

PROGRAMME OF STUDY for PSHE (2014)

| | Core theme 1 ; Health and Wellbeing | Core theme 2 ; Relationships | Core theme 3 ; Living in the Wider World Economic wellbeing and being a responsible citizen. |
|---------------------|--|---|--|
| | <ol style="list-style-type: none"> 1 What is meant by a healthy lifestyle? 2 How to maintain physical, mental and emotional health and wellbeing 3 How to manage risks to physical and emotional health and wellbeing 4 Ways of keeping physically and emotionally safe 5 About managing change, such as puberty, transition and loss 6 How to make informed choices about health and wellbeing and to recognise sources of help with this 7 7.. How to respond in an emergency 8 To identify different influences on health and wellbeing | <ol style="list-style-type: none"> 1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts 2. how to recognise and manage emotions within a range of relationships 3. how to recognise risky or negative relationships including all forms of bullying and abuse 4. how to respond to risky or negative relationships and ask for help 5. how to respect equality and diversity in relationships | <ol style="list-style-type: none"> 1. about respect for self and others and the importance of responsible behaviours and actions 2. about rights and responsibilities as members of families, other groups and ultimately as citizens 3. about different groups and communities 4. to respect equality and to be a productive member of a diverse community 5. about the importance of respecting and protecting the environment 6. about where money comes from, keeping it safe and the importance of managing it effectively 7. how money plays an important part in people's lives 8. a basic understanding of enterprise. |
| Whole School | | | |
| | <p>WHOLE SCHOOL ASSEMBLIES / PRODUCTIONS</p> <ul style="list-style-type: none"> • Road Safety • Fire Safety • Safety around Dogs • Stranger Danger • Safety in the Sun <p>HEALTHY LIVING WEEK (earlier in the year?)</p> <ul style="list-style-type: none"> • Healthy eating (Change for Life / Farm to fork) • Hygiene • Fitness • Safety • First Aid and what to do in an emergency. | <p>SOCIAL & EMOTIONAL ASPECTS OF LEARNING (SEAL) One session in each year group (yr 1-6) at the beginning of the term to explore the theme. Then dealt with through whole school assemblies.</p> <p>Term 1; New Beginnings; rules & responsibilities Term 2: Getting on and falling out Term 3: Going for Goals* Term 4; Good to be me Term 5: Relationships** Term 6; Changes**</p> <p><i>* supported by target setting throughout the year.</i> <i>** additional sessions in some year groups</i></p> <p>ANTI BULLYING WEEK KS1; Types of teasing and bullying / How to resist / How to get help.</p> <p>KS2; Cyber bullying / strategies / Agencies (child line)</p> | <p>WHOLE SCHOOL ASSEMBLIES / PRODUCTIONS</p> <ul style="list-style-type: none"> • Different Cultures (Unicef) • School Council • Differences eg; Disability / Dementia <p>CULTURE WEEK</p> <ul style="list-style-type: none"> • Definition of community • Definition of Culture • Range of nationalities • Lives of people in other places • People with different values and customs |

KEY STAGE 1

| | | | |
|---------------|---|--|---|
| Year R | <ul style="list-style-type: none"> Personal Hygiene: Hand washing. Tooth brushing, coughs, sneezes, toilets Household Products can be harmful First Aid and what to do in an emergency. | <ul style="list-style-type: none"> Recognising that bodies and feelings can be hurt. | <ul style="list-style-type: none"> People who look after them |
| Year 1 | <ul style="list-style-type: none"> Healthy Eating; introduction to food groups (DT) Dental Care Online safety; dealing with inappropriate sites. (IT) Vocabulary to describe emotions (LITERACY) | <ul style="list-style-type: none"> Similarities and Differences between boys and girls. Body parts. (Sci) Personal space and privacy Difference between secrets and surprises, when it is OK to tell others. Dealing with change; moving house / losing toys / losing pets | |
| Year 2 | <ul style="list-style-type: none"> Basic needs of water, food and air. (Science) Effect of exercise on the body (PE) First Aid and what to do in an emergency Healthy plate, balanced diet, names of basic food groups / traffic lights Safe use of knives. (DT) Personal Hygiene; showering / washing and understanding why (spread of disease) | <ul style="list-style-type: none"> Vocabulary to describe emotions (literacy) Recognising that bodies and feelings can be hurt. Dealing with change; Term 6 losing friends / moving schools | <ul style="list-style-type: none"> Managing money and spending; safe keeping / choices / spend a little ; save a little Online Safety; (IT) |

KEY STAGE 2

| | | | |
|---------------|--|--|--|
| Year 3 | <ul style="list-style-type: none"> More complex food groups and the effect on the body (DT /Sci) Muscle groups and the effect of exercise. PE / SCI) Water Safety (PE, Swimming) | <ul style="list-style-type: none"> Living and Growing 1.1 Differences (term 5) | <ul style="list-style-type: none"> Online Safety; (IT) |
| Year 4 | <ul style="list-style-type: none"> Healthy Teeth, effects of foods on teeth (Sci) The digestive system (SCI) Living and Growing 1.2 & 3 How did I get here / Growing up (term 6) | <ul style="list-style-type: none"> Dealing with change; Term 6 loss / separation / divorce / bereavement | <ul style="list-style-type: none"> Understanding money; Credit cards / debit cards (maths) Online Safety; (IT) |
| Year 5 | <ul style="list-style-type: none"> Impact of diet, exercise, drugs and lifestyle on their bodies. (caffeine, alcohol, household drugs, smoking) SCI Bacteria and Viruses; safety in the kitchen (food groups and bacteria / knives / fridge storage / separate boards for food groups) SCI / DT Circulatory system; heart, lungs (effects of smoking) SCI | <ul style="list-style-type: none"> Growth and changes from baby to old age. (Living and Growing Boy talk / Girl talk 3.1 / 3.2 term 5 & 6) Physical contact; what is acceptable / unacceptable Puberty; changes to their bodies (Living and Growing 2.1/ 3.1 /3.2 Term 5 & 6) Human Reproduction (Living and Growing 2.2 How babies are made 2.3 How babies are born term 5 & 6) Healthy Relationships in different contexts (friends / families / civil partnerships / marriage) | <ul style="list-style-type: none"> Similarities and differences ; age / culture / ethnicity / race (inc ethnicity in UK) / religion / age(ism) / sex (ism) gender identity / sexual orientation / disability / Equality Act 2010 Challenging stereotypes. / peer pressure Online Safety: (IT) |
| Year 6 | <ul style="list-style-type: none"> Cycling proficiency / safety in action First aid, what to do in an emergency. Transition to KS3 Recognising and Managing dares; linked to road, rail safety. | <ul style="list-style-type: none"> Puberty; changes to bodies of other gender (Living and Growing Boy talk / Girl talk 3.1 / 3.2 term 5 & 6) Explore and critique images and information portrayed by media (Living and Growing 3.3 'Let's talk about sex') | <ul style="list-style-type: none"> Managing Money; critical consumer / interest / loan / debt / contribution to society through paying tax / VAT Enterprise Online Safety (IT) |

RELATIONSHIP & CHANGES; Scheme of work

| YEAR | Term of Delivery | Resources | Key Vocabulary | Comments |
|------|------------------|---|---|---|
| 3 | Term 5 | L&G 1.1 Differences (abridged) | Sex parts, vagina, penis | Statutory Science Curriculum Question box to be used. |
| 4 | Term 6 | L&G 1.2 How did I get here? (abridged) L&G 1.3 Growing up (abridged) | Testicles, sperm, ovaries, eggs, womb | Statutory Science Curriculum Question box to be used. |
| 5 | Term 5 & 6 | L&G 2.1 Changes (abridged) L&G 3.1 Boy Talk (abridged) L&G 3.2 Girl Talk (abridged) L&G 2.2 How babies are made (abridged) L&G 2.3 How babies are born (abridged) Leaflets | Vagina, penis, testicles, scrotum, sperm, semen, womb, ovaries, periods, menstruation, puberty. Puberty, hormones, penis, testicles, wet dreams, erection, semen Period, puberty, genitals, menstruation, ovaries, womb, fallopian tube, vagina, tampons, sanitary towels Sperm, egg, penis, vagina, egg Sexual Intercourse, womb, foetus | Statutory Science Curriculum To be delivered prior to the residential trip. Girl talk / boy talk delivered in gender groups. To be delivered to appropriate gender only. Question box to be used. |
| 6 | | L&G 3.1 Boy Talk (abridged) L&G 3.2 Girl Talk (abridged) L&G 3.3 Lets Talk about Sex (abridged) | As year 5 Gay, condoms | Statutory Science Curriculum Girl talk / boy talk to be repeated and shown to all pupils in gender groups. Exploring images and information in the media (literacy link) |