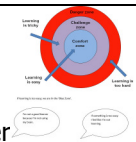
	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>medicines must be given to us by adults.</p> <p>Know that we must not touch household cleaners</p> <p>Start to know about internet-safety</p>	stay safe.	keep us safe out of school, particularly road safety.	<p>alcohol.</p> <p>Identify safety risks and understand stranger danger.</p>	peer pressure and know where to access help.	<p>risks and develop strategies to deal with peer pressure, including ways to keep themselves safe from radicalisation</p>	<p>Know what physical contact is acceptable and how to access help and support.</p> <p>Know how to respond in an emergency.</p>

Although children are encouraged to seek help if they feel they need help with their well-being, staff will also look for time when they feel they need to support children with their wellbeing or when they might be in danger, including looking for signs of radicalisation, CSE, FGM and any potential child protection issues.

Essential attributes:

There is a strong focus on character education at Alexander Hosea. We believe that this supports the well-being of our children. There are times when we focus on elements of this but it is an integral part of all learning.

Personal effectiveness	Interpersonal and social effectiveness
<p>Self-improvement</p> <ul style="list-style-type: none"> • encouraged to be self-reflective • constructive feedback through peer critique • effective goal setting • Resilience through learning powers  <p>Promotion of positive growth mindset </p> <p>Self organisation – taking responsibility through diamond powers </p> <p>Recalling and applying knowledge creatively by linking their learning </p>	<p>Respect for others' (through our values)</p> <p>Skills for life-long learning and employability, including</p> <ul style="list-style-type: none"> • Leadership skills • Presentation skills • Team work (the bees learning power ) <p>Enterprising skills and attributes</p> <ul style="list-style-type: none"> • aspirations • creativity (the unicorn learning power ) • goal setting in our learning and thinking ahead

<p>Developing and maintaining a healthy self-concept</p> <p>Strategies for identifying and accessing appropriate help and support</p>	 <ul style="list-style-type: none"> • taking positive risks using purple learner <p>recognising , evaluating and using strategies for managing influences</p> <p>Valuing and respecting diversity</p> <p>Using these skills and attributes to build and maintain healthy relationships of all kinds</p>
<p>Managing risk and decision making (integral to all of above)</p>	