

# PROGRAMME OF STUDY

## PSHE EDUCATION AND CITIZENSHIP IN THE PRIMARY SCHOOL

### YEAR ONE

AUTUMN TERM 1		SPRING TERM 1		SUMMER TERM 1	
SEAL Theme: New Beginnings		SEAL Theme: Going for Goals		SEAL Theme: Relationships	
	<b>Classroom Rules:</b> <b>Knowing me, knowing you</b>	<b>MY PLACE IN THE WORLD</b> <b>Rights and Responsibilities:</b> <b>Being responsible</b> Identifying what being responsible means and exploring children's own responsibilities	<b>ME</b> <b>Keeping Safe:</b> <b>Personal safety</b> Knowing what to do when we don't feel comfortable about what is happening to our bodies; saying 'no' and telling somebody		
<b>MY PLACE IN THE WORLD</b>	<b>Making a Difference:</b> <b>School roles and me</b> Understanding the roles of different people in the school	<b>ME</b> <b>Keeping Safe:</b> <b>Being outdoors</b> Exploring keeping safe outdoors and learning rules for crossing the road	<b>ME AND MY RELATIONSHIPS</b> <b>People Who Help Us:</b> <b>Roles in the community</b> Identifying people who help us in the community		
AUTUMN TERM 2		SPRING TERM 2		SUMMER TERM 2	
SEAL Theme: Getting On & Falling Out/Saying No to Bullying		SEAL Theme: Good to be Me		SEAL Theme: Changes	
<b>MY PLACE IN THE WORLD</b>	<b>Identity:</b> <b>Belonging to groups</b> Identifying the various groups children belong to, e.g. family, friend, class, religious, and exploring what they do in these groups	<b>MY PLACE IN THE WORLD</b> <b>Identity:</b> <b>Me and my culture</b> Looking at what is the same and different in children's home lives, what makes a particular home special	<b>ME</b> <b>Emotional Health:</b> <b>Loss</b> Discussing types of loss, how this might make us feel and how to express our feelings		
<b>ME AND MY RELATIONSHIPS</b>	<b>Friendship:</b> <b>Special people</b> Identifying people who are special and what makes them special	<b>ME</b> <b>Looking After Myself:</b> <b>Personal hygiene</b> Learning basic hygiene routines: hand washing, using handkerchiefs, going to the toilet, oral hygiene and the dentists	<b>ME</b> <b>DATE:</b> <b>Medicines and me</b> Exploring feeling unwell, when and why we take medicines and knowing safety rules for taking and storing medicines		
		<b>ME</b> <b>DATE:</b> <b>What happens when things go into/onto our bodies?</b> Identifying what goes into and onto bodies; thinking about what it feels like and what to do if unsure			

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PSHE EDUCATION AND CITIZENSHIP IN THE PRIMARY SCHOOL

## YEAR TWO

AUTUMN TERM 1		SPRING TERM 1		SUMMER TERM 1	
SEAL Theme: New Beginnings		SEAL Theme: Going for Goals		SEAL Theme: Relationships	
	<b>Classroom Rules:</b> <b>Knowing me, knowing you</b>	<b>MY PLACE IN THE WORLD</b> <b>Rights and Responsibilities:</b> <b>Money</b> Understanding what money is and what it is used for	<b>ME / ME AND MY RELATIONSHIPS</b>	<b>SRE (1) Boys and Girls</b> Understanding the differences and similarities between males and females, exploring stereotyping	<b>SRE (2) Life Cycles, Care and Families</b> Understanding the different stages of the human life cycle; how we all grow and change. Exploring the needs we have at different stages and how we can be cared for
<b>MY PLACE IN THE WORLD</b>	<b>Making a Difference:</b> <b>Where does my food come from</b> Looking at the food children eat and learning about where it comes from	<b>MY PLACE IN THE WORLD</b> <b>Environment:</b> <b>Our local environment</b> Understanding the elements that make up the local environment. Identifying some problems and solutions in the local environment			
AUTUMN TERM 2		SPRING TERM 2		SUMMER TERM 2	
SEAL Theme: Getting On & Falling Out/Saying No to Bullying		SEAL Theme: Good to be Me		SEAL Theme: Changes	
<b>MY PLACE IN THE WORLD</b>	<b>Friendship:</b> <b>What makes a good friend?</b> Listing the factors that make a good friend, thinking about what is important to individuals about friendship	<b>ME</b> <b>Emotional Health:</b> <b>Feelings</b> Identifying a broad range of feelings children might feel in different situations and beginning to know ways of dealing with them	<b>ME</b>	<b>Looking After Myself:</b> <b>What does being healthy mean?</b> Exploring what being healthy means and knowing ways to keep healthy; e.g. healthy eating, safety, exercise, emotional health and sleep	
<b>ME AND MY RELATIONSHIPS</b>	<b>Difficult Times:</b> <b>Teasing and bullying</b> Talking about when things go wrong with friends and other children; teasing and bullying; how to cope and what to do	<b>ME</b> <b>Keeping Safe:</b> <b>Fire safety</b> Knowing how to deal with potential fire hazards in the home and how to escape from a fire	<b>ME</b>	<b>DATE:</b> <b>The role of medicines</b> Understanding why, how and when medicines are taken	

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## PSHE EDUCATION AND CITIZENSHIP IN THE PRIMARY SCHOOL YEAR THREE

AUTUMN TERM 1		SPRING TERM 1		SUMMER TERM 1	
SEAL Theme: New Beginnings		SEAL Theme: Going for Goals		SEAL Theme: Relationships	
	<b>Classroom Rules:</b> <b>Knowing me, knowing you</b>	<b>ME</b> <b>Keeping Safe:</b> <b>On the road</b> Road safety including safe and unsafe places to cross the road and identifying other risky situations on the road	<b>ME / ME AND MY RELATIONSHIPS</b> <b>Friendship:</b> <b>Qualities of friends</b> Listing the qualities of friendship and prioritising important aspects to each individual		
<b>MY PLACE IN THE WORLD</b> Exploring the different roles that children and adults have in the school and how they work together as a team	<b>MY PLACE IN THE WORLD</b> <b>Rights and Responsibilities:</b> <b>Moral dilemmas</b> Reflecting on moral and social dilemmas that children might encounter	<b>ME</b> <b>Emotional Health:</b> <b>Loss, grief and change</b> Understanding the feelings people have when someone or something dies; sharing sad experiences			
AUTUMN TERM 2		SPRING TERM 2		SUMMER TERM 2	
SEAL Theme: Getting On & Falling Out/Saying No to Bullying		SEAL Theme: Good to be Me		SEAL Theme: Changes	
<b>ME AND MY RELATIONSHIPS</b> <b>DATE:</b> <b>Dealing with unhelpful pressure</b> Looking at various scenarios where children might feel pressured and working out how to deal with the situation	<b>MY PLACE IN THE WORLD</b> <b>Rights and Responsibilities:</b> <b>Children's rights</b> Exploring rights and understanding about international agreements on the rights of children	<b>ME</b> <b>DATE:</b> <b>Drugs in everyday life</b> Exploring everyday drugs - why people choose to take them and different kinds of use			
<b>ME</b> <b>Keeping Safe:</b> <b>Personal safety</b> Identifying situations involving adults or older children where children feel uncomfortable and/or unsure how to respond; what they can do and who they can tell	<b>ME</b> <b>Looking After Myself:</b> <b>Germ</b> Understanding what germs are, how they affect humans and how to reduce their spread	<b>ME</b> <b>DATE:</b> <b>Alternatives to taking medicines</b> Exploring ways of 'treating' illness and feeling unwell, for example relaxing, going for a walk, talking to friends; practising relaxation techniques			
<b>ME AND MY RELATIONSHIPS</b> <b>Difficult Times:</b> <b>Acceptable and unacceptable behaviour</b> Exploring acceptable and unacceptable behaviour and what to do about it, e.g. bullying and domestic violence					

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PSHE EDUCATION AND CITIZENSHIP IN THE PRIMARY SCHOOL

## YEAR FOUR

AUTUMN TERM 1		SPRING TERM 1		SUMMER TERM 1	
SEAL Theme: New Beginnings		SEAL Theme: Going for Goals		SEAL Theme: Relationships	
	<b>Classroom Rules:</b> <b>Knowing me, knowing you</b>	ME	<b>DATE:</b> <b>Making decisions</b> Exploring decision making and taking responsibility for one's own actions	ME / ME AND MY RELATIONSHIPS	<b>SRE (1): Puberty 1</b> Understanding puberty in the context of one stage of the human life cycle
ME	<b>Looking After Myself:</b> <b>Exploring choices</b> Exploring the choices concerning keeping healthy and the influences there are around this	ME / ME AND MY RELATIONSHIPS	<b>People Who Help Us:</b> <b>Different jobs</b> Looking at the work of people who help us and inviting a visitor to talk about their work		<b>SRE (2): Puberty 2</b> Exploring the emotional changes associated with puberty and devising strategies for managing difficult situations
		ME	<b>DATE:</b> <b>What we already know and understand about drugs</b> Pooling present knowledge on all kinds of drugs and talking about their use and effects		
AUTUMN TERM 2		SPRING TERM 2		SUMMER TERM 2	
SEAL Theme: Getting On & Falling Out/Saying No to Bullying		SEAL Theme: Good to be Me		SEAL Theme: Changes	
MY PLACE IN THE WORLD	<b>Identity:</b> <b>The groups I belong to</b> Identifying the different groups that children belong to, how they feel about their place in these groups and what it feels to be included and excluded	MY PLACE IN THE WORLD	<b>Identity:</b> <b>Traditions</b> Learning about different traditions from different cultures, e.g. birth, death, celebrations, growing up, clothes	ME	<b>Exploring Violence:</b> <b>Media violence</b> Exploring the potential impact of violence depicted in the media
ME	<b>DATE:</b> <b>About tobacco</b> Exploring why people might start to smoke, why people smoke and the effects of smoking	MY PLACE IN THE WORLD	<b>Making A Difference:</b> <b>People with disabilities</b> Finding out more about people with disabilities	ME / ME AND MY RELATIONSHIPS	<b>Families:</b> <b>Living together</b> Exploring the role of families and different kinds of families. Thinking about what happens when things go wrong in families
				ME	<b>Keeping Safe: In the local environment</b> Identifying potentially dangerous situations within the local environment and developing strategies to keep safer e.g. involving public transport, fires, water, roads, derelict buildings, open spaces and evacuation procedures

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## PSHE EDUCATION AND CITIZENSHIP IN THE PRIMARY SCHOOL YEAR FIVE

AUTUMN TERM 1		SPRING TERM 1		SUMMER TERM 1	
SEAL Theme: New Beginnings		SEAL Theme: Going for Goals		SEAL Theme: Relationships	
	<b>Classroom Rules:</b> <b>Knowing me, knowing you</b>	<b>MY PLACE IN THE WORLD</b> <b>Rights and Responsibilities:</b> <b>Looking after money</b> Knowing some ways that money can be earned and learning about spending, saving and budgeting	<b>ME / ME AND MY RELATIONSHIPS</b> <b>DATE:</b> <b>People, drugs and stereotypes</b> Challenging stereotypes around drug use and exploring how people use drugs for different reasons in different circumstances		
<b>MY PLACE IN THE WORLD</b>	<b>Making a Difference:</b> <b>Local democratic processes</b> Learning about democracy, the local council and some of the services that they are responsible for	<b>ME</b> <b>Keeping Safe:</b> <b>Risk taking</b> Exploring what is risk and the feelings associated with taking risks. Understanding personal tendencies towards taking risks	<b>ME</b> <b>Emotional Health:</b> <b>Loss, grief and change</b> Exploring feelings and personal responses when someone dies. Beginning to understand the process of grieving, ways of expressing grief and the importance of sharing memories and supporting others		
AUTUMN TERM 2		SPRING TERM 2		SUMMER TERM 2	
SEAL Theme: Getting On & Falling Out/Saying No to Bullying		SEAL Theme: Good to be Me		SEAL Theme: Changes	
<b>ME</b>	<b>Keeping Safe:</b> <b>Fire safety</b> Knowing how to stay safe around fireworks, the dangers of starting fires and how to report a fire to the emergency services	<b>MY PLACE IN THE WORLD</b> <b>Rights and Responsibilities:</b> <b>The media as a persuader</b> Exploring how the media provides information and can influence attitudes	<b>M MY PLACE IN THE WORLD E</b> <b>Making a Difference:</b> <b>Homelessness</b> Exploring issues around homelessness: e.g. refugees, organisations and charities, homeless in London		
<b>MY PLACE IN THE WORLD</b>	<b>Making a Difference:</b> <b>Racism</b> Identifying racism – what it is, how people express it and how it affects people and communities. Exploring ways that children can combat racism	<b>ME AND MY RELATIONSHIPS</b> <b>Difficult Times:</b> <b>Making and breaking friendship</b> Exploring strategies for making friends and resolving difficulties when friendships break up	<b>ME</b> <b>DATE:</b> <b>People and legal drugs</b> Thinking about everyday drugs and medicines – their use and misuse and understanding why people use them		
<b>ME AND MY RELATIONSHIPS</b>	<b>DATE:</b> <b>Dealing with persuaders</b> Practising dealing with unhelpful pressure from friends and people children might come into contact with		<b>MY PLACE IN THE WORLD</b> <b>Environment:</b> <b>How I can make a difference to the global environment</b> Identifying global environmental problems and how people can contribute to solutions		

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PSHE EDUCATION AND CITIZENSHIP IN THE PRIMARY SCHOOL

## YEAR SIX

AUTUMN TERM 1		SPRING TERM 1		SUMMER TERM 1	
SEAL Theme: New Beginnings		SEAL Theme: Going for Goals		SEAL Theme: Relationships	
	<b>Classroom Rules:</b> <b>Knowing me, knowing you</b>	ME	<b>DATE:</b> <b>Be a solvent expert</b> Identifying solvents, their misuse and possible effects; planning a campaign to inform others	ME / ME AND MY RELATIONSHIPS	<b>SRE (1) Reviewing Puberty</b> Revising the changes that happen at puberty and exploring media images around gender  <b>SRE (2) Relationships</b> Exploring the qualities of friendships and intimate relationships and understanding sexual intercourse in the context of relationships  <b>SRE (3) How Babies Are Made</b> Understanding sexual intercourse, conception, pregnancy and parenting  <b>Sre (4) HIV Transmission and Contraception</b> Exploring the facts and myths about HIV transmission, how to prevent transmission of HIV through sexual intercourse, knowing that contraception can be used to prevent a baby being made
ME	<b>Looking After Myself:</b> <b>What's best for me?</b> Exploring what being healthy means; knowing ways to keep healthy and identifying some choices about health	ME	<b>Keeping Safe:</b> <b>Basic emergency aid procedures</b> Identifying the steps to take in an emergency, e.g. an accident or severe reaction to solvents or alcohol. Knowing where to get help		
MY PLACE IN THE WORLD	<b>Making a Difference</b> <b>National democratic process</b> Learning about national democratic processes, e.g. the voting system, political parties, Parliament				
AUTUMN TERM 2		SPRING TERM 2		SUMMER TERM 2	
SEAL Theme: Getting On & Falling Out/Saying No to Bullying		SEAL Theme: Good to be Me		SEAL Theme: Changes	
MY PLACE IN THE WORLD	<b>Rights and Responsibilities:</b> <b>Moral dilemmas</b> Exploring moral and social dilemmas and recognising social justice and moral responsibility	ME	<b>Emotional Health:</b> <b>Stress management</b> Identifying things that can cause stress, how our bodies and minds respond and learning some strategies to manage this	ME	<b>DATE:</b> <b>Alcohol</b> Understanding more about alcohol and exploring its use
ME AND MY RELATIONSHIPS	<b>Difficult Times:</b> <b>Exploring violence</b> Exploring violence; why people resort to violence, the physical and emotional effects of violence, alternatives to violence and strategies to deal with violence			ME	<b>DATE:</b> <b>Illegal drugs</b> Reinforcing knowledge on illegal drugs and exploring attitudes around drugs and drug taking
ME AND MY RELATIONSHIPS	<b>Keeping Safe:</b> <b>Out and about</b> Identifying risks, exploring ways of resisting peer pressure, groups and gangs			ME AND MY RELATIONSHIPS	<b>Moving On:</b> Exploring change, especially the change from primary to secondary school - sharing feelings about coping with specific issues; e.g. making new friends