

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. 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

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

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

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

Year Two

Health and Wellbeing

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

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

Living in the Wider World

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

Year Three

Health and Wellbeing

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

Communication

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

Collaboration

- 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

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

Year Four

Health and Wellbeing

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

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

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

Year Five

Health and Wellbeing

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

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

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

Year Six

Health and Wellbeing

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

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

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