

PSHE (Personal, Social, Health and Economic Wellbeing Education) with RSE
Curriculum Map 2020- 2021

Early Years Foundation Stage	Foundation	Sparrows
Curriculum Intent	<p>Pupils in Foundation are taught PSHE through the Early Years Foundation Stage Framework. We will develop our self-confidence and self-awareness to describe ourselves in positive terms and encourage confidence to try new activities and enjoy new experiences. We learn to manage our feelings and behaviour through our play experiences and day-to-day school routines. We develop an awareness of our feelings and learn how our behaviour impacts ourselves and others. We learn to follow the school rules and class routines and develop the skills needed to work as a team. We encourage our children to build relationships with our peers, demonstrating friendly behaviour including how to share, take turns and elaborating play ideas. We develop more advanced social skills to negotiate, resolve more complex friendship issues with sensitivity to others' needs and feelings. In Physical Development we will also demonstrate an awareness of the importance of exercise, healthy eating, sleeping and personal hygiene which contributes to good health and wellbeing. We consider mental health by discussing what makes us happy and include mindfulness activities in our curriculum. We learn about the dangers in the world around us and how we can stay safe and how to seek help if we are worried. When learning about the world, we show an interest in the lives of people around us, different occupations, and different ways of life. We explore the similarities and differences that we have in relation to friends and families whilst recognising that we are all unique and valued.</p>	
Key Stage One	Year Group 1	Robins
Curriculum Intent	<p>In Year 1 we focus on how we are all different but have similarities too. We recognise the importance of friendships and identify what kind and unkind behaviour looks like and how to deal with unkind behaviour. We encourage the children to think about the consequences of their actions and to make the right choices. We encourage children to take risks and try new things knowing they have support to complete the task and not be judged when they make mistakes. We recognise the importance of families and how they make us feel and that each member is valued, and they work as a team. We explain it is important to share our worries, concerns and fears with our families or a safe adult at school. We find out how we can stay safe in our environment and the people that help us to do this. We understand the need for rules, and we agree to do our best to follow these enabling all children to work and play in a</p>	

	<p>secure environment. We recognise we live within a wider community and understand we can work together to provide support for others. We also recognise the need to take care of our environment including wildlife and plants. We are aware of the potential risks within our community and know how to keep ourselves safe.</p> <p>We understand people have different cultures and beliefs and we respect them. We look at what being healthy means and begin to understand that a healthy life is a balance of healthy eating, exercise, sleep, rest, personal hygiene, staying safe in the sun, as well as mental wellbeing. We begin to recognise that as we get older, we change and grow and as part of this change, we can identify and name a range of emotions and learn some strategies to make us feel better if we are not feeling happy or positive. In addition, we will learn about the importance of staying safe online and different aspects of e-safety.</p>		
Key Stage One	Year Group 2	Chaffinch	
Curriculum Intent	<p>In year 2 we focus on the importance of identifying feelings and how it can affect our emotional wellbeing and how it impacts on our behaviours. We begin to understand whether our response is proportionate to different scenarios and how to manage our feelings by seeking help or self-regulating. We learn about how medicines and immunisations help us to stay healthy and also how we, as people, change and grow as we get older but also how events and friendships can also change as we grow up. We reiterate the importance of resisting pressures from others that may put ourselves or others in danger or at risk and give guidance where to seek help if we are or others are unsafe. We identify what a happy family and positive friendships look like, how to recognise behaviour that is bullying and establish how respect ensures we are all valued equally and what to do if we are worried or feel unsafe. We also focus on the importance of rules and responsibilities and how rules keep us safe. We will understand how to take part in group discussions; sharing our own views whilst understanding the importance of taking turns and listening to others. We look at money, where it comes from, its values and how we 'use' it and also the work of charities and how they can help others. In addition, we will learn about the importance of staying safe online and different aspects of e-safety.</p>		

Key Stage Two	Year Group 3	Starlings
Curriculum Intent	<p>In year 3 we explore the importance of self-respect and self-esteem. Encouraging individuals to have a positive self-image helps to build resilience. We learn strategies for coping with our feelings as we change. We explore other activities that can improve our mental wellbeing including exercise, positive relationships, community projects, time outdoors and voluntary activities. We introduce first aid and how to respond in a calm and controlled manner when dealing with minor first aid scenarios. We revisit how we can take positive steps to keep ourselves and others safe in our environment by recognising hazards and minimising risks. We establish what a healthy meal looks like and identify why it is important to reduce certain food types. Children explore the importance of families, recognising that all families are different but characterised by love and support. We also explore the importance of friendships and how we can build good friendships by being respectful, caring and inclusive. We establish that there are a lot of very different individuals that make up our school community and that each person deserves respect. In addition, we will learn about the importance of staying safe online and different aspects of e-safety.</p>	
Key Stage Two	Year Group 4	Woodpecker Class
Curriculum Intent	<p>In year 4 we are developing our understanding of the how and why aspects of the curriculum and how it impacts the present and future lives of ourselves and those around us. We will explore in greater details what is discrimination and stereotyping and how it can negatively impact lives. When teaching emotional wellbeing, we will focus on how feelings will change during different times in our lives and how to establish whether our behavioural response is proportionate. We will develop the skills and tools to express ourselves and focus on the importance of talking and resolving friendship difficulties. We continue to reinforce the importance of how to stay safe in the local environment as well as in our relationships, in our families and with our friends. We will learn about the range of the various relationships we experience in our everyday lives and how they differ. We will consolidate our knowledge of what constitutes a healthy diet, lifestyle (exercise) and how to maintain good dental hygiene. In addition, we will learn about the importance of staying safe online and different aspects of e-safety.</p>	

Key Stage Two		Year Group 5	Blackbird Class
Curriculum Intent	<p>In year 5 we will continue to develop our knowledge of all aspects of PSHE. It will be interspersed across all areas of the curriculum as well as stand-alone lessons. We will discuss our mental health and wellbeing, what affects this and how we can use strategies to help us improve our wellbeing. We will learn how to administer first aid and how to seek help in a calm and controlled manner. There will be discussions about healthy, positive, and committed relationships, how they change and how to understand and develop skills to respond appropriately. We will be identifying different emotions, especially in times of change, and recognise when we may feel stressed, anxious, or worried and develop strategies to self-regulate as well as knowing where to go to seek help. In year 5, the children are encouraged to discuss and debate different viewpoints in a respectful and responsible manner. In addition, we will learn about the importance of staying safe online and different aspects of e-safety and we will explore how to cope with peer pressure in real time situations and online. We will also be discussing our changing bodies and how puberty affects young people including recognising the importance of sleep.</p>		
Key Stage Two		Year Group 6	Owl Class
Curriculum Intent	<p>As pupils reach their final year at primary school, we consolidate our knowledge of PSHE topics including inclusion, personal identity, positive relationships and how puberty relates to growing from childhood to adulthood. We will also develop an understanding of how drugs, alcohol and tobacco can impact lives, so we are aware of the risks associated. We are given an awareness of the age of responsibility and basic rights. We learn through our Year 6 Enterprise challenge, how fundraising is used to benefit the community. Our knowledge of mental wellbeing is increased as we are taught the importance of sharing our concerns to gain the appropriate support. As we move onto secondary school, the lessons will support pupils to explore how this transition can impact our emotions, relationships and develop resilience. In addition, we will learn about the importance of staying safe online and different aspects of e-safety. The Sex Education aspect of the curriculum is not compulsory and is usually taught in the summer term. Within this part of the curriculum, the children are taught about menstruation. Parents/carers will be advised in advance and they are able to remove their children from this aspect of the curriculum.</p>		