

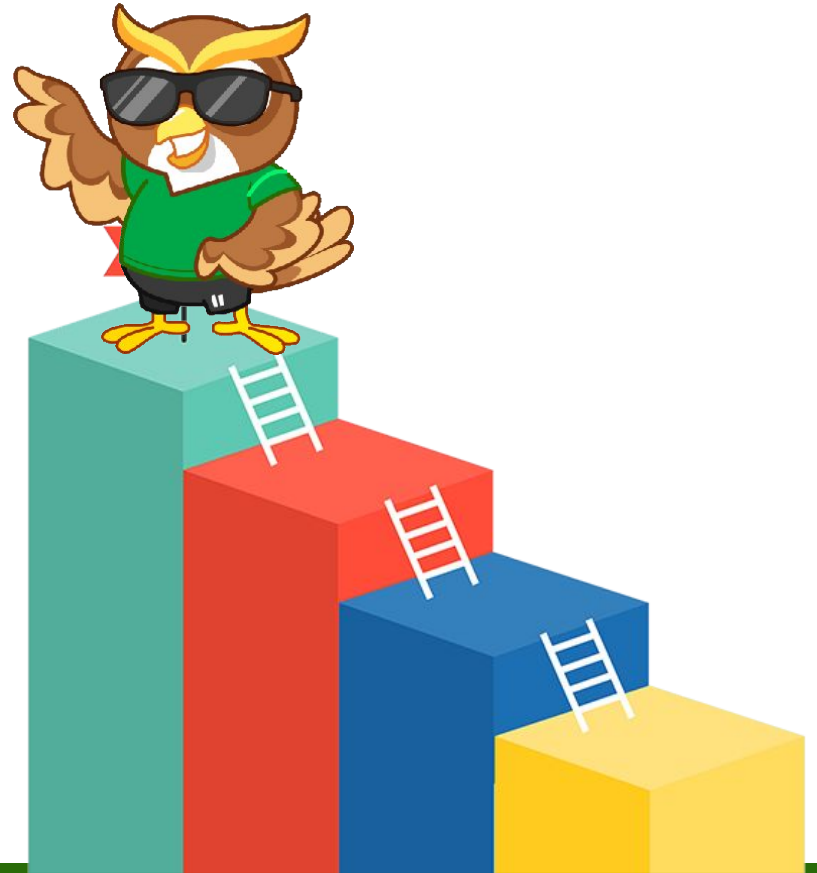
LifeWise

The LifeWise Learning Intentions

Small Steps



The **PSHE Programme** consists of the following learning objectives





PSHE Small Steps

Year 1

Lesson Name	Lesson Learning Objectives
A Problem Shared is a Problem Halved	<ul style="list-style-type: none">● to understand the outcomes of sharing a problem.● to find the best ways to help with problems.
Being Happy	<ul style="list-style-type: none">● to describe when they felt happy.● to understand what makes them happy.● Pupils recognise the feeling of happiness and can describe how happiness makes them feel.● To learn why happiness is important.● To understand how we can feel happier.
Being Mindful	<ul style="list-style-type: none">● what it means to be mindful.● why being mindful is good for us.● to know what self-assessment is.● to know why self-assessment is important.
Braving the Weather	<ul style="list-style-type: none">● to understand how the weather can affect us.● to understand that the weather can sometimes cause danger.● to know how to protect ourselves from the weather.



PSHE Small Steps

Year 1

Lesson Name	Lesson Learning Objectives
Communication	<ul style="list-style-type: none">● to understand why it's important to have good communication skills in life.● how to communicate in tricky situations.
Emergency Services	<ul style="list-style-type: none">● name the 3 main emergency services.● know how the 3 main emergency services can help us.● know what an emergency is and what to do in an emergency.● know what we would do if we needed help but it wasn't an emergency.
First aid/CPR	<ul style="list-style-type: none">● to know what to do when we see someone who is injured.● to know what to do when a person isn't breathing.● to know how we might give First Aid or CPR (Cardiopulmonary Resuscitation).
Food Safety and What Not to Eat	<ul style="list-style-type: none">● to understand which foods can be dangerous if we eat them.● to know what to do if someone has eaten unsafe foods.
Getting your Sleep	<ul style="list-style-type: none">● to know what is the right amount of sleep.● to know the impact that sleep has on us.● how sleep helps our mind and body.



Lesson Name	Lesson Learning Objectives
Understand Difficult Feelings	<ul style="list-style-type: none">● to understand anger and difficult feelings.● about controlling our anger.● to recognise what anger looks like to us and others.● about what triggers might make us feel angry.
My Body Belongs to Me	<ul style="list-style-type: none">● to identify, name, draw and label parts of the human body and say which part of the body is associated with each sense.● about who to speak to if we are worried about our health.● about who we can trust.● about who to speak to if we are feeling unhappy or uncomfortable.● about self-respect and being respectful to others.● to identify, name and locate the nipples, anus, vulva, vagina, penis and testicles.● the correct scientific names for parts of the body.● that these named parts are part of our own body which belongs to us.● To know that they have a right to say 'no' if they do not want their body to be touched.
Respecting Others	<ul style="list-style-type: none">● to know what respect is.● to know why respect is important.● how to respect others.



PSHE Small Steps

Year 1

Lesson Name	Lesson Learning Objectives
Road Safety	<ul style="list-style-type: none">• how to be safe near roads.• to find the safest places to cross the road and how to do this.• to understand the most common road signs.
Safety Symbols	<ul style="list-style-type: none">• to understand the importance of safety symbols.• to explore the use of safety symbols in different situations.
Signalling and Sign Language	<ul style="list-style-type: none">• to understand how you can communicate without using words.• that there are different ways of sending messages.
Trust	<ul style="list-style-type: none">• to understand the importance of trusting someone.• to know who we can trust.• to understand how important it is to be trusted.



PSHE Small Steps

Year 1

Lesson Name	Lesson Learning Objectives
Understand Difficult Feeling	<ul style="list-style-type: none">● to understand anger and difficult feelings.● about controlling our anger.● to recognise what anger looks like to us and others.● about what triggers might make us feel angry.
Water Safety	<ul style="list-style-type: none">● to understand how you can be safe in water.● to understand what to do if we get into difficulty in the water.



PSHE Small Steps

Year 2

Lesson Name	Lesson Learning Objectives
Cyber Safety	<ul style="list-style-type: none">● to understand the importance of staying safe online.● that information and data is shared and used online.● about social media and its benefits and disadvantages.
Dealing With Loss	<ul style="list-style-type: none">● to look at ways that can help us cope with the loss of a loved one.● to understand the importance of remembering the 'loved ones we lose'.
Desert Island	<ul style="list-style-type: none">● to think about survival on a desert island.● how to find food and stay alive on a desert island.
Environment	<ul style="list-style-type: none">● about what pollution is.● about global warming.● about recycling.● to understand how plastic can cause problems for our planet.
Feeling Sad	<ul style="list-style-type: none">● about what sadness is.● about the difference between sadness and depression.● to understand the positive sides to sadness.



PSHE Small Steps

Year 2

Lesson Name	Lesson Learning Objectives
Fight or Flight	<ul style="list-style-type: none">● about the 'fight or flight' response.● to recognise when we feel this response.● to understand the need for 'fight' and 'flight'.● to understand what makes us feel the 'fight or flight' response.
Fire Safety	<ul style="list-style-type: none">● about the 3 Ps when we talk about fire safety: Prevent, Plan and Practice.● to know and remember what 'Plan and Practice' from the 3 Ps mean when we talk about fire safety.
Forest Survival	<ul style="list-style-type: none">● to understand how to survive in a forest.● to understand that there are 7 important things.● to know about when surviving in the wild.
Happiness	<ul style="list-style-type: none">● to describe what it feels like to be happy.● to understand what makes us happy.● about why happiness is important.● about how we can be happier.



PSHE Small Steps

Year 2

Lesson Name	Lesson Learning Objectives
It's Okay not to be Okay	<ul style="list-style-type: none">● about what to do when we're not okay.● to understand why others might not be okay.● about what to do if someone else is not okay.
Medicines and Drugs	<ul style="list-style-type: none">● to understand what drugs and medicines are and how they can be used to help us.● to understand how and when to use medicines and identify what they should not take.● to understand how to keep themselves safe.● to know who to talk to if they are concerned about their health or the health of the people they know.● to understand that substances like alcohol and tobacco have an effect on the human body.● to understand how to keep themselves safe.● to understand the risks and consequences of using substances such as alcohol and tobacco.● to understand that substances can be dangerous.● to know who they can trust and to be able to say 'no' to peer pressure.



PSHE Small Steps

Year 2

Lesson Name	Lesson Learning Objectives
My Body is Growing	<ul style="list-style-type: none">• Learn about the human life cycle.• about how humans grow and develop.
Navigation	<ul style="list-style-type: none">• to explore the different ways that we can navigate or find our way to unfamiliar places.• how to use the night sky for navigation.
Personal Goal Setting	<ul style="list-style-type: none">• about what personal goal setting is.• about how personal goal setting helps us to achieve our dreams.• how to set personal goals.• about what is important when we set personal goals.
Protecting our Planet	<ul style="list-style-type: none">• how to set personal goals.• about what is important when we set personal goals.• about what we can do help to protect our planet.
Relaxation	<ul style="list-style-type: none">• about what relaxation is.• about how relaxation can help us.• to explore how relaxation and technology can work together.



PSHE Small Steps

Year 2

Lesson Name	Lesson Learning Objectives
The Art of Failure	<ul style="list-style-type: none">● about what failure is.● to understand the reasons why failure is important.● about how to use failure to help us.
Wildlife	<ul style="list-style-type: none">● about dangerous wildlife that may live in the UK.● how you can help endangered wildlife in your area.



PSHE Small Steps

Year 3

Lesson Name	Lesson Learning Objectives
Anger – Difficult Feelings & Behaviours	<ul style="list-style-type: none">● about what anger is.● about how to control anger.● to recognise what anger looks like.● about when we might feel angry.
Anxiety	<ul style="list-style-type: none">● about what anxiety is and how to know when you are feeling anxious.● about what we should do if we feel anxious.
British Values - Culture & Liberty	<ul style="list-style-type: none">● to have opportunities to understand what individual liberty is – to think about the freedom to choose.● to appreciate and respect our own culture and the cultures of other people.



PSHE Small Steps

Year 3

Lesson Name	Lesson Learning Objectives
British Values - Democracy & Law	<ul style="list-style-type: none">● to equip young people with an understanding of the rule of law and the reasons why laws are needed.● to introduce the concept of rights and personal responsibility.● to explore rights and responsibilities in the classroom.● to equip young people with an understanding of the rule of law and the reasons why laws are needed.● to introduce the concept of rights and personal responsibility.● to explore rights and responsibilities in the classroom.
Exercise	<ul style="list-style-type: none">● about what exercise is.● about what exercising involves.● about how exercise has an impact on us and our health.
Growth Mindset	<ul style="list-style-type: none">● to understand the meaning of growth mindset.● about why growth mindset is important.● to understand why you should build a growth mindset.



PSHE Small Steps

Year 3

Lesson Name	Lesson Learning Objectives
Helping Others Get Help	<ul style="list-style-type: none">• how to tell that somebody needs our help.• that we can help someone find help for themselves.• how we can help somebody who doesn't think that they need help.
Mindfulness	<ul style="list-style-type: none">• about what mindfulness is.• about why mindfulness is good for us.• about self-assessment.• about how self-assessment can help us.
Growth Mindset	<ul style="list-style-type: none">• to understand the meaning of growth mindset. about why growth mindset is important.• to understand why you should build a growth mindset.
My Body, Your Body	<ul style="list-style-type: none">• about the skeleton and its functions.• about what we can do to keep our bones healthy.• about what happens to our body as we get older.



PSHE Small Steps

Year 3

Lesson Name	Lesson Learning Objectives
Problem Solving & Time Management	<ul style="list-style-type: none">● about what problem-solving is.● to understand what time management is.● how to be a good problem solver.
Relationships With Others	<ul style="list-style-type: none">● about what a relationship is.● to understand that there are different types of relationships.● to know how relationships can help us.● about how you can have the best relationships with other people.
Screen Time	<ul style="list-style-type: none">● about what screen time is.● that too much screen time is bad for us.● about how too much screen time can affect us.● about how too much screen time can affect our relationships.
Self-Image	<ul style="list-style-type: none">● about what is meant by self-image.● about why self-image is so important.● about why it is important to accept ourselves for who we are.



PSHE Small Steps

Year 3

Lesson Name	Lesson Learning Objectives
Self-Worth	<ul style="list-style-type: none">● to overcome low self-worth.● about the difference between self-worth that is too low or too high.
Staying Safe Online	<ul style="list-style-type: none">● to understand the importance of staying safe online.● what we need to do to stay safe online.● that information and data is shared and used online.● the age restrictions of different social media platforms.
Stress	<ul style="list-style-type: none">● about what stress is.● about what causes stress.● about how adults can be affected by stress.● to look at the ways that we can deal with stress.
Sun Safety	<ul style="list-style-type: none">● To learn about the benefits of sun exposure.● To know how to keep safe from sun damage and sun/heat stroke.● To understand the risks of overexposure to the sun.● How to reduce the risk of eye damage and skin cancers caused by the sun.



PSHE Small Steps

Year 3

Lesson Name	Lesson Learning Objectives
Vaccinations and Diseases	<ul style="list-style-type: none">● how to make informed decisions about health.● how to recognise early signs of physical illness.● that some diseases can be prevented by vaccinations and immunization.● safety rules for medicines, including what medicines and vaccinations are and how they help to keep people healthy.● about risks and effects of drugs.
Who Can We Trust	<ul style="list-style-type: none">● to know who we can trust.● why it is important to trust someone.● how we gain trust of others.● the importance of being trusted.



PSHE Small Steps

Year 4

Lesson Name	Lesson Learning Objectives
A Balanced Diet	<ul style="list-style-type: none">● about what a balanced diet is.● about how much of each nutrient we should be eating.● to understand the effects of food on our body.
British Values - Freedom in Beliefs	<ul style="list-style-type: none">● to explore different understandings of individual liberty and how the liberties.● many people enjoy today have been fought for in the past.● to understand the similarities and differences between some of the largest religions in the world, and how values are often shared between different religions.
British Values - Government & Rules	<ul style="list-style-type: none">● to equip pupils with an understanding of some of the different forms of government● to see how these are enacted in some countries in the world.● to provide an understanding of the difference between laws and rules and why rules are in place in school.



PSHE Small Steps

Year 4

Lesson Name	Lesson Learning Objectives
Bullying	<ul style="list-style-type: none">● about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.● strategies to respond to hurtful behaviour experienced or witnessed, offline and online. (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others).● how to report concerns and get support.● about what it means to be discriminating, how to recognise it as bullying and how to challenge it.
Healthy Eating	<ul style="list-style-type: none">● to understand how exercise supports the function of the human body.● to understand how a balanced diet supports the function of the human body.● to understand how exercise supports the function of the human body.● to understand how a balanced diet supports the function of the human body.



PSHE Small Steps

Year 4

Lesson Name	Lesson Learning Objectives
Family Relationships	<ul style="list-style-type: none">● to know that others' families sometimes look different from their family but that they should respect those differences.● that families are important for children growing up because they can give love, security and stability.● to think about the characteristics of healthy family life and the importance of commitment to each other, even in times of difficulty.● about protection and caring for children and other family members, and the importance of spending time together and sharing each other's lives.● how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.



PSHE Small Steps

Year 4

Lesson Name	Lesson Learning Objectives
Everything will be alright	<ul style="list-style-type: none">● about what to do when we're not feeling okay.● to understand why we sometimes don't feel okay.● to understand why others might not be okay.● that it is okay not to feel okay sometimes.● about what we can do when someone else is not feeling okay.
Keeping My Body Safe	<ul style="list-style-type: none">● about what we can do to ensure we are keeping our body safe.● about the difference between 'good secrets' and 'bad secrets'.● about what we can and should do when someone makes us feel uncomfortable.
Leadership	<ul style="list-style-type: none">● about the qualities of a good leader.● how to lead a team.



PSHE Small Steps

Year 4

Lesson Name	Lesson Learning Objectives
Personal Hygiene	<ul style="list-style-type: none">● to learn that personal hygiene can have positive and negative effects on a healthy lifestyle.● that personal hygiene is showing self-respect and that developing routines is good self-care.
Problem Solving & Resourcefulness	<ul style="list-style-type: none">● to understand what the law is and why we have it.● how to use resourcefulness to help us solve problems.
Relaxing To Recharge	<ul style="list-style-type: none">● about what it means to relax.● about how relaxing can help us recharge.● about what we can do to do relax.● about the balance needed between relaxing and screen time.



PSHE Small Steps

Year 4

Lesson Name	Lesson Learning Objectives
Respect	<ul style="list-style-type: none">● to understand what respect is.● to know why respect is important when working with others.● how to demonstrate respect for one another.
Screen Time	<ul style="list-style-type: none">● about how too much screen time is bad for us.● about how too much screen time can affect our daily life.● about how screen time can affect us mentally.● about how screen time can affect our relationships with others.
Sleep	<ul style="list-style-type: none">● about how much sleep we should get.● about how sleep affects our lifestyle.● about how sleep supports our mindset and our body function.
Try and Try Again	<ul style="list-style-type: none">● to understand the reasons why failure is important.● to understand how we can use failure to succeed.● how we can use failure to drive success.



PSHE Small Steps

Year 4

Lesson Name	Lesson Learning Objectives
Importance Of Physical Activity	<ul style="list-style-type: none">● about what physical activity is.● about what physical activity involves.● about the effects of physical activity.
Where Does My Food Come From	<ul style="list-style-type: none">● to understand where food comes from and how foods are sourced.● about how food is produced.● about how and where we keep track of the food we eat.



PSHE Small Steps

Year 5

Lesson Name	Lesson Learning Objectives
Being Responsible	<ul style="list-style-type: none">● about what it means to be responsible.● how we can use responsibility to inspire others.● to understand the importance of being responsible.
Body Language & Communication	<ul style="list-style-type: none">● to understand how effective communication is important in sport and life.● to understand the various types of non-verbal communication.● to know how and why non-verbal communication is so important.
Borrowing Money	<ul style="list-style-type: none">● about what a loan is.● about what a mortgage is.● about what a credit card is.● about what a credit score is.
British Values - Freedom of Speech and Movement	<ul style="list-style-type: none">● to understand what is meant by freedom of expression.● to know when individual liberty should be exercised and how rights need to be balanced with responsibilities.● to explore immigration and its history in the UK.



PSHE Small Steps

Year 5

Lesson Name	Lesson Learning Objectives
British Values - Laws & Parliament	<ul style="list-style-type: none">● to provide an opportunity to become involved with democratic processes within the school.● to consider how living under the rule of law can protect individuals and enhance their wellbeing and safety.
Communicating Effectively	<ul style="list-style-type: none">● to understand the importance of communicating effectively.● about whether we can learn to communicate effectively or not.
Dealing With Adversity	<ul style="list-style-type: none">● to understand the importance of overcoming a difficult situation.● to understand that when things go wrong, our reaction can help.
Junk Food	<ul style="list-style-type: none">● about how junk food can affect our health.● about how junk food can affect our daily life.● to understand why junk food is bad for us.● to know what is in junk food to make it bad for our health.



PSHE Small Steps

Year 5

Lesson Name	Lesson Learning Objectives
Keeping My Body The Same	<ul style="list-style-type: none">● to understand that our bodies belong to us.● to know that there are laws to protect us as children.● to know that we have rights and to know when the law is being broken.● to know who to talk to if they are worried about their health or body.● to know about the procedure called Female Genital Mutilation.● to know that FGM is illegal in the UK.● to know that there is someone to talk to about FGM and there are organisations that can provide help and support.
Learning	<ul style="list-style-type: none">● to understand that learning is for life.● that learning can continue in a variety of places after leaving school.
Nutritional Values	<ul style="list-style-type: none">● to plan a balanced daily diet and get the most from our food.● more about nutrients and why we need them.



PSHE Small Steps

Year 5

Lesson Name	Lesson Learning Objectives
My Body Changes	<ul style="list-style-type: none">● to identify, locate and use the terminology for the basic parts of the human body.● to know who to speak to if they are concerned about their health.● to know that their bodies will experience puberty and what this means for their bodies and minds.● to discuss the life process of reproduction in humans.● to know about menstrual well-being and the menstrual cycle.● to describe the changes which happen as humans age.● to identify, locate and use the terminology for the basic parts of the human body.● to know who to speak to if they are concerned about their health.
Resilience	<ul style="list-style-type: none">● to understand the meaning of resilience.● to understand that it is important to never give up.
Respecting Others Boundaries & Beliefs	<ul style="list-style-type: none">● about what 'respect' means.● about how to respect other people's views and opinions.● about different beliefs and how to show respect.



PSHE Small Steps

Year 5

Lesson Name	Lesson Learning Objectives
Responsibility & Inspiration	<ul style="list-style-type: none">● that being responsible is important in life.● to understand that responsibility may inspire others.● to understand that responsibility has consequences in our lives.
Resilience	<ul style="list-style-type: none">● to understand the meaning of resilience.● to understand that it is important to never give up.
Saving Money	<ul style="list-style-type: none">● to understand why saving money is important.● about how we can save money.● to understand why we save.● to understand what 'interest' is.
Supporting The Community	<ul style="list-style-type: none">● about how we can support our community.● to understand the importance of supporting the community.



PSHE Small Steps

Year 5

Lesson Name	Lesson Learning Objectives
Teamwork	<ul style="list-style-type: none">● to understand the importance of roles within a team.● to understand how to undertake a given role within a team.● to understand that working with others is vital in life.● to understand that working with others can help us achieve more than on our own.
The Digital World	<ul style="list-style-type: none">● about safety when using the 'Digital World'.● to understand the benefits of the 'Digital World'.
The Human Body	<ul style="list-style-type: none">● to understand how different body parts work both individually and as a team.● to understand how exercise supports the function of the human body.● to understand how a balanced diet supports the function of the human body.
The NHS	<ul style="list-style-type: none">● to understand what the NHS is.● to understand the importance of the NHS.
You Get Out, What You Put Into Life	<ul style="list-style-type: none">● that how we treat others affects how others treat us.● to understand morals and how helping others can in turn help us.



PSHE Small Steps

Year 6

Lesson Name	Lesson Learning Objectives
Banks	<ul style="list-style-type: none">● about how banks work and why we need them.● identify some national banks.● to understand why banks are important in our lives.
British Values - Lawmakers & Activists	<ul style="list-style-type: none">● to provide young people with the opportunity to interrogate the advantages and disadvantages of the UK's voting system and skills and knowledge to argue and defend points of view.● about how laws have been changed in the past.● about how youth activism can challenge any imbalance in power.
British Values - Rights & Radicalisation	<ul style="list-style-type: none">● to appreciate that Human Rights are often seen as controversial and that some people may want them scrapped.● to develop skills and knowledge to participate in open and respectful dialogue and debate about universal rights.● to understand that some people may befriend us in order to encourage us to adopt their beliefs.● to see that you may be persuaded to join groups whose views and actions are considered extreme.



PSHE Small Steps

Year 6

Lesson Name	Lesson Learning Objectives
Drugs, Alcohol And Smoking	<ul style="list-style-type: none">● to understand what drugs and substances are.● to understand how to keep themselves safe.● to know who to talk to if they are concerned about their health or the health of someone they know.● to know the 'positive' and negative effects that drugs have on our bodies and minds.● to understand that substances like alcohol and tobacco have an effect on the human body.● to understand the risks and consequences of using substances such as alcohol and tobacco.● to know who they can trust and to be able to say 'no' to peer pressure.
Entrepreneurship, Enterprise & Business	<ul style="list-style-type: none">● about how to become an entrepreneur.● about what we might need to build our own business.● to understand the difficulties and benefits of business growth and entrepreneurship.
Feeling Anxious	<ul style="list-style-type: none">● to understand what it feels like to be anxious.● to know what can make us anxious.● about what we should do when start to feel anxious.● about feeling anxious in different situations.



PSHE Small Steps

Year 6

Lesson Name	Lesson Learning Objectives
How To Write a CV	<ul style="list-style-type: none">● to understand the importance of writing a CV.● to understand what needs to be included in a CV.
Law	<ul style="list-style-type: none">● to understand what the law is and why we have it.● how a law is made and the consequences of not following laws.
From Learning To Working	<ul style="list-style-type: none">● about the impact that learning can have on our work life.● to find out how exam results can help us to reach our career goals.
Recognising & Controlling Anger	<ul style="list-style-type: none">● to understand why we sometimes feel angry.● about how we can control our anger.● to recognise when we feel angry.● about the triggers that can make us angry.



PSHE Small Steps

Year 6

Lesson Name	Lesson Learning Objectives
My Amazing Body	<ul style="list-style-type: none">● to understand relationships.● to know what consent is.● to understand intimate relationships.● to know what is needed in intimate relationships.
Organisation of Life	<ul style="list-style-type: none">● to understand why it is important to have an organised life.● to think about the ways in which we could organise our life.
Pensions	<ul style="list-style-type: none">● to understand what a pension is.● to know why having a pension is important.● to understand how to pay into a pension and know how it works.
Power Of Negotiation	<ul style="list-style-type: none">● to understand how negotiation can work in your favour.● to explore different ways of negotiation.
Tax	<ul style="list-style-type: none">● about tax, why we pay it and how it works.● about National Insurance and what it is for.



Lesson Name	Lesson Learning Objectives
The Government	<ul style="list-style-type: none">● to know who the current main political parties are.● to know who the current Prime Minister is.● to understand the structure of Government and the role of the Prime Minister.● to explore the roles and responsibilities of the Government.
Transition	<ul style="list-style-type: none">● to know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.● to develop problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools.● to know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
First Aid	<ul style="list-style-type: none">● to ensure that all students have an understanding of the most common injuries and conditions affecting children which may lead to the provision of first aid.● to ensure that all students are able to maintain the safety of themselves and others before administering first aid. Students will be able to identify when a casualty may require an assessment and possible life support.

LifeWise

We're passionate about PSHE

