

## Capenhurst CE Primary National Curriculum 2014 – PSHE & Relationships Education (UKS2 – Years 5 & 6)

## **Coverage of UKS2 objectives (Year B)**

UKS2	Objective	Working	Expected	Greater
		towards (pupil initials)	(no. of pupils)	depth (pupil initials)
Autumn Term (Year B)	Get Heart Smart (Meet Boris)  I can make HeartSmart decisions.  I can understand that my body language can help me to feel more powerful.  I can suggest ways to keep my heart soft but strong. I can recognise when it is right to keep a secret and when secrets should be shared. I can understand that marriage is a commitment of two people to each other. I can plan a healthy meal using the EatWell plate. I can reflect on how I protect my own and other's hearts.  Don't Forget to Let Love in (I am special) I can understand how to let love into my heart. I can consider what I am worth. I can encourage one another with kind and positive words and can accept encouragement from others. I can recall significant events and people in my life so far. I can list things I am grateful for. I can spot early signs of physical illness. I can reflect on ways to let love into my heart.			
Spring Term (Year B)	Too Much Selfie isn't Healthy (I love others) I can suggest ways to show love for others. I can demonstrate loving others. I can acknowledge that there are ways we are different and ways we are the same. I can be a good listener. I can consider the generations that have gone before me and how they have overcome challenges that children benefit from today. I can suggest ways to be a good friend. I can list the benefits and dangers of social media. I can reflect on how I show love for others.  Don't Rub it in, Rub it out (I am a good friend) I can understand the importance of forgiveness. I can develop strategies to resolve conflict and disputes. I can explain the benefits of forgiveness and can discuss the barriers to forgiveness. I can understand that my tone and body language communicates more than my words. I can give examples of how a trustworthy friend behaves. I can explain when it is ok to break a confidence. I can consider the impact bullying can have. I can reflect on ways I can erase negative emotions.			





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	Fake is a Mistake!	
ear B)	I can communicate differing opinions with respect.	
	I can understand that I am loved for being just who I am and can interpret	
	the meaning behind the song 'This is Me'.	
	I can replace negative self-talk with positive self-talk.	
	I can explain how using boundaries mean I can have respectful friendships.	
	I can consider facts about immunisation and vaccinations.	
	I can find out facts about legal and illegal substances and their associated	
	risks.	
<u>ک</u> ٤	I can reflect on ways that Fake is a Mistake!	
Summer Term (Year B)	'No Way Through' isn't True	
	I can describe situations where I get stuck and can suggest ways to	
	persevere when I am stuck.	
	I can describe the impact of changing my thinking from 'I can't do it' to 'I	
•	can't do it yet' and can explain the importance of practice.	
	I can increase self-awareness to work out how I feel, why I feel that way	
	and what I need.	
	I can explain the effect of having hope.	
	I can step out of my comfort zone.	

I can recall a time when I was stuck but found a way through. I can suggest strategies to deal with times when I am stuck.