

# St John the Evangelist Catholic Primary

## PSHE



### Curriculum Intent

At St John's Catholic Primary School our PSHE curriculum aims to embrace each child, offering them a safe opportunity to explore themselves, their relationships and the wider world around them.

Pupil's learning will give them skills and knowledge necessary for the future. Pupils will be able to express their feelings and emotions and share opinions with others. They will learn to respect other people's differences and develop the skills to form healthy relationships. Pupils will know the importance of living a healthy life and will be equipped with ways to protect their own physical and mental health and that of others. They will also be taught ways to keep themselves and others safe. As a result of this, we believe that our children will become healthy, independent and responsible members of society who have the confidence to tackle many of the moral, social and cultural issues that are part of growing up.

Our curriculum aims to promote positive physical, mental and emotional well-being, which is fundamental in the lives of our children, both now and as they grow and mature. Wellbeing and good mental health are of paramount importance at St John's. We aim to provide an environment in which pupils learn to understand and monitor their own feelings as well as feel empowered to seek support should they need it.

### **PSHE in Early Years aims to enable children to:**

#### **ELG: Personal, Social and Emotional Development**

##### **Self Regulation**

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses where appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show ability to follow instructions involving several ideas or actions.

##### **Managing Self**

- Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

##### **Building Relationships**

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friends with peers.
- Show sensitivity to their own and others' needs

## Implementation

Our PSHE curriculum delivers all statutory requirements outlined in the Statutory Government Guidance. Using a thematic approach, our PSHE curriculum has four core learning themes:

- Me and my relationships
- Living in the wider world
- Keeping safe
- Healthy lifestyles and well-being

Year groups will work on similar themes at the same time, with references being made to prior learning and a clear focus on progression throughout. All year groups have timetabled PSHE time, but we also encourage a cross-curricular approach to the development of PSHE skills and understanding. Often planning will be tailored to suit the cohort and reflect the priorities of the school and local community.

## Curriculum Sequence

We have chosen to sequence the curriculum as follows:

	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise; hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and Information; digital footprint	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies and First aid
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

Each topic includes a knowledge retention/recap element so that we build on prior learning. Pupils take an assessed task in each unit which draws on their learning and vocabulary.

We believe that our PSHE curriculum provides plentiful opportunities to voice opinions, clarify understanding and encourages openness within discussion which contributes to the personal development of each individual. The statutory requirements for teaching Relationships and Sex Education (RSE) is age appropriately threaded throughout the curriculum and is faithful to the Church's vision of human wholeness. It is planned in line with resources and guidance advised from Hexham and Newcastle Diocese and the approved resource 'Ten:Ten' is used to support this.

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. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it.

All aspects of school life uphold positive values, morals and beliefs which are in line with the core British Values of democracy, the rule of law, individual liberty, mutual respect and tolerance for those with different faiths and beliefs. We aim to equip children with the knowledge, skills and strategies to live healthy, happy, full, safe and responsible lives.

### Impact

We believe our children will:

- Develop positive, trustworthy and safe relationships.
- Embrace the challenges of creating a happy and successful adult life.
- Mature into respectable citizens of their local and global community.
- Value the importance of a healthy, active lifestyle to both their physical and mental well-being.
- Voice their opinions with confidence, appreciating other points of view.