

Oakham Primary School – Whole School PSHE Curriculum Overview

	All About Me	Friendships	Resilience and Coping	Belonging	Being the Best Me I Can Be	My Wider World
Reception						
Year 1						
Year 2						
Year 3						
Year 4						
Year 5						
Year 6						

Learning Outcomes

All About Me	Friendships	Resilience and Coping	Belonging	Being the Best Me I Can Be	My Wider World
<p>Reception I know what I look like. I can identify basic emotions in others. I know how others sometimes show their emotions. I have begun to notice character elements in other people. I can show what I like and dislike in others.</p>	<p>Year 1 I know how to be a good friend. I understand that others may think differently to me. I can work with others. I know some ways to solve arguments with my friends. I can say sorry and make things right. I have reflected upon what I have learnt.</p>	<p>Reception I've been introduced to mindfulness. I can be helped by other people. I can seek help from others when I need support. I've thought about how things can change. I've thought about my choices and what I want. I've thought about ways I can help myself.</p>	<p>Year 1 I have started to think about what a good school looks like. I know that people can have different families. I know who is important to me. I know what it means to be safe. I have started to understand what it means to belong.</p>	<p>Reception I've begun to understand that we have different strengths. I've been introduced to the idea of a role model. I have tried my best at something. I know how I help in my classroom. I know how I help at home. I can tell you about a job</p>	<p>Year 1 I've begun to think about what a community is and I've begun to think about my community. I've started to think about how I'm connected to others. I've started to think about how to help others. I know how to work together in the environment. I know the responsibilities of people in my school</p>
<p>Year 2 I have started to think about what makes me 'me'. I know what basic emotions look like in myself and others. I have started to understand why it is important to express emotions. I understand what character traits my friends have I understand what character traits I have. I have started to reflect on who I am.</p>	<p>Year 3 I know the characteristics that I would like in a good friend. I understand that others may think and feel differently to me. I understand why it is important to work together. I can support people when they feel sad. I can apologise, 'make things right', and can forgive people. I have reflected upon what I have learnt</p>	<p>Year 2 I've explored what it means to be calm and mindful. I can share my worries with others. I've started to think about how someone can 'bounce back'. I've explored how things can change. I understand I can make helpful and unhelpful choices. I've made myself a toolkit to help myself</p>	<p>Year 3 I understand what a good school looks like. I have started to think about why it is important to have different families. I know why certain people are important to me. I know why I feel safe. I understand why it is important for us to feel like we belong.</p>	<p>Year 2 I've started to think about what 'determination' means. I've started to think about what it takes to be a role model. I've been introduced to what it means to 'persevere'. I've started to think about my role in the classroom. I've started to think about my role at home. I've learned about jobs.</p>	<p>Year 3 I know what a community is and how other communities can look different. I've begun to think about who I am in my community. I know why it's important to be connected to others. I understand why it's important to help others. I can reflect on what it's like to help in my community. I've started to think about the difference between rights and responsibilities.</p>
<p>Year 4 I know how I'm different from others in my class. I have started to think about other emotions I might feel. I have begun to think about different ways I can express my emotions. I have begun to think about different character traits we can have. I have started to understand that not all character traits are helpful. I can celebrate who I am.</p>	<p>Year 5 I know how to treat my friends well. I can talk about how my friends and I may think and feel differently. I know how to be a good team member. I can support others when they have a problem. I can resolve conflicts, apologise, forgive, and 'make things right'. I have reflected upon what I have learnt.</p>	<p>Year 4 I've begun to think about when it's good to be calm. I've started to think about what it means to have a kind mind. I've begun to understand what resilience is. I understand that families can change and that's okay. I understand that it's okay to change my mind. I've created a toolkit of things to help me be resilient.</p>	<p>Year 5 I can celebrate what is good about my school. I can celebrate the different families in my class. I know the character traits of special people in my life. I know why it is important to have a safe space. I know how to help others to belong.</p>	<p>Year 4 I've started to think about my strengths. I can identify role models in the community. I can talk about times I've persevered. I understand the different strengths I use at home and at school. I understand that everybody can help in different ways. I can talk about a job.</p>	<p>Year 5 I can celebrate the diversity in my community. I can think about how I am connected to others in the world. I understand what gratitude is and can show it to others. I can be helpful in the wider community. I know what my rights and responsibilities are.</p>

<p>Year 6 I can talk about what makes me unique. I have a good understanding of my own emotions. I know that there are healthy and safe ways to express my emotions. I know my character traits and when I show them. I know what traits are unhelpful and how we could express them differently.</p>		<p>Year 6 I know when to use mindfulness. I know when I might need a kind mind. I can think of ways to be resilient in stressful situations. I understand that change is normal, and that it's okay to be worried about the changes for a while. I understand that there are times when I may need to change my mind based on new information. I can help myself and others to be resilient.</p>		<p>Year 6 I know when to use my strengths. I can identify the ideal characteristics and strengths of a role model. I know I try my best and that's enough. I know how to use my strengths to be the best me at school (when I go to secondary school) I know how to use my strengths to be the best me at home (when I go to secondary school) I understand that different jobs/lessons need different strengths.</p>	
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