

**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?

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?

**YSA: Being Part of a Community**

What is my class community?

How can I help people in my community?

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

**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**

Can we change traditional stereotypes?

What can I do and where can I go for help if I am worried or feel uncomfortable?

What do I do if I don't agree?

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

**Safety Online**

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

What is my personal information?

What advice about being safe online do pupils in Year 3 need?

Can exercise be fun, quick and free?

**Exercise**

Is too much online gaming bad for you?

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 can Petr Participate and Collaborative Twins Jade and Jacob help themselves and other learn?

What does it mean to be resilient?

What are achievements and how and why do we celebrate them?

What are our ground rules in PSHE lessons?

**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