

# PSHE



EY: We learn simple strategies we can use to mend friendships.

KS1: We practise strategies for being assertive when someone is hurting us or being unkind and how/who to communicate with if we are worried or scared.

KS2: We investigate online safety, learning how to judge if someone is safe and helpful, as well as talking about communicating with friends and family in a positive way.

EY: We learn about families and the different roles people can have in a family. We explore friendships we have and what makes a good friend.

KS1: We learn about the importance of cooperation, appreciation and trust. We learn strategies for conflict resolution.

KS2: We explore how different expectations and roles exist within the family home and identify why stereotypes can be unfair and may not be accurate.

EY: We understand that everyone is good at different things. We begin to recognise how we are different and similar.

KS1: We learn and begin to recognise gender stereotypes, that boys and girls have differences and similarities and that is OK.

KS2: We discuss similarities and differences and understand, that for some people, being different is difficult. We explore bullying and what to do if we think it is happening.

"I am an Illogan pupil. I have developed caring friendships that are healthy and positive. I am respectful of others, even when they are different to me. I know that the same principles apply to online relationships as face-to-face relationships and what sort of boundaries are appropriate. I can recognise and report feelings of being unsafe or feeling bad. I know how to report concerns confidently, using the correct vocabulary and know where to turn to for advice. I can recognise and talk about my emotions using varied vocabulary. I understand the benefit of physical exercise and time outdoors on my mental wellbeing and happiness. I know what constitutes a healthy diet, the importance of good quality sleep and the importance of personal hygiene. I am equipped with the resilience, emotional literacy and strategies to develop positive relationships with myself and others.

I am ready to go out into the world and contribute positively.

EY: We can begin to regulate our behaviour and set ourselves simple goals to work towards.

KS1: We begin to set goals for ourselves to achieve and explore when we find things difficult as well as recognising our strengths.

KS2: We set ourselves realistic, challenging goals. We discuss the learning steps we need to take as well as exploring how to stay motivated.

EY: We show an understanding of our feelings and those of others.

KS1: We learn about how to work collaboratively, how to listen to one another and how to make our classroom a safe and fair place.

KS2: We explore our rights and responsibilities as a member of our class, school and wider community and the country we live in. We learn about democracy and how it

EY: We think about how we have changed from being a baby and what may change for us in the future.

KS1: We compare different lifecycles in nature. We reflect on the changes that occur between baby to old age and discuss how independence, freedoms and responsibility can increase with age.

KS2: We learn about puberty in boys and girls and how changes will happen and how we feel about these changes. We learn about the importance of mutual respect and not pressuring/being pressured into doing something we don't want to.