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| Years 1 and 2 – PSHE Overview (Year A) | | |
| Autumn 1 | Spring | Summer 1 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 16, 17, 23, 24, 27, 28, 29, 31 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 |
| **What are my roles and responsibilities?**  *Living in the wider world*  Pupils learn:   1. to help construct, and agree to follow, group and class rules and to understand how these rules help them 2. about the roles of different people in the school 3. about things they are responsible for at home, school and within the community 4. about people that are special to them, and the various groups they belong to   Enhancements: Black History Week | **Growing and Caring for Ourselves**  *Health and Wellbeing, Relationships (SRE)*  Y1 Pupils learn:   1. about similarities and differences between themselves and the opposite gender 2. about growing and changing and how babies grow into children then into adults 3. about different types of family and how their home-life is special 4. about who to go to if they are worried and how to attract their attention 5. about their own personal safety 6. thinking about their own emotions. 7. about germs and the importance of personal hygiene 8. about people who help us to stay healthy (e.g. dentist, doctor, nurse)   Y2 Pupils learn:   1. about similarities and differences between themselves and the opposite gender, exploring and challenging stereotypes 2. about biological differences between male and female animals and their role in life cycle – people and animals grow into adults 3. to celebrate differences 4. about the importance of looking after our bodies for a healthy lifestyle (including benefits of physical exercise, rest, healthy eating, dental health, personal hygiene) 5. about their own personal safety 6. Thinking about their emotions.   Enhancements: Diversity Week/ Different types of bullying to be explored this half term too. | **Is money important?**  *Living in the Wider World*  *(Economic Wellbeing)*  Pupils learn:   1. to recognise common British currency and understand its value 2. where money comes from and the importance of keeping money safe 3. the differences between need and want 4. about why we need to earn money when we are older 5. to make simple choices about how they spend their money 6. about saving money |
| Autumn 2 | Summer 2 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 22, 23, 24, 27, 28, 29, 31 |
| **What is a good friend and how can I be one?**  *Relationships*  *(Mental Health & Emotional Wellbeing)*  Pupils learn:   1. about the qualities of a good friend 2. ways in which they are unique 3. to recognise similarities and differences between themselves and peers 4. to explore concepts of ‘fairness’ ‘right’ ‘kind’ 5. about being co-operative with others 6. how to solve simple arguments with peers 7. that teasing or bullying is unacceptable and what to do if they experience it 8. about keeping safe online and the responsible use of ICT   Enhancements: Friendship Week  Road Safety Week | **Is it ok to feel this way?**  *Health and Wellbeing, Relationships*  *(Mental Health & Emotional Wellbeing)*  Pupils learn:   1. to recognise their feelings and be able to talk about them 2. about times when people feel joyful / happy 3. about change and loss and the associated feelings (e.g. moving home, losing a pet) 4. about who to talk to about feelings and what can help people feel better |

Urmston Primary School – PSHE Programme of Study

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| Years 1 and 2 – PSHE Overview (Year B) | | |
| Autumn 1 | Spring | Summer 1 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 23, 24, 28, 29, 31 | UNCRC Articles: 2, 12, 13, 14, 23, 24, 28, 29, 31 |
| **What are my roles and responsibilities?**  *Living in the wider world*  Pupils learn:   1. to help construct, and agree to follow, group and class rules and to understand how these rules help them 2. that people and other living things have needs & that they have responsibilities to meet them 3. what improves & harms their local, natural & built environments & about some ways people look after them   Enhancements: Black History Week | **Growing and Caring for Ourselves**  *Health and Wellbeing, Relationships (SRE)*  Y1 Pupils learn:   1. about similarities and differences between themselves and the opposite gender 2. about growing and changing and how babies grow into children then into adults 3. about different types of family and how their home-life is special 4. about who to go to if they are worried and how to attract their attention 5. about their own personal safety 6. thinking about their own emotions. 7. about germs and the importance of personal hygiene 8. about people who help us to stay healthy (e.g. dentist, doctor, nurse)   Y2 Pupils learn:   1. about similarities and differences between themselves and the opposite gender, exploring and challenging stereotypes 2. about biological differences between male and female animals and their role in life cycle – people and animals grow into adults 3. to celebrate differences 4. about the importance of looking after our bodies for a healthy lifestyle (including benefits of physical exercise, rest, healthy eating, dental health, personal hygiene) 5. about their own personal safety 6. Thinking about their emotions.   Enhancements: Enhancements: Diversity Week/ Different types of bullying to be explored this half term too. | **How can I keep myself fit and healthy?**  *Health and Wellbeing*  Pupils learn:   1. about what makes a balanced diet 2. about the importance of eating fruit and vegetables (as part of a balanced diet) 3. about special foods and drinks that are associated with different cultures, customs and celebrations 4. about ways of being physically active throughout the day (60 minutes a day) 5. how different active playground games make them feel and to make choices about which they enjoy   Enhancements: PE & Wellbeing Day |
| Autumn 2 | Summer 2 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 22, 23, 24, 28, 29, 31, 33 |
| **How can I keep myself safe?**  *Health and Wellbeing, Relationships*  Pupils learn:   1. about good / not so good feelings, how to communicate these and recognise in others 2. that people’s bodies and feelings can be hurt (incl what makes them un/comfortable) 3. to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say 4. about keeping safe online and the responsible use of ICT 5. about keeping safe in the home and outside, incl fire and road safety 6. about people who help keep us safe (incl police, fire service) and how to ask for help   Enhancements: Friendship week  Road Safety Week | **What goes into and onto our bodies?**  *Health and Wellbeing*  *(Drug, alcohol and tobacco education)*  Pupils learn:   1. about what can go into bodies and how it can make people feel 2. about what can go onto bodies and how it can make people feel 3. why medicines are taken and that there can be alternatives to taking medicines 4. what medicines look like and how they are used 5. safety rules about using and storing medicines |

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| Year 3 and 4 – PSHE Overview (Year A) | | |
| Autumn 1 | Spring 1 | Summer 1 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 23, 24, 28, 29, 31 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 |
| **What are my roles and responsibilities?**  *Living in the wider world*  Pupils learn:   1. to help construct, and agree to follow, group and class rules and to understand how these rules help them 2. about various groups they belong to 3. about responsibilities as part of class, family and community 4. about rights and responsibilities as part of the UN Rights of the Child and how childhood is different in many places   Enhancements: Black History Week | **Growing Up and Changing**  *Health and Wellbeing, Relationships (SRE)*  Y3 Pupils learn:   1. about differences between males and females, and recognise stereotypes, hygiene and emotions that come with being older. 2. to recognise that they share a responsibility for keeping themselves and others safe, when to say ‘yes’, ‘no’, ‘I’ll ask’ and ‘I’ll tell’ 3. about similarities and differences between families, how offspring can differ and the importance of respect 4. about special people in their family, how families show they care and where to go for support 5. To think about friendships and how they work.   Y4 Pupils learn:   1. about the way we grow and change throughout the human lifecycle 2. about some of the changes associated with getting older e.g. our emotions. 3. about the impact of puberty in physical hygiene and strategies for managing this 4. to recognise and care about other people’s feelings and how friendship should work. 5. To seek support and advice when they need it thinking about pressure that children may feel.   Enhancements: Diversity Week/ Different types of bullying to be explored this half term too. | **Is money important?**  *Living in the Wider World*  *(Economic Wellbeing, Aspirations)*    Pupils learn:   1. about what influences people’s choices about spending and saving money 2. about why people might borrow money and that borrowed money must be paid back 3. about different jobs that people do to earn money, exploring jobs their parents do, those in the local community and jobs they might aspire to in the future 4. about the role of charities   Enhancements: Enterprise event |
| Autumn 2 | Summer 2 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 22, 23, 24, 27, 28, 29, 31 |
| **What is a good friend and how can I be one?**  *Relationships*  *(Mental Health & Emotional Wellbeing)*  Pupils learn:   1. about different types of relationships (friends, relatives, families, acquaintances) 2. to reflect and comment on differences between their lives and others 3. about what makes a good friend 4. about dealing with issues that might arise in friendships and recognising when it is better to stop being friends with someone 5. about ‘dares’ and how to manage these 6. about behaviour – online and offline – what is acceptable and unacceptable   Enhancements: Friendship Week  Road Safety Week | **Is it ok to feel this way?**  *Health and Wellbeing, Relationships*  *(Mental Health & Emotional Wellbeing)*  Pupils learn:   1. about different emotions and how to manage these 2. that people can experience conflicting emotions at different times, such as times of loss and change 3. about the process of grief and bereavement |

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| Year 3 and 4 – PSHE Overview (Year B) | | |
| Autumn 1 | Spring 1 | Summer 1 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 |
| **What is bullying?**  *Relationships*  Pupils learn:   1. what bullying is, the different types of bullying and why it is unacceptable 2. about recognising bullying 3. about what to do if they witness or experience bullying 4. about behaviour – online and offline – what is acceptable and unacceptable 5. about the importance of keeping personal information secure 6. how to be safe in their computer gaming habits 7. Enhancements: Friendship Week   Road Safety Week | **Growing Up and Changing**  *Health and Wellbeing, Relationships (SRE)*   1. about differences between males and females, and recognise stereotypes, hygiene and emotions that come with being older. 2. to recognise that they share a responsibility for keeping themselves and others safe, when to say ‘yes’, ‘no’, ‘I’ll ask’ and ‘I’ll tell’ 3. about similarities and differences between families, how offspring can differ and the importance of respect 4. about special people in their family, how families show they care and where to go for support 5. To think about friendships and how they work.   Y4 Pupils learn:   1. about the way we grow and change throughout the human lifecycle 2. about some of the changes associated with getting older e.g. our emotions. 3. about the impact of puberty in physical hygiene and strategies for managing this 4. to recognise and care about other people’s feelings and how friendship should work. 5. To seek support and advice when they need it thinking about pressure that children may feel.   Enhancements: Diversity Week/ Different types of bullying to be explored this half term too. | **How can I keep myself fit and healthy?**  *Health and Wellbeing*  Pupils learn:   1. about the range of sources their food comes from (countries around the world) 2. about choosing healthy snacks and what influences people’s decisions 3. about some of the challenges people might experience around keeping physically active 4. that their leisure time activity choices can be very active or less active and how this can impact on a person’s health   Enhancements: PE & Wellbeing Day |
| Autumn 2 | Summer 2 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 16, 17, 22, 24, 28, 29, 31, 33 |
| **How can I keep myself safe?**  *Health and Wellbeing, Relationships, Living in the wider world*  Pupils learn:   1. to deepen their understanding of good and not so good feelings, recognising and responding appropriately to others 2. strategies for keeping physically and emotionally safe 3. about keeping safe near roads, rail, water, building sites and around fireworks 4. about what to do in an emergency and basic emergency first aid procedures   Enhancements: Black History Week  First Aid | **What is a drug?**  *Health & Wellbeing*  *(Drug, alcohol and tobacco education)*  Pupils learn:   1. the definition of a drug and that drugs (including medicines) can be helpful or harmful 2. about different types of drug use 3. about alcohol and its effects on the body 4. about tobacco and its effects on the body 5. about the help available for people to remain smoke free or quit smoking 6. (optional/additional) that medicines can be used to manage and treat medical conditions and the importance of this being done correctly |

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| Year 5 and 6 – PSHE Overview (Year A) | | |
| Autumn 1 | Spring 1 | Summer 1 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 16, 17, 22, 23, 24, 28, 29, 34 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 |
| **What are my roles and responsibilities?**  *Living in the wider world*  Pupils learn:   1. about different kinds of responsibilities, rights and duties at home, at school, in the community and toward the environment 2. about rights and responsibilities as part of the UN Rights of the Child and how childhood is different in many places 3. about some cultural practices which are against British law & universal human rights   Enhancements: Bikeability (Y6)  Black History Week | **Puberty and Relationships**  *Health and Wellbeing, Relationships (SRE)*  Y5 Pupils learn (same as Y4): (Betty Bus to add)   1. about the changes that occur during puberty (emotional and physical) 2. about why and when puberty occurs 3. about how puberty affects the reproductive organs (menstruation and wet dreams) 4. to explore the impact of puberty on the body and the importance of hygiene 5. to answer each other’s questions about puberty with confidence, where to find support and advice when they need it 6. to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact   Y6 Pupils learn:   1. what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships 2. about civil partnerships and marriage, recognising that these are examples of stable, loving relationships and commitment 3. about human reproduction in the context of the human lifecycle 4. how a baby is made and grows (conception and pregnancy) 5. about roles and responsibilities of carers and parents 6. to answer each other’s questions about puberty, sex and relationships with confidence, where to find support and advice when they need it   Enhancements: Diversity Week/ Different types of bullying to be explored this half term too. CSE MUST BE COMPLETED YEAR 6 | **Is money important?**  *Living in the Wider World*  *(Economic Wellbeing, Aspirations)*    Pupils learn:   1. about the range of jobs to aspire to in order to earn money 2. about what is meant by ‘value for money’ and being a critical consumer 3. to develop an initial understanding of the concepts of ‘interest’, ‘loan’, ‘debt’ and ‘tax’ 4. about some of the risks involved in borrowing money 5. about what makes someone enterprising   Enhancements: Enterprise event |
| Autumn 2 | Summer 2 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 14, 22, 23, 24, 27, 28, 29, 31 |
| **What is a healthy friendship / relationship?**  *Relationships*  *(Mental Health & Emotional Wellbeing)*  Pupils learn:   1. about positive, healthy relationships and the skills needed to form / maintain these 2. about ways in which a relationship can be unhealthy and who to talk to if they need support 3. about the concept of ‘keeping something secret’, when we should or should not agree to this & when it is right to ’break a confidence’ or ‘share a secret’ 4. about strategies to resolve dispute and conflict in constructive ways 5. about the nature and consequences of discrimination, teasing, bullying and aggressive behaviours   Enhancements: Friendship Week  Road Safety Week | **Is it ok to feel this way?**  *Health and Wellbeing, Relationships*  *(Mental Health & Emotional Wellbeing)*  Pupils learn:   1. about what positively and negatively affects their physical, emotional and mental health 2. to recognise they may experience conflicting emotions and when they might need to listen to their emotions or overcome them 3. strategies for keeping physically and emotionally safe   that their actions affect themselves and others |

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| Year 5 and 6 – PSHE Overview (Year B) | | |
| Autumn 1 | Spring 1 | Summer 2 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 | UNCRC Articles: 2, 12, 13, 16, 17, 22, 23, 24, 28, 29, 34 | UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 |
| **What are my roles and responsibilities? (short)**  *Living in the wider world*  Pupils learn:   1. about different kinds of responsibilities, rights and duties at home, at school, in the community and toward the environment   Enhancements: Crucial Crew / Bikeability (Y6)  Black History Week | **Puberty and Relationships**  *Health and Wellbeing, Relationships (SRE)*  Y5 Pupils learn (same as Y4): (Betty Bus to add)   1. about the changes that occur during puberty (emotional and physical) 2. about why and when puberty occurs 3. about how puberty affects the reproductive organs (menstruation and wet dreams) 4. to explore the impact of puberty on the body and the importance of hygiene 5. to answer each other’s questions about puberty with confidence, where to find support and advice when they need it 6. to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact   Y6 Pupils learn:   1. what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships 2. about civil partnerships and marriage, recognising that these are examples of stable, loving relationships and commitment 3. about human reproduction in the context of the human lifecycle 4. how a baby is made and grows (conception and pregnancy) 5. about roles and responsibilities of carers and parents 6. to answer each other’s questions about puberty, sex and relationships with confidence, where to find support and advice when they need it   Enhancements: Diversity Week/ Different types of bullying to be explored this half term too. CSE MUST BE COMPLETED YEAR 6 | **How can I keep myself fit and healthy?**  *Health and Wellbeing*  Pupils learn:   1. about the factors that influence people’s choices about the food they buy and eat 2. that messages given on food adverts can be misleading 3. about how the media influences people’s ideas about fun, food and fitness 4. about choices they have around remaining physically active as they become more independent   Enhancements: PE & Wellbeing Day |
| Autumn 2 |
| UNCRC Articles: 2, 12, 13, 14, 16, 17, 22, 23, 24, 28, 29 |
| **How can I keep myself safe?**  *Health and Wellbeing, Relationships, Living in the wider world*  Pupils learn:   1. about feelings of being out and about in the local area with increasing independence 2. about keeping safe in the environment (incl rail, water, fire, road) 3. about recognising and responding to peer pressure 4. about the consequences of anti-social behaviour (including gangs and gang related behaviour) 5. about safety online (incl social media, the responsible use of ICT and mobile phones) 6. about the importance of protecting personal information and the distribution of images of themselves and others   Enhancements: Friendship week  Road Safety Week |
| Summer 2 |
| UNCRC Articles: 2, 12, 13, 16, 17, 22, 24, 28, 29, 31, 33 |
| **Drugs and Influences**  *Health & Wellbeing*  *(Drug, alcohol and tobacco education)*  Pupils learn:   1. about the effects and risks related to legal and illegal drugs (e.g. cigarettes, e-cigarettes, shisha and cannabis) 2. about the conflicting messages portrayed in the media concerning alcohol and tobacco 3. strategies to resist pressure concerning drug use 4. about the risks associated with drug use in different situations 5. how to respond to drug use in different situations |
| **Y6 only - Moving on: transition to secondary**   1. about moving on to secondary school and how this feels 2. Real Love Rocks (CSE) resources avail on P Drive |

The PSHE curriculum must make sure they include these things: (these are colour coded throughout the plans).

INVASION, WAR AND CONFLICT – Think back to different wars, battles or arguments in history of in their own lives that they can relate. How wars, conflicts and battles shaped our lives now. School values that can relate to this are also RESILIENCE that people in a conflict or war have to have when enduring difficult times and surroundings, RESPECT shown or not shown, RESPONSIBITLY for your own beliefs or people, PRIDE in your team and your actions.

RELIGION, BELIEF, FAITH AND CULTURE – Children have their own beliefs due to their family or their cultural upbringing. Other beliefs may be obscure but we need to respect other people’s views. This can relate heavily to the R.E curriculum also. THE ARTS can also be useful here. Using Art, Music or Dance to grasp understanding. School Values shown here can be RESILIENCE if you don’t agree with something and how to articulate that, RESPECT to others that you may not agree with, RESPONSIBILTY to stand up for what is morally correct, KINDNESS to others who think differently to you.

EQUALITY AND DIVERSITY- Children should actively address any inequalities and you can use examples that they can draw knowledge from e.g. The Romans, Saxons, WW2, Media stories and help them reflect on what should have happened to ensure that these inequalities don’t happen. Children should be given the opportunity to celebrate achievements of minority role models, artists etc. THE ARTS can be used here to show diversity. Using Literature, Music, Art, R.E. and different leaders. School values here are RESPONSIBILTY to actively speak out if something is morally wrong. RESPECT for everyone and respect their culture, their past, their stories, their struggle, their situation, and their circumstances. PRIDE in their own values.

POWER AND LEADERSHIP – Children should be able to think what is being done well and what could be done differently. How all their decisions affect their life and the ones around them. How can they inspire. How do leaders they know inspire. Are they always morally right? School values shown here are RESPONSIBILITY that a leader may have being in charge and how they use their role to inspire. It is also to take responsibility for their own actions. RESPECT that you have to others. RESILIENCE you have to show if someone disagrees with you.