

**Lower KS2  
PSHE Education  
Learning Journey**

**Students will start Upper Key Stage 2 with:**

- Understanding of how to be a good friend, including showing respect for others
- Knowledge of their rights and responsibilities, as detailed in the UNCRC, including an ability to recognise stereotyping
- An understanding of how to stay safe, including online, & what to do in emergencies
- Knowledge of how to live a healthy lifestyle, including a balanced diet, the importance of exercise, sleep and dental health
- Experience of meaningful YSA; environmental, community-based & enterprise

**How do I raise money for charity?**

**How are payments changing?**

**Choices about money**

**How can I keep my money safe?**

**How do I plan a budget?**

**What can we do when we fall out with friends?**

**How can I stand up for myself?**

**What makes a good friend?**

**Emergency Situations**

How can I use a bank account?

How can I pay for things?

How do I work well as a team to solve a problem?

What is leadership?

How can we prevent fire-based emergencies and keep ourselves safe?

**Healthy Living**

How do I reflect meaningfully?

How do I speak effectively?

How do I become an effective team player?

How can we keep safe near water?

How can I recognise when I am not physically well or becoming unhealthy, and what can I do?

**Respect, Falling Out & Making Up**

Who are my five trusted people?

What does it feel like to be excluded?

How can we show respect to others when friendships break down?

What does a healthy friendship look like?

**Human Rights**

What rights and responsibilities do we have in our classroom?

Do we all have the right to play?

What is the UNCRC?

**YSA: Being Part of a Community**

How can I help people in my community?

How can we design a community centre that is suitable for everyone?

What is my class community?

**Stereotypes**

What is it like when people make assumptions about you?

Are we all the same?

Which decisions are mine to make?

What is important to me?

**What I Like**

What are my likes and dislikes?

What are the signs I may be getting ill, and who can I go to if I am worried?

Can we change traditional stereotypes?

**Safety Online**

How are online friends different from friends in the real world?

What is my personal information?

What is good and bad about the internet?

**Exercise**

Can exercise be fun, quick and free?

What happens to my body if I don't exercise?

Why is being active good for our minds and our bodies?

Why is it good for us to spend time outdoors?

**Welcome to LKS2: Resilience and Reflection**

How does Independent Isha become an effective learner?

What qualities do Resilient Riley and Creative Curtis have that make them more effective learners?

**Enrichment & careers related learning opportunities in LKS2:**

**The OAT Advantage:**

- Know how to make friends
- Know how to be kind
- Be aware of internet safety
- Learn about water safety
- Raise money for charity or take part in a fundraising event
- Know your legal rights and responsibilities
- To have an understanding of important current & historical figures
- I can cook a simple, healthy meal
- Understand the value of money
- Know why & how to stand up for others (prevent bullying)
- Help someone in your community
- #iwill social action opportunity

**CRL encounters from:**

- Employees in computer-based industries: computer programmers, games designers, CAD design or engineering
- Employees in health-based industries: personal trainer, occupational therapist, nutritionist, doctor, dentists & hygienists
- Employees in the Law
- Employees in emergency services: police, fire & water
- Employees that challenge gender stereotypes
- Employees in business & finance: banking, marketing, sales, HR



**Students will start LKS2:**

- Knowing who is special in their lives, including their friends and family
- Having a basic understanding of healthy choices
- With an understanding of how to stay safe
- With a foundation of CRL and financial education
- Having had an experience of YSA