

# Personal, Social and Health Education at Thomlinson Junior School 2024 2025

	Year 3	Year 4	Year 5	Year 6
Autumn	<ul style="list-style-type: none"> <li>• <b>Being Me in my World</b></li> <li>• <b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>• I can tell you about a time when my words affected someone’s feelings and what the consequences were.</li> <li>• I can give and receive compliments and know how this feels.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Being Me in my World</b></li> <li>• <b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>• I can tell you a time when my first impression of someone changed as I got to know them.</li> <li>• I can explain why it is good to accept people for who they are.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Being Me in my World</b></li> <li>• <b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>• I can explain the differences between direct and indirect types of bullying.</li> <li>• I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Being Me in my World</b></li> <li>• <b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>• I can explain ways in which difference can be a source of conflict or a cause of celebration and can show empathy with people in either situation.</li> </ul> </li> </ul>
Spring	<ul style="list-style-type: none"> <li>• <b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• I can evaluate my own learning process and identify how it can be better next time.</li> <li>• I am confident in sharing my success with others and know how to store my feelings of success in my internet travel treasure chest.</li> </ul> </li> <li>• <b>Healthy Me</b> <ul style="list-style-type: none"> <li>• I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.</li> <li>• I can express how being anxious or scared feels.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• I know how to make a new plan and set new goals even if I have been disappointed.</li> <li>• I know what it means to be resilient and to have a positive attitude.</li> </ul> </li> <li>• <b>Healthy Me</b> <ul style="list-style-type: none"> <li>• I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</li> <li>• I can identify feelings of anxiety and fear associated with peer pressure.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• I can describe the dreams and goals of a young person in a culture different from mine and can reflect on how there relate to my own.</li> </ul> </li> <li>• <b>Healthy Me</b> <ul style="list-style-type: none"> <li>• I can describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures.</li> <li>• I respect and value my body.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• I can describe some ways in which I can work with other people to help make the world a better place.</li> <li>• I can identify why I am motivated to do this.</li> </ul> </li> <li>• <b>Healthy Me</b> <ul style="list-style-type: none"> <li>• I can evaluate when alcohol is being used responsibly, anti-socially and being misused.</li> <li>• I can tell you how I feel about using alcohol when I am older and my reasons for this.</li> </ul> </li> </ul>
Summer	<ul style="list-style-type: none"> <li>• <b>Relationships</b> <ul style="list-style-type: none"> <li>• I can explain how some of the actions and work of people around the world help and influence my life and can show an awareness of how this could affect my choices.</li> </ul> </li> <li>• <b>Changing Me</b> <ul style="list-style-type: none"> <li>• I can identify how girls’ and boys’ bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</li> <li>• I recognise how I feel about these changes happening to me and know how to cope with these feelings.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Relationships</b> <ul style="list-style-type: none"> <li>• I can explain different points of view on an animal rights issue and express my own opinion about feelings on this.</li> </ul> </li> <li>• <b>Changing Me</b> <ul style="list-style-type: none"> <li>• I can identify what I am looking forward to when I am in Year 5.</li> <li>• I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Relationships</b> <ul style="list-style-type: none"> <li>• I can explain how to stay safe when using technology to communicate with my friends.</li> <li>• I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.</li> </ul> </li> <li>• <b>Changing Me</b> <ul style="list-style-type: none"> <li>• I can describe how boys’ and girls’ bodies change during puberty.</li> <li>• I can express how I feel about the changes that will happen to me during puberty.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Relationships</b> <ul style="list-style-type: none"> <li>• I can recognise when people are trying to gain power or control.</li> <li>• I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.</li> </ul> </li> <li>• <b>Changing Me</b> <ul style="list-style-type: none"> <li>• I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and</li> <li>• I recognise how I feel when I reflect on the development and birth of a baby.</li> </ul> </li> </ul>