



***Our Intent is: What does it mean to be a safe, responsible and productive citizen, not just in our country, but the wider world as well?***

PSHE					
Pendle Year B					
Building on Previous Learning - When A Follows B:-					
<b>What makes up a person's identity?</b> <b>How can we help in an accident or emergency?</b> <b>How can drugs common to everyday life affect health?</b>		<b>What decisions can people make with money?</b> <b>What jobs would we like?</b>		<b>How can friends communicate safely?</b>	
Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>HEALTH AND WELL BEING</b> <b>How can we keep healthy as we grow?</b>		<b>LIVING IN THE WIDER WORLD</b> <b>How can the media influence people?</b>		<b>RELATIONSHIPS</b> <b>What will change as we become more independent? How do friendships change as we grow?</b>	
<b>H1.</b> how to make informed decisions about health <b>H2.</b> about the elements of a balanced, healthy lifestyle <b>H3.</b> about choices that support a healthy lifestyle, and recognise what might influence these <b>H4.</b> how to recognise that habits can have both positive and negative effects on a healthy lifestyle <b>H5.</b> about what good physical health means; how to recognise early signs of physical illness <b>H6.</b> about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not		<b>H49.</b> about the mixed messages in the media about drugs, including alcohol and smoking/vaping <b>R34.</b> how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with <b>L11.</b> recognise ways in which the internet and social media can be used both positively and negatively <b>L12.</b> how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results <b>L13.</b> about some of the different ways information and data is shared and used online, including for commercial purposes		<b>H24.</b> problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools <b>H30.</b> to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction <b>H34.</b> about where to get more information, help and advice about growing and changing, especially about puberty <b>H35.</b> about the new opportunities and responsibilities that increasing independence may bring <b>H36.</b> strategies to manage transitions between classes and key stages	

<p>eating a healthy diet including obesity and tooth decay.</p> <p><b>H7.</b> how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle</p> <p><b>H8.</b> about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn</p> <p><b>H11.</b> how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)</p> <p><b>H12.</b> about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer</p> <p><b>H13.</b> about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online</p> <p><b>H14.</b> how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</p> <p><b>H15.</b> that mental health, just like physical health, is part of daily life; the importance of taking care of mental health</p> <p><b>H16.</b> about strategies and behaviours that support mental health — including how</p>	<p><b>L14.</b> about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information</p> <p><b>L15.</b> recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images</p> <p><b>L16.</b> about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation</p> <p><b>L23.</b> about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations</p>	<p><b>R2.</b> that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different</p> <p><b>R3.</b> about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong</p> <p><b>R4.</b> that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others</p> <p><b>R5.</b> that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart</p> <p><b>R6.</b> that a feature of positive family life is caring relationships; about the different ways in which people care for one another</p> <p><b>R16.</b> how friendships can change over time, about making new friends and the benefits of having different types of friends</p>
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good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

**H21.** to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others

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**H22.** to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult

**H40.** about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)

**H46.** about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break

**R10.** about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

**Enhancements The Life Education Van**

