



Meridian PSHE Curriculum



Intent:

At Meridian, we recognise the important role PSHE plays in every child's education to enable them to thrive and achieve their best. Our PSHE curriculum aims to develop skills and attributes such as resilience, self-esteem, risk-management, teamworking and critical thinking in the context of three core themes: **health and wellbeing**, **relationships** and **living in the wider world** (including economic wellbeing and aspects of careers education). These work alongside our school's values of **curiosity**, **kindness**, **community**, **resilience** and **respect** which are highlighted in the vocabulary for each unit throughout the curriculum.

We plan our topics using guidance from the Cambridgeshire Primary Personal Develop Programme designed by Cambridge PSHE Service to ensure a consistent and comprehensive curriculum allowing all pupils to thrive and develop.

Our PSHE curriculum is designed as a spiral-based curriculum where the majority of our units are repeated and built upon every two years to provide pupils with an opportunity to deepen their understanding and widen their knowledge. The curriculum is designed to be followed in order due to some topics having a higher amount of content to ensure that full coverage of the PSHE curriculum is delivered to all pupils. As a school we choose to teach RSE in the last half term of the academic year to ensure that strong relationships have been established between pupils and teachers. We ensure parents and carers are communicated ahead of this unit to ensure they understand the coverage of the lessons to provide full transparency. Further information regarding this can be found in our school's Relationships and Sex Education Policy.

We also contribute to our school's PSHE curriculum through assemblies that reinforce pupils learning alongside promotion of British Values. Our policy on PSHCE aligns with local and national guidance to ensure our curriculum is broad whilst targeting the needs of our pupils.



Reception						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Beginning & Belonging	Family & Friends	Identities & Diversity	Keeping Safe (including Drug Education)	Healthy Lifestyles	My Body & Growing Up
Key Learning	- Learning what makes us unique - Reflecting on what we have learnt so far and what we are learning next - How to be welcoming to others - How to be safe - How to play well with others - How to respect the needs of others - Impact of own behaviour on others	- Identify friends and their qualities - Identify core members of family - Qualities that make a good friend - How to solve conflicts with friends - How to seek help if someone is unkind	- What is important to them and their families - Similarities and differences between families - How to value different types of people - How we celebrate our values, beliefs	- To begin to understand some things are safe and others are unsafe - To follow simple safety rules for home, school and the local area - To say 'no' if they feel something is unsafe - To ask for help if worried or upset - To identify the people that keep us safe - To recognise some of the things that go on or into their bodies and who puts it there - To begin to understand why some people have medicines - To understand basic safety rules around medicines	- To recognise what they can do when feeling good and healthy - To recognise how being ill can impact on what they can do - To understand how to keep their body healthy - To begin to understand why food and drink is good for us - To begin to understand why exercise is good for us - To understand why rest and sleep are important	- To know what their bodies look like - To understand how their bodies have changed so far - To understand what their bodies can do - To identify basic similarities and differences between theirs and others bodies - To learn how to take care of themselves and what they still need help with - To know who their trusted adults are - To consider how they feel about growing up
Vocabulary	Differences, Reflect, Respect, Kindness , Inclusion, Behaviour	Friendship, Family, Care, Community , Support, Falling-out Feelings, Emotions, Positive, Negative	Identity, Importance, Similarities, Differences, Beliefs, Respect Home, Community , Neighbour, Money	Safe, Unsafe, Rules, Role Models, Medicine	Healthy, Positive, Diet, Exercise,	Change, Growing, Similarities, Differences, Care, Safety



Year 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Beginning & Belonging	Family & Friends	Diversity & Communities	Personal Safety	Managing Change	Sex & Relationships Education
Key Learning	- Understand simple ways of making sure school is a safe, happy place - How to get to know people in their class - To understand how they feel when doing something new - How to make others feel welcome - To recognise what helps them manage in new situations - To identify who can help me at school and at home	- To describe what a good friend is - To understand the importance of telling the truth - How to make/develop friendships - To understand why friendships go wrong and how this feels - To understand my personal space - To identify who my special people are and how they support me	- To understand what makes me 'me' - To understand that people like different things - To understand how my family may be different to others - To recognise different groups they belong to - To understand what a stereotype is - To understand who helps me in my local area - To understand what is meant by community and events in my local area - How do we care for animals and plants - How to look after my school	- To identify different feelings and how I feel - To understand rules in my school and classroom - To know which adults and friends I can trust - How to share worries or ask for help - How to seek help if a friend or family members aren't kind to me - To identify private body parts and say 'no' to unwanted touch	- To understand how my achievements, skills and responsibilities change - To understand how to people may feel during change - To understand that friendships may change - To understand what makes me feel calmer - To understand how people may feel if they lose special possessions - To understand when I can make choices about change	- To know the names of main body parts - To understand what my body can do - To understand they are in charge of their body and actions - To identify how to keep their body clean - How to try to avoid spreading common illnesses and diseases
		Anti-Bullying - To explain what bullying is - To understand why bullying is never acceptable - To recognise how people may feel when bullied - To know who to talk to if worried - How to be assertive - To understand what my school does to stop bullying				Drugs Education - To know which substances enter our bodies - To understand what medicines are and when/where these are taken - To understand injections - To understand who is in charge of medicine
Vocabulary	Safety, Community , Kindness	Friendship, Honesty, Conflict Bullying, Support, Feelings	Unique, Differences, Identity, Community , Care	Feelings, Rules, Boundaries	Responsibilities, Emotions, Choices	Responsibility, Hygiene, Achievements Medicine, Safety



Year 2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Rights, Rules & Responsibilities	My Emotions	Working Together	Managing Risks	Healthy Lifestyles	Sex & Relationships Education
Key Learning	- To understand how rules keep us safe - To understand how I can be involved in making rules - To understand who looks after me and their responsibilities - To understand the responsibilities I have in school and at home - To listen to others, share my views and take turns - To take part in discussions and decisions in my class	- To recognise what I am good at - To understand how I can stand up for myself - To recognise how different situations make me feel - To recognise how my actions can affect others - To identify ways I can relax - To know who to share my feelings with	- To think about what new skills I would like to develop - To listen and work well with others - To understand the importance of taking turns - How to negotiate in a disagreement - To understand how my skills can benefit others	- To understand what a risky situation is and how they make me feel - To know my name, address and phone number and when these should be shared - To know what an emergency is and who can help - To understand what makes an activity safe for me - To understand how to be safe near roads - To understand the benefits and risks around sun safety - To understand how to be safe around water - To understand how to try to prevent simple accidents from happening	- To identify how to stay healthy - To understand what it feels like to be healthy - To understand what healthy eating means - To understand why it is important to remain active - To recognise which foods I like and dislike and why - To understand what healthy choices I can make	- To understand how babies change and grow - To understand what babies and children need from their families - To recognise stable, caring relationships in my family - To understand how responsibilities change as I grow up
		Anti-Bullying - To describe what bullying is - To understand why bullying is not acceptable - To understand who I can speak to if I am being bullied - To understand how to be assertive - To recognise how my school stops bullying	Financial Capability - To understand where money comes from and where we use it - To understand how we pay for things - To understand what it means to have more/less money than you need - To understand how I feel about money - To understand what a charity is			Drugs Education - To know which substances enter our bodies - To understand what medicines are and when/where these are taken - To understand injections - To understand who is in charge of medicine - To understand what persuasion means and how this feels
Vocabulary	Rules, Responsibilities, Sharing, Listening, Community	Resilience , Feelings, Impact Bullying, Support, Kindness	Sharing, Consideration, Conflict, Resolution Money, Charity	Risk, Identity, Emergency, Safety, Limits, Boundaries	Healthy, Choices, Diet, Exercise	Growth, Responsibilities, Change Substance, Injections, Safety, Persuasion



Year 3						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Beginning & Belonging	Family & Friends	Diversity & Communities	Personal Safety	Managing Change	Sex & Relationships Education
Key Learning	- To understand my role in making school a positive place - To understand how to build relationships in classes - To understand what it feels like to be new or to start something new - To understand how to make children and adults feel welcome - To understand what helps me to manage new situations - To recognise who the different people in my network are that I can ask for help	- To understand how good friends behave (on and offline) - To understand what a healthy friendship could look like - To recognise what skills I need developing friendships - To understand how to resolve disagreements - To know how to check-in on my friends - To understand how my family help each other	- To recognise what I have in common with others and how I am different - To understand how expectations of people can affect their feelings - To recognise people in my local community may have different beliefs, traditions and cultures - To understand why stereotypes are unfair - To understand how people benefit from groups - To understand the roles of people in my community - To understand how the media works in my community - To understand how to care for the local environment - To understand our responsibilities to animals	- To recognise my own feelings and communicate this - To recognise which school rules are about keeping people safe - To recognise my early warning signs - To recognise the qualities of trusted adults - To decide who is on my personal network and how I can ask them for help - To know what to do if I feel worried - To recognise what sorts of physical contact I feel comfortable with and which is unwanted - To decide if a secret is safe or unsafe - To understand how to stay safe while online	- To recognise what changes I and my peers have already gone through - To recognise what helps me when I'm experiencing strong emotions - To understand what strategies help me to thrive - To recognise how I behave when I have strong feelings about change - To understand how people may feel when they suffer bereavement and loss - To recognise what changes may be welcome	- To recognise the differences between male and female bodies - To know who to talk to about our bodies as they change - To understand why it is important to keep clean - To understand how different illnesses and diseases spread and how we can prevent this
		Anti-Bullying - To recognise how bullying is different to falling out - To understand how people use power when bullying others - To understand how a lack of empathy and respect affects others - To understand the differences between direct and in-direct bullying - To understand how to support others				Drugs Education - To be able to name medical and legal drugs - To understand what is meant by 'mis-use' - To know who prescribes medication - To know what immunisations are - To understand safety around storing medication - To understand what to do if I find something risky (e.g. syringe)
Vocabulary	Impact, Responsibility, Relationships, Kindness , Team	Friendship, Online Safety, Resolving Conflicts Bullying, Respect , Support	Differences, Expectations, Beliefs, Traditions, Cultures, Roles, Community	Safety, Rules, Triggers, Boundaries, Respect , Secrets, Online Safety	Changes, Resilience , Bereavement, Loss, Impact	Differences, Illnesses, Germs Medicine, Mis-use



Year 4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Rights, Rules & Responsibilities	My Emotions	Working Together	Managing Risks	Healthy Lifestyles	Sex & Relationships Education
Key Learning	- To understand how to treat others with respect - To understand who is positions of authority at school and in my local authority - To understand why we need rules at school - To understand the part I can make in changing and making rules - To understand my responsibilities at home and at school - To understand how we make democratic decisions - To understand what a representative is and how we elect them	- To understand the importance of feeling proud - To understand the importance of mental wellbeing - How to communicate my emotions - To recognise ways of dealing with difficult emotions - To understand what is meant by 'over-reacting' - How to disagree without being disagreeable	- To recognise how well I can listen to others - To be able to ask open questions - To share views and opinions effectively - To understand how people contribute - To know how to persevere and overcome obstacles in my learning - To know how to give/receive constructive feedback	- To understand how I feel in risky situations and how my body may react - To make effective decisions in risky situations - To understand how to react when meeting adults I do not know - To understand the actions I could take in an emergency - To understand the benefits of using the roads and being near water whilst minimising risks - To understand how fire is risky - To know how to keep myself safe during activities and visits - To know how to stop accidents happening when at home and outside the home	- To understand what is meant by 'healthy eating' and a 'balance diet' - To understand how mental wellbeing can be affected by physical wellbeing - To understand how much sleep I need and the affects of not having enough - To know how to plan and prepare a simple, healthy meal safely - To know how to look after my teeth - To understand who is responsible for my lifestyle choices and how these choices are influenced	- To understand the main stages of the human life cycle - To understand how I began - To understand what is meant by 'grown up' - To understand what I am responsible for - To understand how caring, stable adult relationships create a secure environment for children to grow up
		Anti-Bullying - To understand there are different types of bullying - To understand what are bystanders and followers and how they feel - To understand how bullying can impact on people for a long time - To understand ways of supporting people who are being bullied - To know how my school helps prevent bullying	Financial Capability - To know different ways are there to earn and spend money - To understand saving and budgeting - To understand what families have to spend money on - To decide what to spend my own money on - To understand how my choices impact on my family, community and wider world			Drugs Education - To name medical and legal drugs and their effects - To understand why some people need medicine - To understand what immunisations are - To understand the safety rules for storing medication - To understand how the media and my friends can influence me
Vocabulary	Respect , Authority, Rules, Responsibilities, Democracy, Representative	Pride, Mental Wellbeing, Emotions, Reactions, Disagree Bullying, Bystanders, Followers, Prevent	Listening, Opinions, Views, Persevere, Feedback Saving, Budgeting, Impact, Community	Risk, Safety, Strangers, Emergency, Benefits, Accidents	Health Eating, Balanced Diet, Mental & Physical Wellbeing, Responsibilities	Responsibilities, Development, Relationships Medication, Influence



Year 5						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Beginning & Belonging	Family & Friends	Diversity & Communities	Personal Safety	Managing Change	Sex & Relationships Education
Key Learning	- To understand my responsibilities in making sure others at school feel happy and safe - To understand how to take responsibility for building relationships - To recognise how people may feel when trying something new - To understand how to make people feel welcome and valued in school - To understand what helps me to be resilient - To identify further ways of accessing support and help	- To understand how trust and loyalty feature in relationships on and offline - To understand the benefits and risks of making new friends (including online) - To balance the needs of my family and friends - To communicate, empathise and compromise in friendships - To know how my friends give consent on and offline	- To understand how people's perceptions, views and stereotypes can influence my identity - To understand how views of gender can impact on me - To understand people's different identities locally and in the UK - To show respect to those with different ideas or beliefs - To understand voluntary opportunities and their impact - To understand who cares for the wider environment and how I contribute	- To use my early warning signs to judge how safe I am feeling - To understand how to judge who I can trust - To understand who is in my personal network and when I should review this - To know how to report concerns of abuse and neglect - To identify appropriate, inappropriate and unsafe physical contact - To know how to judge when a secret is not safe to keep - To recognise risks online and report concerns - To know what strategies I can use to assess risks	- To understand how people's emotions evolve over time - To understand how to manage changing influences/pressures - To understand how people whose families have changed may feel - To understand how change can lead to a positive impact - To reflect on how positive and negative experiences have impacted on me - To know which strategies will help me thrive in a new school	- To know the names of the male and female reproductive parts - To talk about bodies confidently and appropriately - To understand how the body changes during puberty - To know how to keep my body clean as I grow
Vocabulary	Responsibilities, Relationships, Valued, Resilience , Support	Trust, Loyalty, Online Safety, Communicate, Empathy, Consent Community , Prejudice	Stereotypes, Respect , Volunteers, Identity, Contribution	Trust, Concerns, Abuse, Neglect, Risks, Strategies	Emotions, Evolve, Change, Positive, Negative, Impact	Puberty, Reproduction, Hygiene, Change Drugs, Alcohol, Laws



Year 6						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Rights, Rules & Responsibilities	My Emotions	Working Together	Managing Risks	Healthy Lifestyles	Sex & Relationships Education
Key Learning	- To understand the importance of courtesy and manners - To understand how my behaviour online affects others - To understand how to keep my information private especially online - To identify ways I can make a difference at school - To understand I may have to behave differently in different places or times - To understand the basic rights of children and adults - To understand why we have laws - To understand how democracy works in our community - To understand the roles of councils, parliaments and MPs - To take part in a debate	- To understand how to make mental wellbeing a normal part of daily life - To understand what is meant by sense of identity - To know how to boost my self-respect - To judge my own feelings and behaviours - To understand what is loneliness and feelings of isolation - To understand strategies for mental health self-care	- To understand my strengths and skills - To understand what helps me to learn new skills - To understand what I would like to improve on and achieve - To understand how my skills and strengths can be used in future employment - To know how to persevere and motivate others to do so	- To judge when risks can positively impact on my mental health - To understand benefits and consequences around taking physical, emotional and social risks - To understand as I get older when I am responsible for my personal safety - To understand how to safely get attention and help in an emergency - To carry out basic first aid I common situations - To understand how to keep myself safe in the sun - To understand the benefits of using public transport and how to stay safe near railways	- To understand the benefits of exercise and the consequences of not engaging in it - To understand the characteristics of a balanced or unbalanced diet - To understand the different aspects of a healthy lifestyle - To understand the factors influencing me when I make lifestyle choices - To identify the signs of physical illnesses - To understand the risks and benefits of spending time online and how this can impact my physical and mental health - To understand age restrictions around apps and games	- To understand the different ways babies are conceived - To understand the effect puberty can have on people's emotions - To know what adults should think about before having children - To understand why some people get married or become civil partners - To understand how different families may look
		Anti-Bullying - To understand how bullying can affect people's mental health and behaviour - To respond assertively to bullying online and offline - To identify ways of preventing bullying in school and the wider community	Financial Capability - To understand what things adults need to pay for - To understand 'value for money' - To understand people don't get all the money they earn - To understand how money can benefit the community - To understand what poverty is			Drugs Education - To share what I know about medicines, alcohol, smoking, solvents and illegal drugs - To understand how drugs impact the body and brain - To understand some of the laws around taking drugs - To understand when and how to check information about drugs
Vocabulary	Courtesy, Respect , Manners, Behaviours, Adapting, Councils, Democracy	Mental Well-being, Loneliness, Isolation Assertiveness, Resilience , Community	Achievements, Strengths, Perseverance, Motivate Value for Money, Taxes, Poverty	Risk, Consequences, Benefits, Emergency, First Aid, Transport	Diet, Exercise, Online Safety, Laws, Restrictions	Conception, Puberty, Relationships, Commitment Drugs, Alcohol, Laws

