



PSHE Curriculum

Class 1 Foundation/Year 1

Ten:Ten Resources

<p><u>TERM 1</u> <u>Story sessions</u> <u>Handmade with love</u> <u>Kester's adventure</u></p>	<p><i>Me, My Body and my Health</i> <i>Session 1- 'I am Unique'</i> <i>Session 2-Girls and Boys- My Body</i> <i>Session 3- Clean and Healthy-My Health H1,H2,H3, H6,H7 H8/9 H10,H16</i></p>	<p><i>Emotional well Being</i> <i>Session1- feelings' likes and dislikes</i> <i>Session2- Feelings inside and out</i> <i>Session3 -Super Suzie gets angry H4,H5,</i></p>	<p><i>Life Cycles- The cycle of life</i> H8,H9</p>
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Health and Well Being

<u>Autumn 1</u>	Healthy Lifestyles	Healthy Lifestyles	Growing and changing	Healthy Lifestyles	Growing and changing	Healthy Lifestyles
	H1 - Learn about some of the things that keep our bodies healthy	H2-Learn about making healthy choices	H3-Recognise what they are good at and to set simple goals	H4- Learn about simple feelings and simple strategies to manage feelings	H5-Learn how it feels when there is change or loss	H6/7- Learn about basic personal hygiene routines and why these are important

<u>Autumn 2</u>	Growing and changing	Growing and changing	Keeping Safe	Keeping Safe	Keeping Safe	Keeping Safe
	H8/9- Learn about growing and changing and becoming more independent	H10-the correct names for the main parts of the body for boys and girls	H11- That household products including medicines can be harmful if not used correctly.	H12- about rules for keeping safe in familiar and unfamiliar situations	H13/14/15- how to ask for help if they are worried about something.	H16- about privacy in different contexts

Living in the wider world

Relationships

TEN:TEN RESOURCES

<p><u>Session 1</u> <u>Trinity House</u></p>	<p><u>Session 2</u> <u>Who is my neighbour</u> <u>L3,L4,L9</u></p>	<p><u>Living in the wider world</u> <u>Session1: The communities that we live in</u> <u>L5,L10,L4</u></p>
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<p><u>Spring 1</u></p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Taking Care of the Environment</p>	<p>Rights and Responsibilities Money</p>	<p>Rights and Responsibilities Money</p>
	<p>L1/L2-Classroom rules- about group and class rules and why they are important</p>	<p>L3- about respecting the needs of ourselves and others</p>	<p>L4- about groups and communities that they belong to</p>	<p>L5- about looking after the local environment</p>	<p>L6- about where money comes from and what it is used for</p>	<p>L7- how to keep money safe</p>

<p><u>Spring 2</u></p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>		
	<p>L8- That everyone is unique</p>	<p>L9-about the ways that we are the same as other people</p>	<p>L10- About the people who work in our community</p>	<p>L11- how to get help, including in an emergency</p>		

Relationships

TEN:TEN RESOURCES

<p><u>Session 1</u> God Loves you</p>	<p><u>Personal Relationships</u> <u>Session 1</u> Special people <u>Session 2</u> Treat others well <u>Session 3</u> ...and say sorry R1, R2,R4,R12,R5,R6,R7,R8,R11,R13,14</p>	<p><u>Keeping safe</u> <u>Session1</u>:Being safe <u>Session 2</u> Good secrets and bad secrets <u>Session 3</u> Physical contact R3,R10</p>
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	Feelings and emotions	Feelings and emotions	Feelings and emotions	Healthy Relationships	Valuing Difference	Healthy Relationships
<u>Summer 1</u>	R1- Recognise how other people are feeling -sharing their own feelings with others	R2/R4/R12- different types of behaviour and how this can make others feel	R2/R4/R12 different types of behaviour and how this can make others feel	R3- not keeping secrets that make them feel uncomfortable or afraid	R5- to share their views and opinions with others	R6-listening to others and playing co-operatively

	Healthy Relationships	Valuing Difference	Healthy Relationships	Healthy Relationships	Feelings and Emotions	Feelings and Emotions
<u>Summer 2</u>	R7- listening to others and playing co-operatively	R8- about the importance of respect for the differences and similarities between people	R9- about special people in their lives	R10- about appropriate and inappropriate touch	R11- that bodies and feelings can be hurt	R13/14-that hurtful teasing and bullying is wrong -what to do if teasing and bullying is happening

Class 2

Ten:Ten Resources

<p><u>TERM 1</u> <u>Storry sessions</u> <u>Handmade with love</u> <u>Kester's adventure</u></p>	<p><i>Me, My Body and my Health</i> <i>Session 1- 'I am Unique'</i> <i>Sesion 2-Girls and Boys- My Body</i> <i>Session 3- Clean and Healthy-My Health H1,H2,H3, H6,H7 H8/9 H10,H16</i></p>	<p><i>Emotional well Being</i> <i>Session1- feelings' likes and dislikes</i> <i>Session2- Feelings inside and out</i> <i>Session3 -Super Suzie gets angry H4,H5,</i></p>	<p><i>Life Cycles- The cycle of life</i> H8,H9</p>
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Health and Well Being (year 2)

<u>Autumn 1</u>	Healthy lifestyles	Healthy lifestyles	Growing and changing	Healthy lifestyles	Growing and changing	Healthy lifestyles
	H1- learn about some things that keep our body healthy	H2-Learn about making healthy choices	H3 Recognise what they are good at and to set simple goals	H4 Learn about simple feelings and simple strategies to manage feelings	H5 Learn how it feels when there is change or loss	H6/7 Learn about basic personal hygiene routines and why these are important

<u>Autumn 2</u>	Growing and changing	Growing and changing	Keeping Safe	Keeping Safe	Keeping Safe	Keeping Safe
	H8/H9 Learn about growing and changing and becoming more independent	H10 The correct names for parts of the body for boys and girls	H11 Household products can be harmful	H12 - about rules for keeping safe in familiar and unfamiliar situations	H13/14/15 -how to ask for help if they are worried about something.	H16 -about privacy in different contexts

Living in the wider world

TEN:TEN RESOURCES

<p><u>Session 1</u> <u>Trinity House</u></p>	<p><u>Session 2</u> <u>Who is my neighbour</u> <u>L3,L4,L9</u></p>	<p><u>Living in the wider world</u> <u>Session1: The communities that we live in</u> <u>L5,L10,L4</u></p>
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<p><u>Spring 1</u></p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Taking Care of the Environment</p>	<p>Rights and Responsibilities Money</p>	<p>Rights and Responsibilities Money</p>
	<p>L1/L2-Classroom rules- about group and class rules and why they are important</p>	<p>L3- about respecting the needs of ourselves and others</p>	<p>L4- about groups and communities that they belong to</p>	<p>L5- about looking after the local environment</p>	<p>L6- about where money comes from and what it is used for</p>	<p>L7- how to keep money safe</p>

<p><u>Spring 2</u></p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>	<p>Rights and Responsibilities</p>		
	<p>L8- That everyone is unique</p>	<p>L9-about the ways that we are the same as other people</p>	<p>L10- About the people who work in our community</p>	<p>L11- how to get help, including in an emergency</p>		

Relationships

Relationships

TEN:TEN RESOURCES

<p><u>Session 1</u> God Loves you</p>	<p><u>Personal Relationships</u> <u>Session 1</u> Special people <u>Session 2</u> Treat others well <u>Session 3</u>and say sorry R1, R2,R4,R12,R5,R6,R7,R8,R11,R13,14</p>	<p><u>Keeping safe</u> <u>Session1</u> :Being safe <u>Session 2</u> Good secrets and bad secrets <u>Session 3</u> Physical contact R3,R10</p>
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	Feelings and emotions	Feelings and emotions	Feelings and emotions	Healthy Relationships	Valuing Difference	Healthy Relationships
<u>Summer 1</u>	R1- Recognise how other people are feeling -sharing their own feelings with others	R2/R4/R12- different types of behaviour and how this can make others feel	R2/R4/R12 different types of behaviour and how this can make others feel	R3- not keeping secrets that make them feel uncomfortable or afraid	R5- to share their views and opinions with others	R6-listening to others and playing co-operatively

	Healthy Relationships	Valuing Difference	Healthy Relationships	Healthy Relationships	Feelings and Emotions	Feelings and Emotions
<u>Summer 2</u>	R7- listening to others and playing co-operatively	R8- about the importance of respect for the differences and similarities between people	R9- about special people in their lives	R10- about appropriate and inappropriate touch	R11- that bodies and feelings can be hurt	R13/14-that hurtful teasing and bullying is wrong -what to do if teasing and bullying is happening

Class 2 Year B (Year 3 curriculum)

Health and Well Being

	Healthy Lifestyles	Healthy Lifestyles	Healthy Lifestyles	Growing and changing	Growing and changing	Growing and changing
<u>Autumn 1</u>	H1/H2 -What makes a balanced lifestyle -making choices in relation to health	H3- what makes a balanced diet -opportunities to make choices with food -what influences choices with food	H4 -images in the media do not necessarily reflect reality	H5 -recognise their own achievement and set tragts for the future	H6 -about a wide range of feelinsx	H6/H7-wide range of feelings/good and not so good -that people can experience conflicting feelings at the same time -about describing their feelings to others

	Keeping Safe	Healthy Lifestyles	Keeping Safe	Keeping Safe	Healthy Lifestyles	Keeping Safe
<u>Autumn 2</u>	H9/10/11-about manageing risk in familiar situations and keeping safe	H12 -preventing spread of viruses with simple hygiene routines	H13/14about feeling negative pressure and how to manage it	H15- how to get help in an emergency -importance of school rules	H17-drugs that are common in everyday life (medicines, tobacco, caffeine, alcohol)	H22/25- about keeping safe online

Living in the wider world

	Rights and Responsibilitiies	Rights and Responsibilitiies	Rights and Responsibilitiies	Rights and Responsibilitiies	Rights and Responsibilitiies/Taking care of the environment	Rights and Responsibilitiies
<u>Spring 1</u>	L1- to discuss and debate issues concerning health and well being	L2- about the ways in which rules and laws keep people safe	L3/4- that everyone has human rights (children have	L6- what Anti-social behaviour is and how it can affect people	L7-about their rights, responsibilities and duties	L8- about resolving differences- aggreeiong and disagreeing

		-to take part in making and changing rules	their own set of rights) -about the UN declaration about the rights of the child	-how to get help or support		
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<u>Spring 2</u>	Rights and Responsibilities	Rights and Responsibilities	Money/Taking care of the Environment	Money	Money	Rights and Responsibilities
	L9/10- about being part of a community -about who works with the local community	L11/12-to appreciate difference and diversity (people living in the UK) -about the values and customs of people around the world	L15- about the sustainability of the environment across the world	L13/L14 about the role of money -ways of managing money(budgeting and saving) -what is meant by loan and investment	L16 What is meant by being enterprising	L17/18- that information presented in the media can be misleading

Relationships

	Feelings and emotions	Healthy Relationships	Healthy Relationships	Healthy Relationships	Feelings and emotions	Valuing difference
<u>Summer 1</u>	R1- to recognise a wide range of feelings in others -about responding to how others are feeling	R2/4- about making positive healthy relationships including friendships -how to maintain good friendships	R7- how actions can affect ourselves and others	R8- about the differences between acceptable and unacceptable physical contact -how to respond to unacceptable physical contact	R9- about the concept of keeping something confidential or secret -about when they should agree/not agree to keeping a secret	R10- about how to listen and respond respectfully to a wide range of people -about sharing their points of view

	Healthy Relationships	Healthy Relationships	Valuing difference	Valuing difference	Feelings and emotions	Healthy Relationships
<u>Summer 2</u>	R11- about working collaboratively towards shared goals	R12- about solving disputes and conflicts amongst themselves and their peers	R13- about similarities and differences between people but understand everyone is equal	R14/R18- to recognise bullying -how to respond and ask for help	R15- to recognise and manage dares R16- about what is meant by stereotypes	R21- about the importance of keeping personal boundaries and the right to privacy

CLASS 3 -CYCLE A (Year 4)
Health and Well Being

Ten:Ten Resources

<u>TERM 1</u> <u>Story sessions</u> <u>Designed for a purpose</u> <u>(Kester's adventures)</u> <u>SESSION 1- Sacraments</u>	<u>Me, My Body and my Health</u> Session 1- We don't have to be the same Session 2-Respecting our bodies Session 3- what is puberty Session 4-Changing bodies H1,H2,H3, H6,H7 H8/9 H10,H12, H16	<u>Emotional well Being</u> Session1- What am I feeling? Session 2 -What am I looking for? Session 3-I am thankful! H6,H7 H8,H13,H14,H15	<u>Life Cycles- The cycle of life</u> H5-H9
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	Healthy Lifestyles	Healthy Lifestyles	Healthy Lifestyles	Growing and changing	Growing and changing	Growing and changing
<u>Autumn 1</u>	H1/H2- about what makes a balanced lifestyle -about making choices in relation	H3- about what makes up a balanced diet -opportunities they have to make	H4- that images in the media do not necessarily reflect reality	H5- to recognise their achievement and set personal targets for the future	H6/H7about a wide range of feelings both good and not so good -people can	H8- changes that happen in life and feelings associated with this

	to health	their own choices in food -what influences their choices about food			experience conflicting feelings at the same time -about describing their feelings to others	
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	Keeping Safe	Healthy Lifestyles	Keeping Safe	Healthy Lifestyles	Keeping Safe	Keeping Safe
<u>Autumn 2</u>	H9/H10/H11- about managing risk in familiar situations and keeping safe	H12- that simple hygiene routines can prevent the spread of bacteria and viruses	H13/14/H15- about negative peer pressure and how to manage this	H16/17- what is meant by habit and how habits can be hard to change -about drugs that are common in everyday life (medicine, alcohol, tobacco, caffeine)	H21/H23- keeping safe in the local environment -people who help them keep safe and healthy	H22/25- keeping safe online

Living in the wider world

TEN:TEN RESOURCES

<u>Session 1</u> <u>Trinity House</u>	<u>Session 2</u> <u>What is Church?</u> <u>L2,L3/4</u>	<u>Living in the wider world</u> <u>Session1: How do I love others?</u> <u>L7/8 L9/L10 L15</u>
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	Rights and Responsibilities	Rights and Responsibilities	Rights and Responsibilities	Rights and Responsibilities	Rights and Responsibilities/Taking care of the environment	Rights and Responsibilities
<u>Spring 1</u>	L1- to discuss and debate issues concerning health and well being	L2- about the ways in which rules and laws keep people safe	L3/4- that everyone has human rights (children have	L6- what Anti-social behaviour is and how it can affect people	L7-about their rights, responsibilities and duties	L8- about resolving differences- agreeing and disagreeing

		-to take part in making and changing rules	their own set of rights) -about the UN declaration about the rights of the child	-how to get help or support		
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	Rights and Responsibilities	Rights and Responsibilities	Money/Taking care of the Environment	Money	Money	Rights and Responsibilities
<u>Spring 2</u>	L9/10- about being part of a community -about who works with the local community	L11/12-to appreciate difference and diversity (people living in the UK) -about the values and customs of people around the world	L15- about the sustainability of the environment across the world	L13/L14 about the role of money -ways of managing money(budgeting and saving) -what is meant by loan and investment	L16 What is meant by being enterprising	L17/18- that information presented in the media can be misleading

Relationships

<u>Ten ten Resources</u> <u>Story Session: Jesus my friend</u>	<u>Personal Relationships</u> <u>Session 1:Friends, Family and others</u> <u>Session 2:When things feel bad</u> <u>Session 3:When things change</u> <u>R1, R2, R4, R7, R10, R11, R12, R13, R14</u>	<u>Keeping safe</u> <u>Session 1:Sharing online</u> <u>Session2 :Chatting online</u> <u>Session 3:Physical contact</u> <u>R8, R9, R21</u>	
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	Feelings and emotions	Healthy Relationships	Healthy Relationships	Healthy Relationships	Feelings and emotions	Valuing difference
<u>Summer 1</u>	R1- to recognise a wide range of feelings in others	R2/4- about making positive healthy relationships	R7- how actions can affect ourselves and others	R8- about the differences between acceptable	R9- about the concept of keeping something	R10- about how to listen and respond respectfully to a

	-about responding to how others are feeling	including friendships -how to maintain good friendships		and unacceptable physical contact -how to respond to unacceptable physical contact	confidential or secret -about when they should agree/not agree to keeping a secret	wide range of people -about sharing their points of view
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	Healthy Relationships	Healthy Relationships	Valuing difference	Valuing difference	Feelings and emotions	Healthy Relationships
<u>Summer 2</u>	R11- about working collaboratively towards shared goals	R12- about solving disputes and conflicts amongst themselves and their peers	R13- about similarities and differences between people but understand everyone is equal	R14/R18- to recognise bullying -how to respond and ask for help	R15- to recognise and manage dares R16- about what is meant by stereotypes	R21- about the importance of keeping personal boundaries and the right to privacy

Class 3 Cycle B- Healthy Lifestyles (Years 5 and 6)

<u>STORY SESSION</u> <u>Made to Grow</u> <u>(Kester's Adventure)</u>	<u>Me, my body and my health</u> <u>Session 1: Gifts and Talents</u> <u>Session 2:Girls' bodies</u> <u>Session 3:Boys' bodies</u> <u>Session 4 Spots and sleep</u> <u>H5</u>	<u>Emotional well being</u> <u>Session 1: Body Image</u> <u>Session 2:Peculiar Feelings</u> <u>Session 3 : Emotional change</u> <u>Session 4: Seeing stuff online</u> <u>H1/H2,H4,H6.H7,H8,H9,H10.H11</u>	<u>Life Cycles</u> <u>Session 1: Making babies</u> <u>Session 2: making babies (optional homework session)</u> <u>Session 3: Menstruation</u> <u>H18,H19</u>
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	Healthy Lifestyles	Healthy Lifestyles	Healthy Lifestyles	Growing and changing	Growing and changing	Growing and changing
<u>Autumn 1</u>	H1/H2-about positively and negatively affects health and well being (including mental and physical health)	H3-about the benefits of a balanced diet -different influences on food and diet -developing skills to	H4- how images in the media can distort reality -this can affect how people feel about themselves	H5-different ways of achieving and celebrating personal goals -how having high aspirations can support personal	H6/7- how to further describe the range and intensity of their feelings to others -how to manage complex or	H8-coping with change or transition- how this relates to bereavement and the process of grieving

	-how to make informed choices that contribute to a 'balanced lifestyle.'	make their own choices about food		achievement	conflicting emotions	
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	Keeping safe	Healthy Lifestyles	Keeping Safe	Keeping Safe	Growing and changing	Growing and changing
<u>Autumn 2</u>	H9/H10/H11-about independence, increased responsibility and keeping safe -strategies for keeping safe	H17- risks of legal and illegal substances (drugs, medicines, alcohol and tobacco) H24 How to keep safe and well when using a mobile phone	H20/H22/H25- right they have to protect their body -Strategies for managing personal safety (online) -what to consider before sharing images of themselves or others online	H13/14/15- different influences on behaviour, including peer pressure and media influence -how to resist unhelpful pressure and ask for help -what to do in an emergency	H18- about the changes that happen at puberty	H19-about human reproduction in the context of the human lifecycle -how a baby is made and how it grows -about the roles and responsibilities of parents and carers

Living in the wider world

<u>Trinity House</u>	<u>Session1: Trinity House</u>	<u>Session 2: Catholic Social teaching</u> <u>Session 3: Reaching out</u> <u>L7,L8,L9,L10,L10,L11,L12,L15</u>	
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	Rights and Responsibilities	Rights and Responsibilities	Rights and Responsibilities	Rights and Responsibilities	Rights and Responsibilities	Rights and Responsibilities/taking care of the Environment
<u>Spring 1</u>	L1-to research discuss and debate issues concerning health and well being	L2- why and how laws and rules are made	L3/L4-about the importance of human rights (and the Rights of the child)	L5- harmful practices are against British law and in contradiction with	L6- how anti-social behaviour can affect wellbeing -how to challenge or	L7- about different kinds of responsibilities (home, school, community, environment)

			-about the UN declartion on the Rights of the child	human rights -that human rights overrule anty beliefs or ideas that harm others	respond to any anti-social behaviour or aggressive behaviour	
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	Rights and Responsibilitiies	Rights and Responsibilitiies	Rights and Responsibilitiies	Rights and Responsibilitiies/money	Rights and Responsibilitiies Money/ taking care of the Environment	Rights and Responsibilitiies
<u>Spring 2</u>	L8-about resolving differences, respecting different points of view and making their own decisions.	L9/L10- what it means to be part of a community -about different groups that support the local community -about the role of voluntary, community and pressure groups	L11/L12- to appreciate the range of national, regional, religious and ethnic identities of people living in the UK. -About the lives, values and customs of people living in the UK	L13/L14- finance plays in people's lives -what is mean't be interest loan and debt, -about the importance of looking after money(loop, debt) -paying taxes to contribute to society	L15- how resources are allocated and the impact on individuals, communities and the environment	L17/L18-to be critical of what they see and read in the media -to critically consider what information they forward to others

Relationships

<u>Story session</u> <u>Is God calling you?</u>	<u>Personal Relationships</u> <u>Session 1:</u> <u>Under pressure</u> <u>Session 2:Do you want a piece of cake?</u> <u>Session 3:Self talk</u> <u>R1, R2, R4, R3, R5, R19, R6, R20, R9, R13/R16/R17, R11, R12</u>	<u>Keeping safe</u> <u>Session 1: Sharing online</u> <u>Session 2: Chatting online</u> <u>Session 3: Physical contact</u> <u>R8, R21</u>	
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	Feelings and emotions	Healthy Relationships	Healthy Relationships	Healthy Relationships	Healthy Relationships	Healthy Relationships
<u>Summer 1</u>	R1-how to respond appropriately to a wider range of feelings in others	R2/R4- about different types of relationship -about what constitutes a positive healthy relationship -about the skills to maintain positive relationships	R3-to recognise when a relationship is unhealthy	R5/R19- about committed, loving relationships (marriage)	R6/20 R7-that marriage, civil partnerships is between 2 people that agree -force anyone into marriage is illegal	R8- appropriate physical contact -what to do if you are worried about unacceptable behaviour

	Feelings and emotions	Valuing difference	Valuing difference	Feelings and emotions	Healthy Relationships	Healthy Relationships
<u>Summer 2</u>	R9-confidentiality -when necessary to break a confidence	R13/R16/R17- about the factors that make people the same or different -to recognise or challenge stereotypes	R14/18-about discrimination, teasing, bullying and aggressive behaviour and its effects on others	R15-to recognise and manage dares	R11/R12- what to do in an emergency -negotiation, and compromise strategies to resolve conflict and dispute -give helpful feedback and support to others	R21-about the importance of keeping personal boundaries and the right to privacy