

# PSHE

At Norton Community Primary School

The intent of our PSHE curriculum is to deliver a curriculum which is accessible to all and that will maximize the outcomes for every child so that they know more, remember more and understand more. At Norton Community Primary School, personal, social, health and economic (PSHE) education enables our children to become healthy, independent and responsible members of a society and prepares them for their future roles as citizens in a global society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Norton CP School have an embedded Primary PSHE scheme of work called 3D PSHE which builds on the Early Learning Goals that the children work towards in the Early Years Foundation Stage. The spiral curriculum starts in Year 1 and follows the children through to Year 6. All learning activities used in '3D PSHE' allow opportunities for discussion and debate. Open learning activities provide an opportunity for students for pupils to develop their skills, knowledge and attitude. Norton CP School also recognizes how PSHE links to other areas of the curriculum and ensures that these opportunities are taken to reinforce and develop PSHE learning and enable the children to make the connections with other subject areas.

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# Year One

## Health and Wellbeing

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### Healthy Eating

- Learn where vegetables grow
- Make choices to improve health
- Recognise the basis of a healthy diet and use this to make positive choices
- To understand the need for physical exercise

### Hygiene

- To understand the spread of germs and how this can be prevented by hand washing

### Emotions

- To learn about happiness and how to achieve it
- To manage feelings in a positive way
- To recognise how their anger can affect others

### Keeping Safe

- Learn how to stay safe in the sun
- Learn how to stay safe on the roads using basic road safety
- Learn the differences between secrets and surprises
- To recognise who cares for them and how to get help when needed
- To understand the benefits of the internet and have simple strategies to stay safe

## Relationships

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### Communications

- To recognise and communicate feelings
- To listen to other people's feelings
- To use good manners

### Bullying

- To understand what constitutes bullying and what doesn't
- To understand how their behaviour affects others

### Fairness

- To recognise and reflect on similarities and differences in people
- To understand what is kind and what is unkind
- To develop friendships

### Family and Friends

- To learn about the importance of family

## Living in the Wider World

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### Rules and Responsibilities

- To understand the purpose of rules and develop them for the classroom
- To understand why it is important to follow the rules
- To understand the importance of taking turns and sharing

### Money and Finance

- To understand the role of money in our society and why we have to keep it safe

## Key Knowledge and Skills

| <u>Term</u>   | Autumn 1 Key Skills  | Autumn 2 Key Skills   | Spring 1 Key Skills  | Spring 2 Key Skills  | Summer 1 Key Skills   | Summer 2 Key Skills  |
|---|--|---|--|--|---|--|
| <b><u>Core Theme 1</u></b><br><b><u>Health and Wellbeing</u></b>      | Understand basic rules for staying safe on the internet.   | Recognise the emotions happiness and anger and their affects.   | Understand the basics of a healthy diet. Know how to make healthy choices about diet. Understand the benefits of physical exercise. Understand how germs are spread and how washing hands prevents the spread. | Understand the difference between secrets and surprises. To be able to seek help from an appropriate adult.                  |   | Understand how to stay safe in the sun. Understand how to stay safe near roads.  |
| <b><u>Core Theme 2</u></b><br><b><u>Relationships</u></b>             | Recognise and communicate feelings to others. To listen to and respect other's feelings.           | Understand manners. Be able to recognise and communicate their emotions. To be able to respect the feelings of others and the importance of collaborative play. | Recognise and respect similarities and differences.  | Understand the meaning of bullying. Understand what is and what is not bullying behaviour. Recognise the impact of bullying. | Recognise the difference between positive and negative behaviour. Understand the importance of family. Identify people who are special to them. |  |
| <b><u>Core Theme 3</u></b><br><b><u>Living in the Wider World</u></b> | Understand rules are expectations and why we have them. Understand the importance of taking turns. |   |  |  | Understand the importance of sharing. Understand their responsibilities to others.  | Understand the role of money in our society and why it should be kept safe. Understand that people work to earn money. |
| <b><u>Key Vocabulary</u></b>  | rules, internet, feelings, respect, communicate, turns, expectations                               | emotions, happiness, anger, manners, respect, turn-taking, fair, respect  | vegetables, protein, healthy, diet, physical exercise, germs, hygiene, respect, similarities, differences  | secrets, surprises, help, support, bullying, teasing, behaviour  | behaviour, family, special, sharing, responsibilities   | safety, money, earn, jobs  |

# Year Two

## Health and Wellbeing

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### **Healthy Eating**

- Learn how muscles work
- To understand the importance of physical activity and rest

### **Hygiene**

- To learn about the importance of teeth cleaning and dental hygiene
- To learn about the importance of bathing and showering

### **Growing and Changing**

- To learn about the differences between boys and girls
- To learn about growing up and growing old
- To learn the names of parts of the body

### **Emotions**

- To learn about the importance of love
- To be aware of sadness and how to cope with it
- To understand that all actions have consequences
- To think about what they are good at and value their achievements
- To set goals and targets for themselves

### **Keeping Safe**

- To learn the importance of medicine safety
- To understand how to respond appropriately to adults they do not know

## Relationships

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### **Communications**

- To recognise the importance of listening to others
- To play and work co-operatively
- To share their views respectfully

### **Bullying**

- To know how to help when someone is being bullied

### **Fairness**

- To recognise what is fair and what is unfair
- To know that family and friends should care for each other
- To learn how to deal with teasing

### **Family and Friends**

- To learn about cultural differences

### **Key Vocabulary**

Listening, co-operatively, respectfully, fair, unfair, teasing, cultural

## Living in the Wider World

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### **Communities**

- To understand their role in the school community
- To develop a sense of their role in the wider community

### **Money and Finance**

- To understand the importance of managing money
- To gain an idea of enterprise

### **Key Vocabulary**

role, community, managing, enterprise

## Key Knowledge and Skills

| <u>Term</u>  | Autumn 1 Key Skills  | Autumn 2 Key Skills   | Spring 1 Key Skills   | Spring 2 Key Skills   | Summer 1 Key Skills  | Summer 2 Key Skills  |
|--|--|---|---|---|--|--|
| <b><u>Core Theme 1 Health and Wellbeing</u></b>      | Learn how to respond safely to adults in all contexts.   | Learn that our actions have consequences.<br><br>Learn how to set simple goals.   | Learn about the importance of personal hygiene.<br><br>Learn how to care for their teeth.<br><br>Learn about medicine safety. | Learn about the differences between girls and boys.<br><br>Learn names for the parts of the body.<br><br>Learn about physical and emotional changes as we grow.<br><br>Understand the need for physical exercise. | Learn about responsibility and how actions have consequences.  | Learn about a range of emotions and how to react to them in a positive way.<br><br>Understand the importance of love.<br><br>Understand sadness and how to cope with it. |
| <b><u>Core Theme 2 Relationships</u></b>             | Learn how to develop friendships and the importance of friends.<br><br>Recognise what is fair and unfair.<br><br>Understand the rules of discussion. | Understand the importance of listening.<br><br>Understand the importance of working collaboratively.<br><br>Share opinions and views appropriately. |   |   | Understand how their actions affect others.<br><br>Understand how to help if someone is being bullied. |  |
| <b><u>Core Theme 3 Living in the Wider World</u></b> | Learn about different jobs.  |   |   |   | Understand the role of the community, especially our local community.                                  | Understand that we need to manage our money.<br><br>Gain an understanding of an enterprise.  |
| <b><u>Key Vocabulary</u></b>                         | friendships, fair, unfair, goals   | consequences, responsibilities, achievements, targets, goals, collaborative, opinions, views  | hygiene, dental hygiene, teeth, medicine, harm, help  | emotions, girls, boys, grow, physical, exercise   | responsibility, consequences, actions, choices, bullying, teasing, community                           | emotions, reactions, love, sadness, manage, enterprise   |

# Year Three

## Health and Wellbeing

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### Physical, Emotional and Mental

- To understand the differences between physical, emotional and mental health

### Healthy Lifestyles

- To understand the term “healthy”
- To recognise the importance of physical activity, sleep and nutrition in staying healthy

### Emotions

- To be able to listen, empathise and reflect on the viewpoints of others

### Safety

- To know the rules for keeping safe online and the risks
- To use ICT safely and keep data safe

### Growing and Changing

- To be aware of the changes that happen as we grow
- To understand why we lose our teeth and how to keep teeth healthy
- To be able to seek help in an emergency, including making a 999 call
- To be able to behave responsibly in different situations

## Relationships

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### Communication

- To understand how and why we communicate
- To understand the importance of listening

### Collaboration

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- To work together towards a shared goal
- To be able to spot problems and deal with them

### Healthy Relationships

- To know the features of a good friend
- To understand that friends can have fallings out
- To know the features of a healthy friendship

## Living in the Wider World

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### Rules and Responsibilities

- To understand that different situations have different rules
- To understand why it is important to plan ahead
- To recognise we are part of a community and so our actions have consequences

### Collaboration

- To understand the importance of community

## Key Knowledge and Skills

| <u>Term</u>  | Autumn 1 Key Skills   | Autumn 2 Key Skills  | Spring 1 Key Skills  | Spring 2 Key Skills  | Summer 1 Key Skills   | Summer 2 Key Skills   |
|--|---|--|--|--|---|---|
| <b><u>Core Theme 1 Health and Wellbeing</u></b>      | <p>Understand the rules for being online.</p> <p>Identify the risks of being online.</p> <p>Learn how to keep data secure.</p>                            | <p>Understand the emotions associated with loss.</p>   | <p>Understand the terms physical, emotional and mental.</p> <p>Become more self-aware and use this to set goals.</p> |  | <p>Understand the changes that happen as we grow, including that we lose teeth.</p> | <p>Understand that they are responsible for their safety and the safety of others.</p> <p>Know how to seek help in an emergency.</p>        |
| <b><u>Core Theme 2 Relationships</u></b>             |   | <p>Understand what makes a good friendship.</p> <p>Understand the boundaries in friendships and how to resolve a fall out.</p> |  | <p>Understand the ways that we communicate.</p> <p>Understand the importance of listening.</p> |   | <p>Understand how to work co-operatively.</p> <p>Understand how to work independently.</p> <p>Identify ways to improve the environment.</p> |
| <b><u>Core Theme 3 Living in the Wider World</u></b> | <p>Understand why rules have to be different or changed.</p> <p>Consider the consequences of their actions and take responsibility for their actions.</p> |  |  | <p>Understand why it is important to be part of a community.</p>                               |   |   |
| <b><u>Key Vocabulary</u></b>                         | internet, data, security, risks, rules, consequences, responsibility  | loss, separation, friendship, positive, boundaries,  | physical, emotional, mental, self-aware, goals   | Communication, community   | changes, growth,  | responsible, emergency, safety, independence, co-operation, environment   |

# Year Four

## Health and Wellbeing

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### Nutrition and Food

- To know where different foods come from and know about the different food groups
- Learn to prepare and cook a variety of dishes

### Aspirations

- To understand that everyone has strengths and weaknesses
- To use this to set and achieve a target

### Emotions

- To develop strategies for managing and controlling feelings and emotions
- To understand that family units can change

### Safety

- To use the settings on software to keep safe online
- To understand the benefits of using the internet
- To understand the negatives of using the internet
- To understand the age restrictions on games etc
- To know where to get help when concerned about issues online

## Relationships

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### Communication

- To talk about their views on issues that affect themselves and their class
- To know how to communicate their views to a group and respect the views of others

### Bullying

- To recognise the difference between isolated incidents and bullying
- To recognise the consequences of negative behaviours
- To understand the terms 'resilience' and 'persistence' and use these to face challenges

### Similarities and Differences

- To recognise how we are connected by our similarities
- To understand that there are different family units
- To appreciate the differences represented in school
- To use the term 'diversity' and to use this to challenge discrimination and stereotyping

## Living in the Wider World

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### Discrimination

- To understand the terms "discrimination" and "stereotyping"
- To use this to challenge gender stereotyping

### Economic Awareness

- To reflect on their spending habits
- To understand why financial management is important from a young age

## Key Knowledge and Skills

| <u>Term</u>  | Autumn 1 Key Skills   | Autumn 2 Key Skills   | Spring 1 Key Skills   | Spring 2 Key Skills   | Summer 1 Key Skills   | Summer 2 Key Skills  |
|--|---|---|---|---|---|--|
| <b><u>Core Theme 1 Health and Wellbeing</u></b>      | Be able to use ICT safely. Know how information and data is shared online. Understand how to limit online usage. Understand the age restrictions on social media. Know how to report concerns about online use. | Understand overreaction and how to deal with it.  | Know where different foods come from. Understand the food groups and how they make a balanced diet. Have an understanding of the jobs that involve working with food. | Develop strategies for dealing with loss or separation. Understand that families can change and be different. | Understand about strengths and weaknesses. Understand the value of self-respect. Know how to set realistic targets for the future and decide how to achieve them. |  |
| <b><u>Core Theme 2 Relationships</u></b>             |   | Learn how to differentiate between hostile incidents and bullying. Recognise how peer pressure can influence them. Understand the value of self-esteem. Understand the value of resilience and persistence. |   | Understand how to talk about their views, showing consideration for others.                                   |   | Recognise and respect similarities. Know that families can be different. Appreciate the different cultures and religions in school. Understand diversity. Know how to challenge discrimination and stereotyping. |
| <b><u>Core Theme 3 Living in the Wider World</u></b> | Understand and know how to challenge gender discrimination and stereotypes.   |   |   |   |   | Reflect on their own spending habits. Understand why financial planning is important.  |
| <b><u>Key Vocabulary</u></b>                         | Data, online, usage, restrictions, concerns, gender, discrimination, stereotype   | over-reaction, bullying, hostile, peer pressure, self-esteem, resilience, persistence.  | balanced, food groups, diet   | loss, separation, change, family, consideration, views  | strength, weakness, self-respect, targets, achieve  | respect, family, culture, religion, tolerance, diversity, discrimination, stereotyping,  |

# Year Five

## Health and Wellbeing

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### Health

- To know about the basic synergy between physical, emotional and mental health
- To know about, recognise and understand the changes that happen in puberty
- To understand the importance of making changes to adopt a healthy lifestyle

### Nutrition and Food

- To know about the different food groups and their related importance as part of a balanced diet
- To understand their own dietary needs
- To take responsibility for their own healthy lifestyle

### Emotions

- To develop strategies for managing strong emotions and negative pressures
- Understand how strong emotions can impact a relationship
- To understand how death is an inevitable part of life
- To understand the need for empathy during times of family conflict

### Safety

- To make informed decisions and responsible choices about the use of a range of substances
- To understand the impact of these decisions on families, friends and individuals
- To know the concepts of basic first aid

## Relationships

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### Communication

- To understand the need for confidentiality
- To understand the role of the listener
- To understand the need to respond during communication

### Collaboration

- To develop team-work skills
- To understand the roles within a community

### Healthy Relationships

- To know about the importance of touch and to know the difference between what is appropriate and inappropriate
- To understand the risks in online relationships

## Living in the Wider World

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### Rules and Responsibilities

- To appreciate the need for structure
- To be familiar with the following terms – anarchy, democracy, sovereignty, dictatorship, government and monarchy
- To understand the importance of equal rights
- To understand the benefits of a diverse society

## Key Knowledge and Skills

| <u>Term</u>  | Autumn 1 Key Skills   | Autumn 2 Key Skills   | Spring 1 Key Skills   | Spring 2 Key Skills  | Summer 1 Key Skills   | Summer 2 Key Skills  |
|--|---|---|---|--|---|--|
| <b><u>Core Theme 1 Health and Wellbeing</u></b>      | Make responsible and informed choices relating to medicines, alcohol, drugs and tobacco with the emphasis on alcohol. | Develop strategies for dealing with strong emotions like grief and other emotions around death.<br><br>To understand the emotions surrounding conflict. | Understand the changes that occur during puberty.<br><br>Understand the importance of a healthy lifestyle.<br><br>Make informed and responsible choices about tobacco and drug use. | Understand the synergy between physical, emotional and mental health.  | Understand the importance of food groups in a healthy diet.<br><br>Understand the principles of nutrition.<br><br>Take responsibility for their own health. | Know the basic concepts of first-aid.  |
| <b><u>Core Theme 2 Relationships</u></b>             | Understand the risks of online relationships.   |   |   | Understand the need for confidentiality in certain situations.<br><br>Understand the importance of listening.<br><br>Understand ways to respond to others. | Understand the difference between appropriate and inappropriate touch.  | Understand the need for collaboration.<br><br>Understand the different roles in a community. |
| <b><u>Core Theme 3 Living in the Wider World</u></b> | Understand the need for structure.<br><br>Understand the term anarchy.<br><br>Learn about equal rights.               | Understand how to celebrate diversity.  |   |  |   |  |
| <b><u>Key Vocabulary</u></b>                         | medicines, drugs, alcohol, misuse, risks, abuse, trolling, bullying, harassment, anarchy, equal rights                | grief, death, conflict, diversity   | puberty, healthy, lifestyle, tobacco, drugs,  | physical, emotional, mental, health, confidentiality, respond  | food groups, healthy, diet, nutrition, touch, appropriate, inappropriate  | first-aid, collaboration, roles, community   |

# Year Six

## Health and Wellbeing

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### Health

- To know the early signs of illness
- To know where to go to seek help with health concerns
- To know the facts about allergies, immunisation and vaccinations

### Nutrition and Food

- To identify their own strengths and weaknesses and those of others
- To reflect on past achievements
- To set personal goals
- To identify the skills required to make a contribution to the working world

### Safety

- To know how to be a discerning consumer of information online

## Relationships

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### Similarities and Differences

- To learn about racial discrimination and its impact past and present
- To learn about gender discrimination and challenge stereotyping
- To learn about the importance of different cultures and respect them

### Healthy Relationships

- To know that relationships can change as a result of growing up
- To know that marriage and civil partnerships are a formal and legal commitment
- To know that bullying has a negative and lasting effect

## Living in the Wider World

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### Economic Awareness

- To learn about budgeting and why financial management is important
- To understand financial terms like loan, interest, tax and discount
- To understand the connection between learning and future prospects
- To develop enterprise capability

### Enterprise

- To know and understand the principles of enterprise
- To understand profit and loss
- To know and understand the principles of charity work

## Key Knowledge and Skills

| <u>Term</u>  | Autumn 1 Key Skills  | Autumn 2 Key Skills   | Spring 1 Key Skills  | Spring 2 Key Skills   | Summer 1 Key Skills  | Summer 2 Key Skills  |
|--|--|---|--|---|--|--|
| <b><u>Core Theme 1 Health and Wellbeing</u></b>      | <p>Assess their own strengths and weaknesses.</p> <p>Set aspirational goals.</p> <p>Understand how learning helps achieve their future goals.</p> <p>Identify fake news.</p> |   | <p>Recognize the early signs of illness.</p> <p>Know the facts around allergies, immunisation and vaccination.</p> | <p>Know where to seek help in school if they are worried about their physical or mental health.</p>   |  |  |
| <b><u>Core Theme 2 Relationships</u></b>             |  | <p>Understand racial discrimination past and present.</p> <p>Understand how to challenge gender discrimination.</p> <p>Understand the role of family in different cultures.</p> | <p>Know that marriage is a legal commitment of two people.</p>   | <p>Understand the negative impact of cyberbullying on mental health.</p> <p>Understand that relationships change as a result of growing up.</p> |  |  |
| <b><u>Core Theme 3 Living in the Wider World</u></b> |  |   |  |   | <p>Learn about budgeting.</p> <p>Understand the terms loan, interest, tax and discount.</p> <p>Understand the term enterprise.</p> | <p>Understand the principles of enterprise, including profit and loss.</p> <p>Understand the principles of charity work.</p> |
| <b><u>Key Vocabulary</u></b>                         | <p>strengths, weaknesses, aspirational, fake news</p>  | <p>racial, gender, discrimination, family, culture</p>  | <p>illness, allergies, vaccination, immunisation, marriage, commitment</p>   | <p>physical, mental, health, cyberbullying</p>  | <p>budget, loan, interest, tax, discount, enterprise</p>   | <p>Enterprise, profit, loss, charity</p>   |