

PSHE, RSE and Safeguarding Curriculum



We aim to provide for the spiritual, emotional, physical, mental and social development of the whole child; this includes a growth in knowledge and understanding of self, and the world in which we live. We seek to foster self-esteem and a sense of responsibility to others and the world around. Our Trust's vision embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people, and through an agreed approach to RSE, we believe that we can promote the development of the whole child so that children can grow in wisdom and stature, understanding both the emotional, social and physical aspects of growing, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life. We seek to provide a well-balanced programme of relationship and sex education that reflects the age and maturity of both girls and boys

Core Theme	Autumn		Spring		Summer	
	HEALTH AND WELLBEING		RELATIONSHIPS		LIVING IN THE WIDER WORLD	
YEAR 1	<p>What helps us stay healthy? Mental Health and Wellbeing.</p> <p>To know what helps keep bodies healthy. To know hygiene routines.</p>	<p>Who helps to keep us safe?</p> <p>To know how to keep safe around house. To know how to ask for help if worried about something.</p>	<p>What is the same and different about us?</p> <p>To recognise feelings in self and others and share feelings with others. To know about ourselves and others; similarities and differences.</p>	<p>Who is special to us?</p> <p>Respecting similarities and differences in others; sharing views and ideas. People who care for us; groups we belong to; families.</p>	<p>How can we look after each other and the world?</p> <p>To know about ourselves and others. To know about the world around us. To know how to care for others.</p>	<p>What can we do with money?</p> <p>To know where money comes from. To know how to use money. To know how to save and spend money. To know the needs and wants with money.</p>
YEAR 2	<p>What can help us grow and stay healthy?</p> <p>Mental Health and Wellbeing.</p> <p>To make healthy choices. To understand different feelings and how to manage them.</p> <p>Growing; changing and being more independent</p>	<p>What helps us to stay safe?</p> <p>To understand how to keep safe in different situations. To understand how to be safe on the road.</p> <p>Road Safety Workshop</p>	<p>What makes a good friend?</p> <p>To know about different behavior and how feelings can hurt. To know how to listen to others and play cooperatively; friendship. To understand how to manage arguments and upset.</p>	<p>What is bullying?</p> <p>Respecting similarities and differences in others; sharing views and ideas; teasing and bullying. Words and actions; respect for others.</p>	<p>What jobs do people do?</p> <p>To know about different people and their jobs. To know about the role of money. To understand the role of the internet and how to keep safe online.</p>	<p>What can we do with money?</p> <p>To know where money comes from. To know how to save and spend money. To make the right choices and keep track of money.</p> <p>Money Sense Workshop</p>
YEAR 3	<p>Why should we eat well and look after our teeth?</p> <p>Mental Health and Wellbeing.</p> <p>To know what makes a balanced diet To have opportunities for making own choices with food To know what influences food choices and habits. To know how to look after teeth (dental care).</p> <p>Healthy Eating Workshop</p>	<p>What keeps us safe?</p> <p>To understand school rules on health and safety. To know basic emergency aid. To know people who help stay healthy and safe. To recognise hazards and respond to accidents.</p>	<p>How can we be a good friend?</p> <p>To recognise feelings in others and how to respond to how others are feeling. To know how to make positive friendships. To understand how to manage loneliness and how to deal with arguments.</p>	<p>What are families like?</p> <p>Families; family life; caring for each other.</p>	<p>What makes a community?</p> <p>To discuss and debate health and wellbeing issues. To know how to be part of the community. To know who works in the community. To know how to show respect to others in differing groups.</p>	

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YEAR 4	<p><u>What strengths, skills and interests do we have?</u></p> <p>Mental Health and Wellbeing.</p> <p>To develop self-esteem and self-worth To know personal qualities To know future goals setting and how to manage setbacks.</p> <p>[RSE] To know the names of different body parts (Science) To know some of the physical changes that happen to us as we grow (Science)</p>	<p><u>How can we manage risk in different places?</u></p> <p>To know how to keep safe in the local area and online. To know people who help stay healthy and safe. To recognise and manage risk.</p> <p>E-Safety Talk - Police</p>	<p><u>How do we treat each other with respect?</u></p> <p>To know how to listen and respond effectively to people and how to share points of view. To understand respect for self and others is important and how to show courteous behavior.</p>		<p><u>How can our choices make a difference to others and the environment?</u></p> <p>To discuss and debate health and wellbeing issues. To know how to appreciate difference and diversity in the UK and around the world. To know how to care for others; the environment; people and animals. To understand shared responsibilities. To know how to make the right choices and decisions.</p> <p>Bike Ability – Cycling Skills</p>
	<p><u>What makes up our identity?</u></p> <p>Mental Health and Wellbeing.</p> <p>To know what positively and negatively affects health and wellbeing To make informed choices To know personal attributes and qualities; similarities and differences; To know and challenge stereotypes.</p> <p>[RSE] To know the term puberty and how a girl's body changes (Science) To know how a boy's body changes during puberty (Science) To know the stages in growth and development of humans (Science)</p> <p>Smoking and Alcohol Workshop</p> <p>Play Leaders Workshop</p>	<p><u>How can we help in an accident or emergency?</u></p> <p>To know strategies for managing personal safety in the local environment. To understand how to be safe online To know basic first aid and how to deal with accidents and emergencies. To make good healthy habits.</p> <p>Bike Ability</p> <p>First Aid St John's Ambulance resources</p>	<p><u>How can friends communicate safely?</u></p> <p>To know how to respond to feelings in others. To understand friendships and different relationships. To know how to be independent. To know how to be safe online.</p>		<p><u>What jobs would we like?</u></p> <p>To understand different careers and aspirations. To know role models. To know how to achieve and aspire for the future.</p>

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<p>YEAR 6</p>	<p>How can we keep healthy as we grow?</p> <p>Mental Health and Wellbeing.</p> <p>To know how to look after ourselves. To know how to become independent and take more responsibility.</p> <p>[RSE] To know the names of different body parts (Science) To know how girls' and boys' bodies change during puberty (Science) To understand the importance of looking after your body physically and emotionally.</p> <p>Heights and Weights</p> <p>Health Questionnaire</p> <p>Sex Education – Nurse Visit</p>	<p>What will I change as we become more independent?</p> <p>To know confidentiality and when to break a confidence and manage dares. To know about different relationships.</p> <p>[RSE] To know about how our bodies change and grow (Science)</p> <p>Sex Education – Nurse Visit</p>	<p>How do friendships change as we grow?</p> <p>To know to how listen to others and raise concerns and challenge. To know what makes people the same or different. To know how to recognise and challenge stereotypes, discrimination and bullying.</p> <p>To develop independence ready to move to secondary school.</p>	<p>How can media influence people?</p> <p>To discuss and debate health and wellbeing issues. To understand human rights; the rights of child; cultural practices and British law. To know how to be part of a community; groups that support communities. To know how to be critical of what is in the media and what they forward to others. To understand media literacy and digital resilience To know about what can influence them and how to make sensible decisions. To know how to keep safe online.</p> <p>Year 6 Transition</p>
<p>WHOLE SCHOOL</p>	<ul style="list-style-type: none"> JLT Meetings Health Eating Week World Mental Health Day Global Handwashing Day Walk to School Week Road Safety Week World Faith Day NSPCC- PANTS 	<ul style="list-style-type: none"> JLT Meetings Outdoor Classroom Day UNICEF Day for Change NSPCC Number Day World Book Day Sports Relief World Faith Day NSPCC- PANTS 	<ul style="list-style-type: none"> JLT Meetings Aspirations Day World Faith Day NSPCC- PANTS 	
<p>PICTURE NEWS</p>	<p>Current News Story Local/Global UNICEF</p>	<p>Current News Story Local/Global UNICEF</p>	<p>Current News Story Local/Global UNICEF</p>	
<p>BRITISH VALUES</p>	<p>Rule of Law Tolerance of different faiths and beliefs</p>	<p>Democracy Mutual Respect</p>	<p>Individual Liberty British Values Overview</p>	
<p>P4C THEME</p>	<p>Mental health- I can recognise that I may experience conflicting emotions and when I might need to listen to my emotions or overcome them.</p> <p>Peer Pressure – I can recognise when and how to ask for help and can use techniques for resisting pressure to do something dangerous, unhealthy, that makes me uncomfortable or anxious.</p>	<p>Relationships – I know what constitutes a positive and healthy relationship? I can recognise relationships that can be unhealthy.</p> <p>Loss- I can recognise change and loss and the associated feelings including moving home, losing toys, pets or friends.</p>	<p>Media- I can recognise how images in the media do not always reflect reality and can affect how people feel about themselves.</p> <p>Money – I know the importance of money in life.</p>	

Intent: for all children to be fluent in the retention and application of powerful knowledge and vocabulary.

Curriculum Drivers: Equality, Economic-Wellbeing and Environmental Awareness

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