



# Bakewell Methodist Junior School

## Personal, social, health and economic education

### Overview

LKS2/UKS2 Year A	Bullying Matters	Being Healthy	Exploring Emotions	Relationships	Difference & Diversity	Being Responsible
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LKS2/UKS2 Year B	Drug Education	Being Safe	Growing Up	Being me	Money Matters	Changes
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Unit	LKS2	UKS2
Drug Education	Knowledge	Knowledge
	<ul style="list-style-type: none"> <li>Describe the different purposes that medicines have.</li> <li>Explain the importance of taking medicines correctly and using household products safely.</li> </ul>	<ul style="list-style-type: none"> <li>Understand that there are rules and laws surrounding the use of medicines, drugs and household products.</li> <li>Reflect on the risks/effects that legal drugs common to everyday life can have on health</li> </ul>
	Managing Risk	Managing Risk
	<ul style="list-style-type: none"> <li>Describe risk in relation to the use of medicines/household products, and suggest what action to take to help prevent or minimise harm.</li> <li>Explore the possible risks and consequences of using/misusing legal drugs/ household products in everyday situations.</li> <li>Identify a circle of support and how to ask for help.</li> <li>Demonstrate what to do in an emergency situation.</li> </ul>	<ul style="list-style-type: none"> <li>Describe some ways in which alcohol, tobacco and other substances can affect the body/decision making.</li> <li>Explain why some substances are harmful for growing bodies.</li> <li>Analyse mixed messages in the media relating and recognise how they might influence opinions/behaviour.</li> <li>Identify a range of strategies to better manage situations involving peer influence/approval.</li> <li>Research reliable sources of information/ support for children/adults affected by their own or someone else's drug use.</li> </ul>

<b>Exploring Emotions</b>	<b>Exploring Emotions</b>	<b>Exploring Emotions</b>
	<ul style="list-style-type: none"> <li>• Use a wider vocabulary to describe how they feel.</li> <li>• Describe feelings that can be comfortable/ uncomfortable.</li> <li>• Recognise that feelings can differ in intensity.</li> </ul>	<p>Use a varied vocabulary when talking about feelings.</p> <ul style="list-style-type: none"> <li>• Understand that sometimes we can have conflicting feelings.</li> <li>• Explain that feelings can change over time and range in intensity.</li> </ul>
	<b>Recognising Emotions</b>	<b>Recognising Emotions</b>
	<ul style="list-style-type: none"> <li>• Explore how everyday things can affect how we think, feel and behave.</li> <li>• Describe what supports good mental/ physical health.</li> <li>• Identify that not everyone feels the same about the same things.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that feelings can impact our mental and physical health.</li> <li>• Recognise the importance of taking care of mental health and wellbeing.</li> <li>• Discuss the signs that someone may be struggling with their mental health.</li> </ul>
<b>Being Healthy</b>	<b>Managing Emotions</b>	<b>Managing Emotions</b>
	<ul style="list-style-type: none"> <li>• Identify strategies that they could use to respond to feelings, including intense or uncomfortable feelings.</li> <li>• Understand the importance of not bottling up how you are feeling.</li> <li>• Understand the importance of asking for help if feelings become too uncomfortable.</li> <li>• Explain how they can access help.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify strategies that they could use to respond to feelings, including conflicting feelings.</li> <li>• Record strategies and behaviours that support mental health and wellbeing.</li> <li>• Explain how to seek support for themselves and others.</li> </ul>
<b>Being Healthy</b>	<b>Factors of a Healthy Lifestyle</b>	<b>Factors of a Healthy Lifestyle</b>
	<ul style="list-style-type: none"> <li>• Explain what a healthy lifestyle is and why it is important.</li> <li>• Understand what a healthy, balanced diet may include.</li> <li>• Understand what an informed choice is.</li> <li>• Identify opportunities for physical activity within their everyday lives.</li> <li>• Describe some consequences of being physically inactive, on the mind and body.</li> <li>• Identify routines that support good quality sleep.</li> <li>• Explore strategies and behaviours that support mental health.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify things that can affects someone's physical/mental health.</li> <li>• Explain what constitutes a healthy diet and the risks associated with not having one.</li> <li>• Reflect on what may influence our choices to have a balanced lifestyle.</li> <li>• Identify what good physical health means and how to seek help if they are worried about their health.</li> <li>• Recognise habits that can have both positive/ negative effects on a healthy lifestyle.</li> <li>• Understand routines/strategies that support good quality sleep; the effects of lack of sleep.</li> <li>• Identify strategies and behaviours that support mental health.</li> </ul>

	Hygiene, Health and Prevention	Hygiene, Health and Prevention
	<ul style="list-style-type: none"> <li>• Explain what good dental health means, including how to brush and floss.</li> <li>• Identify the effects of different foods/ drinks on the teeth.</li> <li>• Identify the everyday hygiene routines that can limit the spread of infection.</li> <li>• Identify the benefits/risks of sun exposure.</li> <li>• Describe how the five ways to wellbeing can be used as a tool to help keep a healthy balance.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the everyday routines that improve dental health.</li> <li>• Identify the everyday routines/habits that can limit the spread of infection.</li> <li>• Understand the wider importance of personal hygiene and how to maintain it.</li> <li>• Explain how to keep safe from sun damage and reduce the risk of skin cancer.</li> <li>• Identify the benefits of the internet and strategies for managing/balancing time online/offline.</li> </ul>
<b>Growing Up</b>	Growing and Changing	Growing and Changing
	<ul style="list-style-type: none"> <li>• Name external genitalia and some reproductive organs including penis, vagina, testicles, womb, umbilical cord, ovaries.</li> <li>• Understand the processes of reproduction and birth as part of the human life cycle – that babies start from an egg and sperm.</li> <li>• Explore physical and emotional changes that happen during puberty.</li> <li>• Explain how daily hygiene helps to reduce the spread of infection.</li> <li>• Explain how adults care for a baby during and after pregnancy.</li> <li>• Recognising that individuality and personal qualities contributes to who we are.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the external genitalia and internal reproductive organs and how the process of puberty relates to human reproduction.</li> <li>• Explain the how babies are conceived, born and cared for.</li> <li>• Identify the physical and emotional changes that happen when approaching/during puberty.</li> <li>• Know some key facts about menstruation.</li> <li>• Identify the importance of keeping clean and how to maintain personal hygiene whilst growing and changing.</li> <li>• Reflect on the responsibilities of being a parent or carer and how having a baby changes someone's life.</li> <li>• Identify and value personal strengths, skills, achievements and interests.</li> </ul>
	Privacy, Boundaries and Consent	Privacy, Boundaries and Consent
	<ul style="list-style-type: none"> <li>• Explain what is meant by privacy and personal boundaries.</li> <li>• Recognise uncomfortable/comfortable behaviour online/offline.</li> <li>• Know when it is right to break or keep a confidence or share a secret. Know how to ask for help.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what consent means and how to seek and give/not give permission in different situations.</li> <li>• Analyse when behaviour including physical touch is acceptable, unacceptable, wanted or unwanted in different situations.</li> </ul>

		<ul style="list-style-type: none"> <li>Respond appropriately if someone asks you to keep a secret that makes you feel uncomfortable. Identify who to ask for help.</li> </ul>
<b>Changes</b>	About Loss and Change	About Loss and Change
	<ul style="list-style-type: none"> <li>Recognise that loss/change are a normal part of life.</li> <li>Describe how change and loss, can affect feelings, thoughts and behaviours.</li> <li>Recognise that feelings associated with loss/change can change over time and range in intensity.</li> </ul>	<ul style="list-style-type: none"> <li>Explore that loss, bereavement and change are part of the human life cycle.</li> <li>Understand that change and loss, including death, can create feelings and behaviours that are not the same for everyone.</li> <li>Recognise that internal conflicting emotions can be normal when dealing with loss and change.</li> </ul>
	Managing Loss and Change	Managing Loss and Change
	<ul style="list-style-type: none"> <li>Use a varied vocabulary when talking about feelings associated with loss and change.</li> <li>Identify self-help strategies and the importance of support when preparing for change/transitions.</li> <li>Describe everyday things that affect feelings and understand the importance of expressing feelings.</li> <li>Develop some ways of responding to others and showing support if they are affected by loss/change.</li> <li>Know why it is important to talk about our feelings and not bottle them up.</li> <li>Know who to talk to if you are worried or have strong feelings.</li> </ul>	<ul style="list-style-type: none"> <li>Describe a range of emotions and intensities associated with loss and change.</li> <li>Identify problem solving strategies to manage transitions between classes and key stages.</li> <li>Identify strategies to respond to feelings, including intense or conflicting feelings.</li> <li>Recognising the signs when someone may be struggling and understand how to seek support.</li> <li>Explore some barriers to asking for help and some ways to address them.</li> <li>Know who to talk to and where to go for help.</li> </ul>
<b>Bullying Matters</b>	About Bullying	About Bullying
	<ul style="list-style-type: none"> <li>Describe different types of bullying including the role of a bystander.</li> <li>Recognise that our behaviour can affect others.</li> <li>Identify how the body may react to unhappy or uncomfortable feelings.</li> <li>Explain the consequences of hurtful/ bullying behaviour and understand neither are acceptable.</li> </ul>	<ul style="list-style-type: none"> <li>Explain what direct, indirect and cyberbullying means.</li> <li>Identify when banter or other behaviour becomes unkind.</li> <li>Analyse ways to identify and manage uncomfortable feelings online/offline.</li> <li>Explore the impact and consequences of bullying and discrimination, identifying positive ways to challenge it.</li> </ul>
	Strategies and Support	Strategies and Support

	<ul style="list-style-type: none"> <li>• Explain positive strategies they can use if subject to bullying or hurtful behaviour on or offline.</li> <li>• Recognise the importance of seeking support and identify how they might do this.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify positive strategies that may help to resolve disputes in friendships.</li> <li>• Describe some barriers to accessing support.</li> <li>• Recognise the importance of seeking support if feeling lonely, excluded or unsafe.</li> </ul>
<b>Being Me</b>	Being Unique and Special	Being Unique and Special
	<ul style="list-style-type: none"> <li>• Explore what contributes to who we are.</li> <li>• Identify and talk about their own strengths and interests.</li> <li>• Recognise what makes them unique and understands that being different is something to celebrate</li> </ul>	<ul style="list-style-type: none"> <li>• Identify a range of factors that what contributes to our identity.</li> <li>• Express their talents and strengths with confidence. Set goals for how they would like to develop them.</li> <li>• Explain ways in which they respect and value other people's differences.</li> </ul>
	Understanding Similarities and Differences	Understanding Similarities and Differences
	<ul style="list-style-type: none"> <li>• Identify visible/invisible differences between people.</li> <li>• Explain why it is important to respect and celebrate the differences and similarities between people.</li> </ul>	<ul style="list-style-type: none"> <li>• Respect the differences and similarities between people.</li> <li>• Reflect on how discrimination and our own behaviour can affect others.</li> </ul>
	Being Part of a Community	Being Part of a Community
	<ul style="list-style-type: none"> <li>• Identify the different groups that make up their community.</li> <li>• Recognise that they belong to different communities as well as the school community.</li> <li>• Describe what is positive about their community and how it supports them.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain some of the benefits of communities. • Reflect on diversity and what it means. Understand the benefits of living in a diverse community and how we value diversity within our communities.</li> <li>• Explore how shared events and experiences can create a stronger community.</li> </ul>
<b>Difference &amp; Diversity</b>	Similarities and Differences	Similarities and Differences
	<ul style="list-style-type: none"> <li>• Discuss a range of the similarities/ differences between people.</li> <li>• Explore what contributes to who we are.</li> <li>• Listen actively to others' views and explore how they are the similar or different to their own.</li> </ul>	<ul style="list-style-type: none"> <li>• Reflect on diversity and what it means; the benefits of living in a diverse community.</li> <li>• Recognise their individuality and identify their personal qualities.</li> <li>• Understand that their views and opinions come from their different backgrounds and experiences.</li> <li>• Model how to discuss or debate respectfully.</li> </ul>
	Respecting Others	Respecting Others
	<ul style="list-style-type: none"> <li>• Recognise the importance of self-respect and demonstrate ways to respect others.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain the importance of having respect and compassion for self and others.</li> </ul>

	<ul style="list-style-type: none"> <li>• Recognise and challenge stereotypes.</li> <li>• Explain the concept of being equal</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise how stereotypes are perpetuated and have some strategies to challenge positively.</li> <li>• Identify different types of discrimination and recognise the impact they can have.</li> <li>• Understand that there are laws about discrimination so that we can live in a fair society.</li> </ul>
<b>Being Responsible</b>	Rules and Responsibilities	Rules and Responsibilities
	<ul style="list-style-type: none"> <li>• Explain why rules and laws are important. Explore the consequences of not having rules and laws or of breaking them.</li> <li>• Describe some basic human rights.</li> <li>• Understand that rights come with responsibilities.</li> <li>• Describe what climate change is and some ways we can all help to reduce the effects.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore how law protects our rights and how to respond respectfully if something is not within the law.</li> <li>• Recognise that human rights are there to protect everyone.</li> <li>• Understand the relationship between rights and responsibilities, providing examples.</li> <li>• Explain the importance of protecting the environment and set personal everyday actions.</li> </ul>
	Community and Care	Community and Care
	<ul style="list-style-type: none"> <li>• Explore what is meant by a community and the differences between needs and wants within a community.</li> <li>• Explore and identify the welfare needs of animals and humans.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise how we can support others within a community.</li> <li>• Identify diversity within a community and explore how we can celebrate this.</li> <li>• Recognise the importance of having compassion towards others and explain how to show care and concern</li> </ul>
<b>Being Safe</b>	Keeping Safe	Keeping Safe
	<ul style="list-style-type: none"> <li>• Explain basic strategies to help keep themselves safe online e.g. passwords, using trusted sites, identifying misinformation, sharing information, who to trust, how to report.</li> <li>• Identifying situations where age restrictions apply.</li> <li>• Identify and assess risk online/offline. (Including in the home and when playing out).</li> <li>• Discuss ways to reduce risks at home and in the local</li> </ul>	<ul style="list-style-type: none"> <li>• Identify strategies for keeping safe online including how to report the misuse of personal information or sharing of upsetting content/images, the importance of personal responsibility, balancing time online/offline.</li> <li>• Explain reasons for age restrictions/ regulations.</li> <li>• Predict, assess and manage risks online and offline. (Including road and water safety).</li> <li>• Explore how the pressure/excitement in the</li> </ul>

	environment in order to stay safe.	moment can affect how we manage risk.
	First Aid	First Aid
	<ul style="list-style-type: none"> <li>• Explain what first aid is and demonstrate basic techniques for dealing with common injuries such as asthma attacks and bites/stings.</li> <li>• Identify why first aid is important and demonstrate how to ask for help including calling 999 in an emergency.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify hazards that may cause injury. Demonstrate basic first aid techniques for dealing with common injuries such as bleeding and choking.</li> <li>• Explain how to respond in an emergency, including when and how to contact different emergency services.</li> </ul>
<b>Relationship Matters</b>	Friendships	Friendships
	<ul style="list-style-type: none"> <li>• Identify what makes a positive healthy or unhealthy friendship.</li> <li>• Identifying strategies to build friendships.</li> <li>• Understand the difference between persuasion, influence and pressure.</li> <li>• Explain how kindness can support wellbeing.</li> <li>• Recognise there are different types of relationships.</li> <li>• Explain what can cause arguments with friends and describe some ways to resolve them.</li> <li>• Recognise the importance of asking for help if we feel worried, lonely or excluded.</li> </ul>	<ul style="list-style-type: none"> <li>• Reflect on what the qualities of a good friendship/relationship are and are not.</li> <li>• Identify and apply strategies that support healthy friendships. Use strategies to manage peer influence and the need for peer approval.</li> <li>• Explore what a loving caring relationship means.</li> <li>• Understand what marriage and civil partnership means.</li> <li>• Understand that forced marriage is a crime.</li> <li>• Use strategies to positively resolve disputes and reconcile differences in friendships.</li> <li>• Explain when and how to seek advice if family, friendship or relationships make them unhappy through a range of options.</li> </ul>
	Families	Families
	<ul style="list-style-type: none"> <li>• Recognise that there are different types of family structures.</li> <li>• Explain what it means to be part of a family.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and respect that there are different family structures in society.</li> <li>• Reflect on how being part of a family provides stability and love.</li> </ul>
<b>Money Matters</b>	Economic Wellbeing	Economic Wellbeing
	<ul style="list-style-type: none"> <li>• Explain some different ways to pay for things.</li> <li>• Explain some different ways to keep track of money.</li> <li>• Identify that people have different attitudes towards saving/spending.</li> <li>• Recognise that people make spending decisions based on needs, wants and priorities.</li> <li>• Identifying the ways that money can impact on people's feelings.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify how skills can help them with their future career.</li> <li>• Identify jobs that they might like to do in the future.</li> <li>• Discuss their views on how or why someone may or may not choose a certain career.</li> <li>• Recognise a variety of routes into careers.</li> <li>• Explore some strategies to challenge stereotypes and to understand the impact this can have on aspirations.</li> </ul>

	<ul style="list-style-type: none"><li>• Recognise that people's spending decisions can affect others and the environment.</li></ul>	
	Work, Aspirations and Careers	Work, Aspirations and Careers
	<ul style="list-style-type: none"><li>• Recognise positive things about themselves and their achievements.</li><li>• Identify some of the skills that may help them in their future careers.</li></ul>	<ul style="list-style-type: none"><li>• Identify how skills can help them with their future career.</li><li>• Identify jobs that they might like to do in the future.</li><li>• Discuss their views on how or why someone may or may not choose a certain career.</li><li>• Recognise a variety of routes into careers.</li><li>• Explore some strategies to challenge stereotypes and to understand the impact this can have on aspirations.</li></ul>