



SUBJECT: PSHE (V2)

Our PSHE curriculum aims to enable pupils to make responsible and well-informed decisions in their lives. We want our children to become emotionally literate and to develop respect for other people and their views. Pupils will be provided with opportunities in school that will help prepare them for the responsibilities of later life. Our curriculum takes a spiral approach, gradually revisiting topics at a deeper level at each key stage or year group, whilst rehearsing, emphasising and embedding the essential skills and attributes young people need to manage their lives, both now and in the future. We aim to develop pupils' understanding of the world and of personal, social, health, emotional and citizenship concepts and relevant vocabulary. We will provide pupils with a relevant, age appropriate and broad curriculum. We will support pupils to understand issues relating to their own health, personal care, sexual development and relationships. We will enable pupils to make choices and provide them with strategies to maintain personal wellbeing, promote resilience and equip them with skills to keep themselves and others safe. We strive to promote an atmosphere celebrating equality and diversity.

Our curriculum is designed to support individual pupil needs including those with SEN and/or who are disadvantaged. We do this in the following ways:

- Where appropriate, teaching and learning happens slowly and in small steps.
- Key knowledge is revisited regularly via daily, weekly and half termly reviews.
- Teachers make knowledge accessible using a range of teaching techniques. Many lessons are discussion and role-play based.
- Co-operative learning is a key approach. It allows children time to think, to share their learning and to learn from what others share.

In the Early Years and Key Stage 1 children will begin to explore key (statutory) themes from the RSE Solutions scheme including feelings, body, relationships, beliefs, rights and responsibilities and asking for help. These link closely with the key themes of the Early Learning Goals in personal, social and emotional development (Development Matters). They will also be taught topics from under the wider umbrella of PSHE using materials from the PSHE Association.

In Key Stage 2 children will further develop their knowledge of feelings, body, relationships, beliefs, rights and responsibilities and asking for help. They will be taught the statutory elements using the RSE Solutions resources and the non-statutory elements using PSHE Association materials.

Our PSHE curriculum is very closely linked to the CARES vision:

Community: Pupils develop a sense of belonging through group discussions and activities. PSHE teaches children how to be responsible and active members of the local community and wider world.

Aspiration: Pupils have the opportunity to learn about a range of jobs/careers that might interest them in the future. They are encouraged to understand that there are no limits to what they can achieve.

Resilience: Pupils are given many opportunities to reflect on their learning and to develop emotional resilience.

Emotional: A core aspect of our PSHE curriculum is emotional development.

Skills & knowledge - a range of personal, social, health and economic knowledge and skills are taught to pupils from Early Years to the end of Key Stage 2.

	Skills	Knowledge
N	<ul style="list-style-type: none"> • Can select an activity and use resources with help. • To be responsible in the Nursery environment e.g. washing up after having a snack, hanging up their own coat, helping tidy up. • Shows more confidence in new social situations, initiating conversations and forming good relationships with peers and familiar adults. • Can play in a group, extending and elaborating play ideas. • Begins to be able to negotiate with others to solve conflicts. • Begin to be able to follow rules, without an adult reminding them and understanding why rules are important. • Can talk about their feelings and begin to develop strategies to manage certain emotions. • Begin to understand others' needs and how they might be feeling. • Can take turns and share resources, sometimes with support. • Can usually adapt behaviour to different events, social situations and changes in routine. 	<ul style="list-style-type: none"> • Is aware of own feelings and knows that some actions and words can hurt others. • Aware of boundaries set and of behavioural expectations within the setting. • Understand simple emotions and begin to understand why they are caused. • Knows how to appropriately interact with adults and children e.g. sharing, talking, turn taking.

R	<ul style="list-style-type: none"> • Can build constructive and respectful relationships with adults and children. • Can express their feelings in appropriate ways. • Is able to show resilience and perseverance in the face of challenge. • To be responsible in the Reception environment e.g. washing up after having a snack, hanging up their own coat, helping tidy up, special helper jobs. • Can identify their feelings and begin to develop strategies to manage certain emotions. • Can think about the perspective of others and how they may be feeling. • Can manage their own needs e.g. washings hands at appropriate times, going to the toilet independently. • Can identify healthy foods and talk about why they are good for you. • Can play in a group cooperatively, extending and elaborating play ideas, taking turns and sharing resources. • Can negotiate with others and find ways to resolve conflicts with other children without aggression. • Follows the classroom rules and routines and adapts behaviour to different events, social situations and changes in routine. • Can explain own knowledge and understanding and ask appropriate questions of others. • Can select an activity and use resources independently. • Can describe myself in positive terms and talk about abilities. 	<ul style="list-style-type: none"> • Understands that their own actions affect other people e.g. becomes upset or tries to comfort another child when they realise they had upset them. • Aware of boundaries set and of behavioural expectations within the setting. • Understand simple emotions and begin to understand why they're caused. • Understand how to be: resourceful; resilient; reflective; responsible and how to reason. • Understand that they are valuable individuals, with likes, dislikes and interests. • Understand how to play cooperatively and take turns with others. • Understands the importance of good personal hygiene and wellbeing e.g. hand washing, healthy choices and oral hygiene. • Begin to develop an awareness of road safety.
Y1	<p>Can describe feelings Can actively listen to other people Can correctly name the main parts of the body Can name the private part of the body that boys have Can name the private part of the body that girls have Can think about ways to communicate effectively Can consider ways to resolve disagreements through negotiation Can celebrate the similarities and differences that people have Can identify people to ask for help Can ask for help if needed - Recognise when to say yes, no, I'll ask or I'll tell</p>	<p><u>RSE Solution</u> Know that people can react differently to their feelings Know that all feelings are ok, but some behaviours are not Know and name the main parts of the body (head, shoulders, knees, toes, eyes etc.) Know and name the male and female private parts (penis, vulva) Know that I am the same as others in some ways Know that I am different to others in some ways Know some ways that diseases are spread Know some ways to protect myself and others from diseases <u>PSHE Programme Builder</u> Know what they like/dislike and are good at Know what makes them special and how everyone is different</p>

		<p>Know how their personal features or qualities are unique to them</p> <p>Know how they are similar or different to others and what they have in common</p> <p>Know that parts of the body covered with underwear are private</p> <p>Know that family is one of the groups they belong to as well as school, friends, clubs etc</p> <p>Know about the different people in their family, those that love and care for them</p> <p>Know what family members and people that are special to them do to make them feel loved and cared for</p> <p>Know how families are all different but share common features</p> <p>Know the different features of family life, including what families do and enjoy together</p> <p>Know that it is important to tell someone if something about their family makes them feel unhappy or worried</p> <p>Know what being healthy means and who helps them to stay healthy</p> <p>Know that things people put into or onto their bodies can affect how they feel</p> <p>Know why hygiene is important and how simple hygiene routines can stop germs from being passed on</p> <p>Know what they can do to take care of themselves on a daily basis, eg brushing teeth and hair, handwashing</p> <p>Know what money is and that it comes in different forms</p> <p>Know how money is obtained, eg earned, won, borrowed, presents</p> <p>Know people make choices about what to do with money including spending and saving</p> <p>Know the difference between needs and wants</p> <p>Know how to keep money safe and the different ways of doing this</p> <p>Know that different people have different roles in the community to help them and others keep safe</p> <p>Know how to respond safely to adults they don't know</p> <p>Know what to do if they feel unsafe or worried for themselves or others</p> <p>Know how to get help if there is an accident and someone is hurt</p> <p>Know how kind and unkind behaviour can affect others</p> <p>Know the responsibilities they have in and out of the classroom</p>
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Y2	<p>Can recognise and celebrate my strengths</p> <p>Can set a goal for myself</p> <p>Can be myself (Do not feel under pressure to be different to who I am)</p> <p>Can tell someone if I am asked to keep something a secret that makes me feel uncomfortable, worried or afraid</p>	<p><u>RSE Solution</u></p> <p>Know how a baby grows</p> <p>Know how I have grown and changed</p> <p>Know how I might change as I grow older</p> <p>Know what bullying is and how this makes others feel</p> <p>Know what to do if I am bullied or if I see someone else being bullied</p> <p>Know that I am uniquely special</p> <p>Know that there are lots of different types of families</p> <p>Know what a secret is</p> <p>Know what a surprise is</p> <p><u>PSHE Association Programme Builder</u></p> <p>Know how to make friends with others</p> <p>Know how to recognise when they feel lonely and what they can do about it</p> <p>Know how people behave when they are being friendly and what makes a good friend</p> <p>Know how to resolve arguments that occur in friendships</p> <p>Know how to ask for help if a friendship is making them unhappy</p> <p>Know how words and actions can affect how people feel</p> <p>Know how to ask for and give (or not give) permission regarding physical contact and how to respond if they feel uncomfortable or unsafe</p> <p>Know what name calling, hurtful teasing, bullying and deliberately excluding others is unacceptable</p> <p>Know how to respond if this happens in different situations</p> <p>Know how to report bullying or other hurtful behaviour, including online</p> <p>Know how jobs help people earn money to pay for things they need and want</p> <p>Know about a range of different jobs</p> <p>Know how people have different strengths and interests that enable them to do different jobs</p>

		<p>Know how the internet and digital devices are used for jobs and everyday life</p> <p>Know how rules and restrictions help keep us safe</p> <p>Know how to identify risky and potentially unsafe situations</p> <p>Know how to resist pressure to do something that makes them feel unsafe or uncomfortable</p> <p>Know how not everything they see online is true or trustworthy</p> <p>Know how to tell a trusted adult if they are worried for themselves or others</p> <p>Know that different things help their bodies to be healthy</p> <p>Know that eating and drinking too much sugar can affect their health</p> <p>Know how to be physically active and how much rest and sleep they should have</p> <p>Know that there are different ways to play and learn</p> <p>Know how sunshine helps bodies to grow and how to keep safe in the sun</p> <p>Know how to recognise, name and describe a range of feelings</p> <p>Know what helps them feel good, or better if they're not feeling good</p> <p>Know how different things - times - experiences can bring about different feelings for different people</p> <p>Know how feelings can affect people in their bodies and their behaviour</p> <p>Know ways to manage big feelings and the importance of sharing their feelings</p> <p>Recognise that they might need help to manage feelings and how to ask for it</p>
Y3	<p>Can recognise some of my strengths</p> <p>Have set an aspirational goal for myself</p> <p>Can celebrate everybody's physical uniqueness</p> <p>Can identify the different types of relationships that I am in</p> <p>Can recognise that girls and boys have lots of similarities</p> <p>Can identify a secret and surprise, and understand the difference</p>	<p><u>RSE Solution</u></p> <p>Know what self esteem is and why it is important to have high self esteem</p> <p>Know how my body might change as I grow and develop</p> <p>Know how to keep my body clean and hygienic</p> <p>Know what a relationship is and the different types of relationships people enjoy</p> <p>Know how people show that they care for each other in a relationship and within a family</p> <p>Know that there are ways in which some people believe that a boy should behave and a girl should behave</p> <p>Know that I can follow my aspirations irrespective of the gender that I was born</p>

		<p>Know that it is my right to decide who can touch my body</p> <p>Know the reasons why some people may need to touch my body</p> <p>Know how to respond if someone touches my body without my permission</p> <p>Know that it is ok to keep a surprise but it is important to share a secret</p> <p>Know ways of sharing a secret appropriately</p> <p>PSHE Association Programme Builder</p> <p>Know how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded</p> <p>Know how to recognise if others are feeling lonely</p> <p>Know how to build good friendships</p> <p>Know that friendships sometimes have difficulties and how to manage when there is a problem</p> <p>Know how to recognise if a friendship is making them unhappy, uncomfortable or unsafe</p> <p>Know how to recognise hazards which may cause harm or injury</p> <p>Know how to keep their body protected and safe (seatbelt, protective clothing)</p> <p>Know that their bodies belong to them and should not be hurt or touched without their permission (what to do and who to tell if they feel uncomfortable)</p> <p>Know how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)</p> <p>Know how everyday health and hygiene rules and routines help people stay safe and healthy</p> <p>Know how to react and respond if there is an accident and how to deal with minor injuries</p> <p>Know what to do in an emergency</p> <p>Know how families differ from each other</p> <p>Know how common features of positive family life often include shared experiences</p> <p>Know how people within families should care for each other and different ways they demonstrate this</p> <p>Know how to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe</p> <p>Know how they belong to different groups and communities</p> <p>Know what is meant by diverse community</p> <p>Know how the community helps to make everyone feel included and values the different contributions that people make</p> <p>Know how to be respectful towards people</p> <p>Know how to eat a healthy diet</p>
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Y4	<p>Can recognise a wide range of emotions and identify factors that affect emotions</p> <p>Think, and know about my family and how it is unique and special to me</p> <p>Can identify some of the things that make me who I am, and can celebrate these.</p> <p>Can recognise situations that I will need help to manage</p> <p>Have practised asking for help</p>	<p>RSE Solution</p> <p>Know strategies to help manage my emotions</p> <p>Know ways to recognise and respond to other people's emotions</p> <p>Know how a baby develops</p> <p>Know how a baby is born</p> <p>Know how my body has changed so far and how it might change in the future</p> <p>Know that some things can be done in public and some things should only be done in private</p> <p>Know about different types of touch within relationships and how to respond</p> <p>Know about types of behaviours within relationships and how to respond</p> <p>Know everyone is both similar and different to other people</p> <p>Know how my family is unique and special to me</p> <p>Know what marriage is and why this is special between two people</p> <p>Know the reasons why some people choose not to be married</p> <p>Know that marriage should always be a choice</p> <p>PSHE Association Programme Builder</p> <p>Know how to recognise personal qualities and individuality</p> <p>Know how to develop self worth by identifying positive things about themselves</p> <p>Know how their personal attributes, strengths, skills and interests contribute to their self-esteem</p> <p>Know how to set goals for themselves</p> <p>Know how to manage when there are setbacks and learn from mistakes</p> <p>Know how people's behaviour affects themselves and others</p> <p>Know how to model being polite and courteous in different</p>

		<p>situations</p> <p>Know about the relationship between rights and responsibilities</p> <p>Know about the right to privacy and how to recognise when a confidence or secret should be kept</p> <p>Know the rights that children have and why it is important to protect these</p> <p>Know that everyone should feel included, respected and not discriminated against</p> <p>Know how to respond to aggressive or inappropriate behaviour</p> <p>Know how everyday things can affect feelings</p> <p>Know how feelings change over time and can be experienced at different levels of intensity</p> <p>Know the importance of expressing feelings</p> <p>Know how to respond proportionally and manage feelings in different circumstances</p> <p>Know ways of managing feelings at times of loss, grief and change</p> <p>Know how to access advice and support to help manage their own feelings</p> <p>Know about puberty and how bodies change during puberty</p> <p>Know how puberty can affect emotions and feelings</p> <p>Know how personal hygiene routines change during puberty</p> <p>Know how to ask for advice and support about growing, changing and puberty</p> <p>Know how people have a shared responsibility to help protect the world</p> <p>Know how everyday choices can affect the environment</p> <p>Know how what people choose to buy, or spend money on, can affect others in the environment</p> <p>Have the skills and vocabulary to share their thoughts, ideas and opinions</p> <p>Know how to show care and concern for others</p> <p>Know how to carry out personal responsibilities in a caring and compassionate way</p> <p>Know how to recognise, predict, assess and manage risk in different situations</p> <p>Know how to keep safe in the local environment and less familiar locations</p> <p>Know how people can be influenced by their peers behaviour and by a desire for peer approval</p> <p>Know how people's online actions can impact on others</p> <p>Know how to keep safe online and how to report concerns</p> <p>Know that rules, restrictions and laws exist to help people keep safe</p>
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Y5	<p>Can identify the relationships that I am in</p> <p>Can recognise healthy and unhealthy relationships and how these make me feel</p> <p>Can identify personal information that is shared online</p> <p>Can talk to a trusted adult about something that I've found online that makes me feel upset</p>	<p>RSE Solution</p> <p>Know how puberty may affect my emotions</p> <p>Know how my changing emotions may affect me</p> <p>Know how to respond to overwhelming emotions</p> <p>Know how the male body can be affected by puberty</p> <p>Know how the female body can be affected by puberty</p> <p>Know how these body changes make people feel about themselves</p> <p>Know that it is common for people to experience mental ill health and that problems can be resolved if the right support is available</p> <p>Know the skills to respond to an unhealthy relationship</p> <p>Know the terms associated with gender identity and sexual orientation</p> <p>Know that using these terms to bully someone is unacceptable</p> <p>Know ways to respond to identity bullying</p> <p>Know how quickly personal information and photographs can be shared online</p> <p>Know I have a responsibility not to share my own or other people's photographs online</p> <p>Know that the internet can contain images and information that I find upsetting</p> <p>Know that people can be upset by different things</p> <p>PSHE Association Programme Builder</p> <p>Know how to recognise and respect similarities and difference between people</p> <p>Know that there are a range of factors that contribute to a person's identity</p> <p>Know how individuality and personal qualities make up someone's identity</p> <p>Know about stereotypes and how they are not always accurate</p> <p>Know how to challenge stereotypes and assumptions about others</p> <p>Know how people make decisions about spending and saving money</p> <p>Know how to keep track of money</p> <p>Know how people make choices about paying for things they want and need</p> <p>Know how to recognise what makes something value for money</p> <p>Know that there are risks associated with money</p> <p>Know how to carry out basic first aid</p> <p>Know what to do if someone has experienced a head injury</p> <p>Know about the different types of relationships people have in their lives</p>
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Y6	<p>Can consider ways to feel positive about myself and celebrate my body</p> <p>Can name the sexual organs of a man and a woman</p> <p>Can consider appropriate ways to communicate about gender and sexuality</p> <p>Can discuss and debate what influences people's decisions, taking</p>	<p>RSE Solution</p> <p>Know that images in the media, including online, do not always reflect reality</p> <p>Know that the unrealistic media images of the body can have a negative impact on how people feel about themselves</p> <p>Know how a man and a woman have sexual intercourse (RIGHT TO</p>

	<p>into consideration different viewpoints</p>	<p><u>BE EXCUSED FROM THIS LESSON)</u></p> <p>Know that sexual intercourse can lead to reproduction</p> <p>Know the correct terms to describe gender and sexuality</p> <p>Know that treating someone as wrong or less than because of their gender and/or sexuality can constitute homophobic, biphobic or transphobic bullying</p> <p>Know that the cultural practice of female genital mutilation is against British law</p> <p>Know that female genital mutilation is abuse and is a crime</p> <p>Know how to support a friend who is at risk of female genital mutilation</p> <p>Know that infections can be shared during sexual intercourse</p> <p>Know that infections spread easily and to lots of people</p> <p>Know a condom can help reduce the spread of infections</p> <p>Know different sources of help and support for a range of problems</p> <p>Know a range of problems that may affect people of my age</p> <p>PSHE Association Programme Builder</p> <p>Know how mental and physical health are linked</p> <p>Know how positive friendships and being involved in activities such as clubs and community groups support wellbeing</p> <p>Know how to make choices that support a healthy, balanced lifestyle</p> <p>Know how to change or break an unhealthy habit</p> <p>Know how legal and illegal drugs can affect health</p> <p>Know how to recognise early signs of physical or mental ill health</p> <p>Know that health problems (including mental health problems) can build up if they are not recognised, managed or if help is not sought early on</p> <p>Know that anyone can experience mental ill-health and to discuss concerns with a trusted adult</p> <p>Know that mental health difficulties can usually be resolved or managed</p> <p>Know that FGM is illegal and goes against human rights and that they should tell someone immediately if they are worried for themselves or someone else</p> <p>Know how media, including online experiences, can affect people's wellbeing - their thoughts, feelings and actions</p> <p>Know that not everything should be shared online or on social media and that there are rules about this, including distribution of images</p> <p>Know that mixed messages in the media exist and that these can influence opinion and decisions</p>
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