



PSHE Curriculum



Curriculum Intent

At St Joseph'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 Joseph'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.

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

	Autumn			Spring			Summer		
	Relationships			Living in the wider world			Health and well-being		
	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
Nursery	Begin to develop friendships with other children	Becoming more confident in new social settings	Developing an awareness of friendly behaviour	Begin to understand simple rules and why we need them.	Using the internet alongside trusted adults,	People who help us..	Managing their personal hygiene. Keeping healthy	Developing the confidence to speak to others Coping with change - routines	Keeping safe in the classroom Following simple rules to stay safe.
Reception	Being part of a family. Talking about those people who are special to us.	Building friendships. Expressing feelings and recognising the feelings of others	Working and playing cooperatively. Show sensitivity to the needs of others	Being part of the school community. Understanding the rules and routines within the classroom	Using the internet safely.	Jobs in the community.	Keeping healthy, food, exercise oral health. Managing personal hygiene.	Becoming more independent. Setting and achieving simple goals. Beginning to manage feelings	Keeping safe around school How trusted adults can help us stay 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	What makes a family; features of family life	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	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	Making friends; feeling lonely and getting help	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 re-framing 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	Personal identity; Mental well being	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, immunisations and allergies	Physical and emotional changes in puberty; hygiene etc	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 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

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. At St Joseph's Catholic Primary School we subscribe to Picture News. Each week there is a new 'Big Question' to be discussed linked to a particular British Value, this allows children to share their opinions and engage in debates. Through the use of Picture News, we keep our children up to date with the fast-changing world around them, helping them to challenge their ideas and pre-conceptions; ultimately helping them to broaden their horizons and enable our children to deal with the modern world.

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 'A Journey in Love' is presently 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:

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