

# Personal, Social, Health and Economic Education Topics

## (7 – 11 years)

Autumn Term 1
<b>Growing Up</b>
The human body I can describe male and female body parts and explain what these are for.
Puberty for Boys I can describe how boys' bodies will change as they go through puberty.
Puberty for Girls I can describe how girls' bodies will change as they go through puberty
How our feels change I can describe the feelings that some people experience as they grow up.
Relationships and Families I understand that there are many different types of relationships and families.
My creation I can describe how babies are made and how they are born.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.
<b>My Online Life</b>
Good or Bad? I can identify the positives and negatives of being online.
A safe space I can be kind online and I can help make the Internet a safer place.
Who am I taking to? I know how to stay safe when communicating online and what to do if I don't feel safe
Information and its truth I can decide how reliable online information is and know how to share information responsibly online.
Protecting my identity I can identify things we shouldn't share online and give reasons why we shouldn't share them.
Digital Wellbeing I understand how technology can affect our wellbeing in different ways.
Unit Re-Cap (if needed)

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I can re-cap what I learned within this unit and give examples of how it works in my own life.

### Spring Term 1

#### All About Me

I am Proud

I can say the things about myself that I am proud of.

My Feelings

I can identify the feelings I have and describe how different emotions feel.

Learning to Cope

I can describe different ways to cope with any uncomfortable feelings I may have and understand why this is important.

Being Assertive

I know how to be assertive.

Media Mindful

I can explore messages given by the media and decide if they are helpful or harmful.

Correcting Mistakes

I can identify different strategies I can use if I make a mistake.

Unit Re-Cap (if needed)

I can re-cap what I learned within this unit and give examples of how it works in my own life.

#### Teamwork

From the Beginning

I can talk about changes and how they might make me feel.

The More the Merrier

I can explain how and why we should work well in a team.

There is No I in Team

I can describe how my action and behaviour affect my team.

Being Mindful of Others

I can pay attention to and respond considerately to others.

When Things Go Wrong

I can describe why disputes might happen and strategies to resolve them.

My Input

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I can talk about my responsibilities towards my team.

Unit Re-Cap (if needed)

I can re-cap what I learned within this unit and give examples of how it works in my own life.

### Summer Term 1

#### My Body

My body, my choice

I can choose what happens to my body and I can get help with any concerns.

Keeping healthy

I know how to keep my body healthy.

Sleep Right

I know why it is important to get enough sleep

Managing my health

I understand the importance of hygiene and what to do if I feel unwell.

Medications and Drugs

I know how to take medicine safely and keep safe around drugs.

Making good choices

I know how to make better choices and choose healthy habits.

Unit Re-Cap (if needed)

I can re-cap what I learned within this unit and give examples of how it works in my own life.

#### Around the World

The same but different

I can discuss ways in which people's lives are similar and different and give reasons for these differences.

Is this fair?

I can explore differences of opinion and identify if I feel these are fair.

What do I think?

I can think about the lives of people living in other places, make considered decisions and give reasons for my opinions.

What's my impact?

I can recognise how my actions impact on people living in different countries and can identify things I can do to make the world a fairer place.

Climate change

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I can explain what climate change is and how it affects people's lives as well as identify what I can do to help.

How can I help?

I can identify different organisations that help people in different countries who are in challenging situations and can explain how they do this.

Unit Re-Cap (if needed)

I can re-cap what I learned within this unit and give examples of how it works in my own life.

### Autumn Term 2

My Circle

The people in my life

I can explain the importance of respecting the people closest to me.

Friendships

I can explain how to make and keep friends.

The right people

I can identify my own support network

Arguments and Fights

I can demonstrate strategies for resolving conflicts.

Bullying

I can identify what bullying is.

Stand up to bullying

I know what to do if someone is being bullied.

Unit Re-Cap (if needed)

I can re-cap what I learned within this unit and give examples of how it works in my own life.

Living in Britain

What is it like?

I can describe what it is like to live in the British Isles.

Living in a democracy

I can talk about what democracy is and understand why it is important.

Laws and legislation

I can talk about what rules and laws are and identify how they help us.

Liberties

I can talk about what liberty means and I can identify the rights of British people.

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Diversity in Britain I can describe a diverse society and talk about why it is important.
What does it mean to me? I can explain what being British means to me and to others.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.

### Spring Term 2

<b>Positive Thinking Unit</b>
Keeping Our Minds Happy I understand that having a positive attitude is good for our mental health.
Thoughts and Feelings I can recognise and manage positive and negative thoughts effectively.
Understanding Changes I understand that some changes can be difficult but that there are things we can do to cope.
Keeping Calm and Relaxing I can use mindfulness techniques to keep calm.
Taking Control I can identify uncomfortable emotions and manage them effectively.
Always Challenging Yourself I can apply a positive attitude towards learning and take on new challenges.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.
<b>Let's Talk About Money Unit</b>
Where Does Money Come From? I can explain what skills are needed for a range of jobs and why people go to work.
How Would You Like to Pay? I can explain the different ways people pay for things.
Borrowing Money

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I can discuss financial risk and borrowing and explain some consequences of this.
<b>Spending Your Money</b> I understand the different decisions people have to make about how to spend their money.
<b>Adverts and their Influence</b> I can explain how adverts try to influence our spending and why they do this.
<b>Monitoring Your Spending</b> I can explain ways I can keep track of what I spend and why it is important to do this.
<b>Unit Re-Cap (if needed)</b> I can re-cap what I learned within this unit and give examples of how it works in my own life.

<b>Summer Term 2</b>
<b>Keeping Safe Unit</b>
<b>My Responsibilities</b> I can be responsible for making good choices to stay safe and healthy.
<b>Risks, Hazards and Danger</b> I can identify a risky situation and act responsibly.
<b>Feeling Unsafe</b> I understand that I can choose not to do something that makes me feel uncomfortable.
<b>How to Stay Safe Outside</b> I know how to stay safe when out and about.
<b>Dangerous Substances</b> I know about dangerous substances and how they affect the human body.
<b>Emergency Situations</b> I know how to respond in emergency situations.
<b>Unit Re-Cap (if needed)</b> I can re-cap what I learned within this unit and give examples of how it works in my own life.
<b>Striving for Success Unit</b>
<b>How to Achieve</b> I can identify achievements and suggest how my actions can help me to achieve.

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Setting Myself Goals I can identify personal goals and suggest actions that I can take to achieve them.
Always Learning I can explain how a positive learning attitude can help me to learn new things
Skills for the Workplace I can identify the skills and attributes needed to do certain jobs.
Equal Opportunities I understand that we should all have equal opportunities to follow our career ambitions.
Thinking About My Future I can discuss what job I might like to do when I grow up and what skills I will need to achieve this.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.