



HEYHOUSES C.E. PRIMARY SCHOOL

PSHE CURRICULUM





At Heyhouses we aspire to be all that God has created us to be.

'I can do all thing through Christ who strengthens me.' Philippians 4:13

Our aim and purpose in education is based on firm beliefs and values; that Jesus is our redeemer; that each individual is unique and valued; and that although all different, we are dependent upon one another.

In our school we seek to provide for the spiritual, mental, moral and physical development, growth and well-being of all our children.

— Flourishing in our faith —

Curriculum Intent



At Heyhouses we believe in the importance of giving our children a firm foundation based on Christian values on which they can base their social and emotional development. We also believe that recognising the individual needs of our pupils is key to PSHE teaching and learning.

At Heyhouses we recognise the wide range of health, social, economic and emotional needs of the children and we constantly seek to meet these needs through direct PSHE teaching, circle times, through pastoral support and 1 to 1 discussions where needed, as well as through the caring ethos of the school.

We also seek to develop our children's ability to negotiate a changing world. This can be seen in the increasing influences they face from advances in technology. Our children need to make informed decisions and to protect themselves from potential dangers in society.

We seek to equip our pupils with the ability to cope with health, social and emotional needs that they might develop in the future, as they move into secondary education and into adult life. Key to this is decision making and an understanding of consequences. We recognise the importance of preparing our children to make the right choices, especially in the face of peer pressure.



Year 1



YEAR 1 PSHE and Citizenship (incl. RSE) Medium Term Plan					Health and Wellbeing	Living in the Wider World	Relationships
Term	Area of the Curriculum	Topic/ Unit	Lessons	About this Unit			
Autumn 1	Relationships	TEAM	1.Together, Everyone Achieves More 2.Listening 3.Being Kind 4.Bullying and Teasing 5.Brilliant Brains 6.Making Good Choices	This unit is inspired by the idea that if a team works well together, it has a positive impact on all its members and what they can achieve. It aims to enable the children to develop successful collaborative working skills, such as good listening. The children learn about the importance of being kind to others, the effects of bullying and teasing and what to do if it happens to them or they see it happening to others. They will also think about effective learning skills and how to identify good and not-so-good choices.			
Autumn 2	Living in The Wider World	Diverse Britain	1.My School 2.My Community 3.My Neighbourhood 4.My Country 5.British People 6.What Makes Me Proud Of Britain?	This unit is inspired by the idea that individuals can have a positive impact on groups and communities to which they belong. It aims to enable the children to identify that they belong to various groups and communities and ways in which they contribute positively to these. The children learn about community, being good neighbours and looking after the environment. They will also learn about Britain, what it means to be British, about diversity and the importance of celebrating and being respectful of our differences.			
Spring 1	Relationships	Be Yourself	1.Marvellous Me 2Feelings 3.Things I like 4.Uncomfortable Feelings 5.Changes 6.Speak Up!	This unit is inspired by the idea that having confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing. It aims to enable children to recognise their positive qualities and appreciate their individuality. The children are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about			

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				how big life changes impact on feelings and emotions and explore the importance of sharing their thoughts and feelings.
Spring 2	Health and Wellbeing	It's My Body	1. My Body, My Business 2. Active And Asleep 3. Happy Healthy Food 4. Clean As A Whistle 5. Can I eat it? 6. I Can Choose	This unit explores choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.
Summer 1	Living in The Wider World	Money Matters	1. Money 2. Where Money Comes From 3. Look After It 4. Save Or Spend? 5. Want Or Need? 6. Going Shopping	This unit encourages children to think about where money comes from and how it can be used. Children will discuss the idea of spending and saving their money and begin to understand why it is important to keep belongings, including money, safe. They will also learn about the different things on offer when they go shopping and how we need to identify the difference between the things we want and the things we need.
Summer 2	Living in The Wider World	Aiming High	1. Star Qualities 2. Positive Learners 3. Bright Futures 4. Jobs For All 5. Going For Goals 6. Looking Forward	In this unit, the children will learn about having high aspirations. They will start by discussing positive views of themselves and will then identify how having a positive learning attitude can help them tackle and achieve new learning challenges and improve learning outcomes. Opportunities will also be provided for children to share aspirations for the future, with regard to employment and personal goals. Through this learning, different jobs and roles will be considered. In doing this, some of the difficulties faced by stereotyping will be explored. Children will also have the opportunity to discuss what they are looking forward to about their learning next year.

Year 2



YEAR 2 PSHE and Citizenship (incl. RSE) Medium Term Plan				Health and Wellbeing	Living in the Wider World	Relationships
Term	Area of the Curriculum	Topic/ Unit	Lessons	About this Unit		
Autumn 1	Relationships	VIPs	1. Who Are Your VIPs? 2. Families 3. Friends 4. Falling Out 5. Working Together 6. Showing You Care	This unit explores the Very Important Persons (VIPs) in the children's lives and the ways in which they can develop positive relationships with them. It enables them to identify what makes someone a special person in their life and who these are. They are also encouraged to explore why families and friendships are important and understand that although these units are different for everyone, there are things they can do to resolve differences and build healthy and positive relationships within them. It also teaches the children the importance of cooperation and how to show the special people in their lives that they care and the positive impact of doing this.		
Autumn 2	Relationships	Digital Wellbeing	1. The Internet And Me 2. Online And Offline 3. Staying Safe Online 4. Personal Information 5. Communicationg Online 6. True Or False?	This unit is designed to encourage children to consider how we can use the internet in a safe and responsible way. Children will discuss how the Internet can be useful in our everyday lives and hew we can balance time online with doing other activities to keep our mind and body healthy. Children will consider what risks there are online and how we can make sure we stay safe, including how important it is to not share any personal information over the internet. The unit will also explore the importance of communicating online in a way that shows kindness and respect and discuss whether or not we can believe everything we see on the Internet.		
Spring 1	Health and Wellbeing	Safety First	1. Keeping Safe 2. Staying Safe At Home	In this unit, the children will learn about everyday dangers, in the home and outside and how they can keep themselves safe. Children will also learn about the internet and how to stay safe online. They will be taught about the Underwear Rule, which		

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			3.Staying Safe Outside 4.Staying Safe Online 5.The Underwear Rule 6.People Who Can Help	includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Children will also learn about people who can help them and how to get help when needed, as well as their growing responsibility for their own safety.
Spring 2	Health and Wellbeing	Growing Up	1.Our Bodies 2.Is It OK? 3.Pink And Blue 4.Your Family, My Family 5.Getting Older 6.Changes	This topic is an introduction to how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies (including the correct names of the genitalia), gender stereotypes and different types of families. They will also learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feeling in response to life experiences. Parents have the right to withdraw their child from Lesson 1 (Our Bodies)
Summer 1	Living in The Wider World	One World	1.Families 2.Homes. 3.Schools 4.Environments 5.Resources 6.Planet Protectors	This unit is inspired by the idea that we can benefit from learning about people living in different places to us and their ways of life. It aims to enable the children to explore their own family life, home and school and compare these to children's family life, homes and school from around the world which are different from their own. Children also learn about how people use the earth's resources and the importance of protecting the earth for ourselves and future generations and how we can work together to do this.
Summer 2	Health and Wellbeing	Think Positive	1.Think Happy, Feel Happy 2.It's Your Choice 3.Go-Getters 4.Let It Out 5.Be Thankful 6.Be Mindful	This unit is designed to help children talk about and accept their feelings, both positive and negative, as well as how to manage certain emotions. The lessons support themes of thinking positively and calmly, making good decisions and developing resilience. It also encourages the children to explore the positive feelings associated with being thankful, grateful and mindful.

Year 3



YEAR 3 PSHE and Citizenship (incl. RSE) Medium Term Plan				Health and Wellbeing	Living in the Wider World	Relationships
Term	Area of the Curriculum	Topic/ Unit	Lessons	About this Unit		
Autumn 1	Relationships	TEAM	1.A New Start 2.Together Everyone Achieves More 3.Working Together 4.Being Considerate 5.When Things Go Wrong 6.Responsibilities	This unit is inspired by the idea that if a class team works well together, it has a positive impact on all of its members and what they can achieve. It aims to enable the children to identify the impact their actions have on the team they are working in. Children will learn about successful teamwork skills, being considerate of others in the team and how to positively resolve any conflicts that occur. They will also learn about their individual responsibilities towards teams they work in and how new starts, such as starting a new school year, may feel and how they can support each other in this.		
Autumn 2	Living in The Wider World	Diverse Britain	1.Living In The British Isles 2.Democracy 3.Rules, Laws And Responsibilities 4.Liberty 5.Tolerance And Respect 6.What Does It Mean To Be British?	This unit is inspired by the idea that we live in a diverse, multicultural and democratic society and that this is important and brings many benefits. It aims to enable the children to identify that they should be respectful of difference. The children learn about British people, rules, the law, liberty and what living in a democracy means. They also learn about the importance of being tolerant of differences within their society.		
Spring 1	Relationships	Be Yourself	1.Pride 2Feelings 3.Express Yourself 4.Know Your Mind 5.Media-Wise 6.Making It Right	This unit is inspired by the idea that it is important to have confidence to be yourself. It aims to enable children to identify their strengths and achievements as well as help them to recognise different emotions they experience. Children will also explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. The children will also have an opportunity to explore the influence of the media in how we view ourselves and analyse the reality of these messages. It ends with the		

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				children exploring how to make things right when we make mistakes and the importance of learning from these.
Spring 2	Health and Wellbeing	It's My Body	<ol style="list-style-type: none"> 1.My Body, My Choice 2.Fit As A Fiddle 3.Good Night, Good Day 4.Cough, Splutter, Sneeze! 5.Drugs: Healing or Harmful? 6.Choices Everywhere 	This unit explores the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.
Summer 1	Living in The Wider World	Money Matters	<ol style="list-style-type: none"> 1.Where does Money Come From? 2.Ways To Pay 3.Lending And Borrowing 4.Priorities 5.Advertising 6.Keeping Track 	This unit aims to encourage children to think about where money comes from and how it can be used. Children will discuss how we spend money, why people might need to borrow money and the consequences of this. Children will begin to discuss the difference between things we want, things we need and how to prioritise our spending. Through this unit, children will also consider what influences their spending and how we can keep track of what we spend.
Summer 2	Living in The Wider World	Aiming High	<ol style="list-style-type: none"> 1.Achievements 2.Goals 3.Always Learning 4.Jobs and Skills 5.No Limit! 6.When I Grow Up 	Children will focus on goals and aspirations. They will start by discussing achievements they have accomplished so far and the type of attitude that helps us succeed. They will identify ways of applying a growth mindset to new challenges and learn about the importance of resilience. Opportunities will also be provided for children to share aspirations for the future, with regard to employment and personal goals, and through this learning they will consider different jobs and roles. In doing this we will explore some of the difficulties faced by stereotyping. Children will also have the opportunity to think further about the specific skills they might wish to develop in order to achieve their short, mid and long-term goals.

Year 4



YEAR 4 PSHE and Citizenship (incl. RSE) Medium Term Plan					Health and Wellbeing	Living in the Wider World	Relationships
Term	Area of the Curriculum	Topic/ Unit	Lessons	About this Unit			
Autumn 1	Relationships	VIPS	1.Family And Friends 2.Fabulous Friends 3.Is This A Good Relationship? 4.Falling Out 5.What Is Bullying? 6.Stand Up To Bullying	This unit, Very Important Persons, will focus on relationships we have with our VIPs. It will look at friendships, how friendships are formed and maintained, and the qualities of a good friend. The lessons will then move on to disputes and bullying and will address strategies for coping with each of these.			
Autumn 2	Relationship	Digital Wellbeing	1.The Digital World 2.Digital Kindness 3.Do I Know You? 4.Online Information 5.Keep It Private 6.My Digital Wellness	Children will consider what we use the Internet for and the benefits and risks of online activities. Children will learn about screentime and getting a healthy balance between online and offline activities. They will learn about online relationships, including cyberbullying and online stranger danger. Privacy issues will be explored in terms of passwords, personal information and the sharing or forwarding of images and videos. Children will also learn about pressures and challenges that are associated with social media.			
Spring 1	Health and Wellbeing	Safety First	1.New Responsibilities 2.Risks, Hazards And Danger 3.Under Pressure 4.Road Safety 5.Dangerous Substances 6.Stay Safe Online	The children will consider what it means to take responsibility for their own safety. This will include the decisions they make and how they can stand up to peer pressure in a range of situations. They will learn about everyday risks, hazards and dangers and what to do in risky or dangerous situations. They will also learn about road safety and dangerous substances: drugs (including medicines), cigarettes and alcohol. Children will look at e-safety, considering what should never be shared and how to report any concerns about online incidents.			

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Spring 2	Health and Wellbeing	Growing Up	<ol style="list-style-type: none"> 1.Human Reproduction 2.Changes In Boys 3.Changes In Girls 4.Changing Emotions 5.Relationships and Families 6.Where Do I Come From? 7. All About Periods (girls) 	<p>This topic builds on children's knowledge of the human body; how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies and how male and female bodies play a part in human reproduction. They will also learn about different relationships and family structures. Girls will also have a lesson on menstruation.</p> <p>Parents have the right to withdraw their child from Lesson 1 (Human Reproduction) and Lesson 6 (Where Do I Come From)</p>
Summer 1	Living in The Wider World	One World	<ol style="list-style-type: none"> 1.Chiwa and Kwende 2.Chiwa's Dilemma (1) 3.Chiwa's Dilemma (2) 4.Chiwa's Sugar 5.Chiwa's World 6.Charity for Chiwa 	<p>This unit is based on a case study of a fictional girl called Chiwa, who lives in Malawi. The children will explore different aspects of her life in each lesson. It is inspired by the idea that people's life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries. It aims to enable the children to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place. Children will also learn about climate change and its effects, fair trading practices and organisations which help people like Chiwa. They will also learn about how to be a good citizen.</p>
Summer 2	Health and Wellbeing	Think Positive	<ol style="list-style-type: none"> 1.Happy Minds, Happy People 2.Thoughts And Feelings 3.Changes 4.Keep Calm And Relax 5.You're The Boss 6.Always Learning 	<p>This unit is designed to build on what the children have already learnt about feelings, both comfortable and uncomfortable and how our attitude towards life can affect our mental health. The lessons centre around themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decision and developing a growth mindset approach to learning.</p>

Year 5



YEAR 5 PSHE and Citizenship (incl. RSE) Medium Term Plan				Health and Wellbeing	Living in the Wider World	Relationships
Term	Area of the Curriculum	Topic/ Unit	Lessons	About this Unit		
Autumn 1	Relationships	TEAM	1.Together Everyone Achieves More 2.Communicate 3.Compromise and Collaborate 4.Care 5.Unkind Behaviour 6.Shared Responsibilities	This unit entitled TEAM (Together Everyone Achieves More) focuses on the positive qualities of a team, learning how to disagree respectfully and communicate effectively. It looks at the key qualities and skills needed for a team to be successful. The lesson addresses collaborative learning and teaches children how to compromise to ensure a group task is completed successfully. Children will discuss different types and effects of unkind behaviour and explore strategies for helping situations by creating team support networks. The unit ends by addressing the importance of caring for team members and the shared responsibilities a team has.		
Autumn 2	Living in The Wider World	Diverse Britain	1.Identities 2.Communities 3.Respecting The Law 4.Local Government 5.National Government 6.Making A Difference	This unit is inspired by the idea that Britain represents a wide range of faiths and ethnicities and that the structures within it are there to support all. It aims to enable children to identify how they can make a positive contribution to the community. In this unit, children learn about the law and the consequences of not respecting it. They will also learn about the workings of local and national government and the role of charities and voluntary groups in British society.		
Spring 1	Relationships	Be Yourself	1.You Are Unique 2.Let It Out! 3.Uncomfortable Feelings 4.The Confidence Trick 5.Do The Right Thing 6.Making Amends	This unit aims to encourage the children to develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality. The children will focus on the importance of recognising situations where they need to make positive choices in order to do the right thing. They also explore how to avoid being led into tricky situations and how to recognise and respond		

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				to peer pressure. It will also look at how to be confident and how to manage uncomfortable feelings. The unit ends by helping the children to investigate how to make things right when they make a mistake.
Spring 2	Health and Wellbeing	It's My Body	1.Your Body Is Your Own 2.Sleep Well, Be Well 3.Taking Care Of Our Changing Bodies 4.Harmful Substances 5.How We Think And Feel About Our Bodies 6.Healthy Choices 7. All About Periods (Girls)	Children will learn how to take care of their bodies. This will involve learning about consent and autonomy, learning about body image and stereotypes and learning about substances which are harmful to our bodies. Children will also learn about the importance of sleep and keeping clean, especially as their bodies change during puberty. Lessons will explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. Throughout the unit, children will be encouraged to consider the choices they have and learn about the support that is available to them. Girls will also have a lesson on menstruation.
Summer 1	Living in The Wider World	Money Matters	1.Look After It! 2.Critical Consumers 3.Value For Money and Ethical Spending 4.Budgeting 5.Borrowing And Saving 6.Money In The Wider World	This unit aims to encourage children to think about how money is used in the wider world. They will discuss the possible consequences of taking financial risks and identify ways to avoid these. Children will also learn about influences advertisers try to use to encourage us to spend our money and how to see the real value of products by being critical consumers. They will also explore what ethical spending means and consider how to identify the impact of our spending choices on the environment around us. Having learnt about ways we can spend money, children will also learn about budgeting and discuss how to prioritise our spending. Children will also have the opportunity to discuss

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				how our earning and spending can contribute to society through the payment of tax and by ethical choices.
Summer 2	Living in The Wider World	Aiming High	1.You Can Achieve Anything! 2.Breaking Down Barriers 3.Future Focus 4.Equal Opportunities 5.Innovation and Enterprise 6.Onwards and Upwards	The children will focus on achievements, aspirations and opportunities. They will start by discussing achievements they have accomplished so far and the type of attitude that helps us succeed. They will also learn about their own personal preferred learning styles, to understand how they learn best. Children will look at challenges people face and barriers to success, then think about strategies we can use to overcome such obstacles. They will identify opportunities that are available to them now and those which may be available to them in the future. Stereotypes in the world of work will be addressed, as children are encouraged to consider jobs they would like to do and the skills needed to do these jobs. The children will also have the opportunity to reflect on their personal goals and the steps they can take to achieve these in the future.

Year 6



YEAR 6 PSHE and Citizenship (incl. RSE) Medium Term Plan					Health and Wellbeing	Living in the Wider World	Relationships
Term	Area of the Curriculum	Topic/ Unit	Lessons	About this Unit			
Autumn 1	Relationships	VIPs	1.People We Love 2.Think Before You Act 3.It's OK To Disagree 4.You Decide 5.Secrets 6.False Friends	This unit will focus on relationships. Children will identify who their VIPs are within their families and friendship groups and how important kindness and respect are within these relationships. The unit addresses conflicts and resolutions in relationships. The children will also look at secrets and dares as well as healthy and unhealthy relationships.			
Autumn 2	Relationships	Digital Wellbeing	1.My Digital Life 2.Staying Safe, Healthy And Happy Online 3.Online Relationships 4.Social Media 5.Saying No To Online Bullying 6.Fake News	Children will consider ways they can use the Internet positively and how they can look after their wellbeing while online. Children will learn about the potential risks of being online and when using digital technologies as well as strategies to stay safe and to get help. They will also learn about online relationships and what a respectful and healthy online relationship looks like, as well as signs of an inappropriate online relationship and ways to get help. The benefits and risk of social media will also be explored, as well as how social media can be used responsibly. Children will also learn how to recognise what online bullying looks like and how to help make it stop. Finally, the concept of 'fake news' will be explored with children learning how to be able to tell if something online is reliable or not and what they can do to stop the spreading of unreliable information.			
Spring 1	Health and Wellbeing	Safety First	1.You Are Responsible 2.What Are The Risks? 3.Making Your Mind Up 4.In An Emergency 5.Keep IT Safe 6.Click Safe, Click Happy	Children will consider what it means to take responsibility for their own safety, including the decisions they make and how they can stand up to peer pressure in a range of situations. They will assess the risk associated with different situations and learn about what to do if they feel in danger. They will also learn about how to identify an emergency, what to do in this situation and how to get help when needed. Children will look			

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				at e-safety in detail, including social media, considering what should never be shared and how to report any concerns with incidents online.
Spring 2	Health and Wellbeing	Growing Up	1.Changing Bodies 2.Changing Emotions 3.Just The Way You Are 4.Relationships 5.Let's Talk about Sex 6.Human Reproduction 7.All About Periods (Girls)	This topic builds on children's knowledge of how we grow and change, both physically and emotionally, and the types of relationships that people have. Children will learn about sexual relationships. They will also learn about positive body images and stereotypes. Girls will also have a lesson on menstruation. Parents have the right to withdraw their child from Lesson 5 (Let's talk about Sex) and Lesson 6 (Human Reproduction)
Summer 1	Living in The Wider World	One World	1.Global Citizens 2.Global Warming 3.Energy 4.Water 5.Biodiversity 6.In Our Hands	This unit is based on the concept that we all have a responsibility to live as global citizens. It is inspired by the idea that we all have a responsibility to help the environment and all living things throughout the world through the choices we make. It aims to enable the children to explore the ideas of sustainability, the use of the earth's natural resources and the harmful effects of global warming. Children learn about the steps they can take to reduce these harmful effects. They will also learn about biodiversity and its importance and explore what they would like to do to make the world a better place.
Summer 2	Health and Wellbeing	Think positive	1.The Cognitive Triangle 2.Thoughts Are Not Facts 3.Face Your Feelings 4.Choices And Consequences 5.Being Present 6.Yes, I Can!	This unit is designed to help children further develop their understanding about thoughts and emotions, both positive and negative. The lessons centre around themes such as the links between our thoughts, feelings and emotions, making good choices and mindfulness and applying a growth mindset approach to life.

Year 6

