

PSHE | Intent and Implementation



Why do we teach PSHE?

Character Education is about development of our children's awareness of themselves as individuals, their role in society as well as their awareness of their own and other physical and emotional wellbeing.

This is primarily taught as part of their personal, social, health and economic lessons, which we feel is a vital part of all pupils' education. PSHE is taught to ensure children are well-rounded individuals when they leave.

What is our curriculum aim?

Our PSHE curriculum aims to help pupils understand how to play a positive and successful role within our society, both as a child and as an adult in the future.

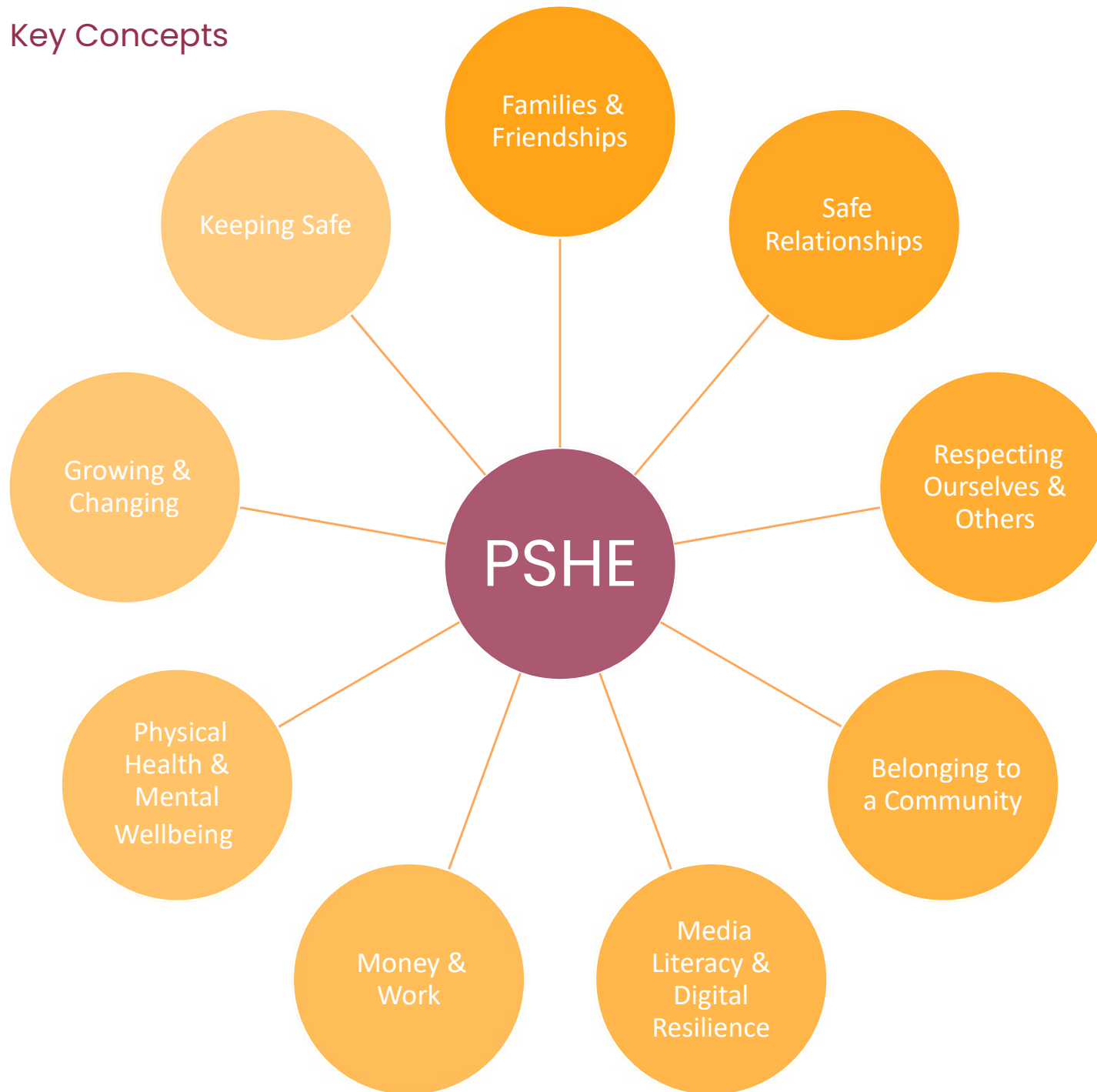
We provide pupils with a knowledge of their world, locally, nationally and globally and give them confidence to tackle many of the moral, social and cultural issues that are part of growing up within this. We aim to provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.

How is PSHE taught ?

- The teaching of PSHE is delivered through the 3 core themes of Relationships, Living in the Wider Community and Health & Wellbeing from the PSHE Association Programme of Study. Within these themes are 9 key concepts (Families & Friendships; Safe Relationships; Respecting Everyone; Belonging to a Community; Media Literacy & Digital Resilience; Money & Work) which we use the NHS backed myHappymind programme to deliver lessons on. Within the myHappymind programme, our children also learn to Meet their Brain, Celebrate, Appreciate, Relate and Engage.
- Throughout the school year we encourage children to adopt a 'growth mindset.' This is done through school and class-based assemblies with a 'growth mindset' theme. Additionally, all staff use the language of growth mindset in their everyday teaching, marking and feedback, class displays and conversations with the children.



PSHE | Key Concepts





	Autumn			Spring			Summer		
	Relationships (Meet Your Brain; Celebrate; Appreciate; Relate Engage)			Living in the Wider World (Meet Your Brain; Celebrate; Appreciate; Relate; Engage)			Health & Wellbeing (Meet Your Brain; Celebrate; Appreciate; Relate; Engage)		
	Families & Friendships	Safe Relationships	Respecting Ourselves & Others	Belonging to a Community	Media Literacy & Digital Resilience	Money & Work	Physical Health & Mental Wellbeing	Growing & Changing	Keeping Safe
Y1	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
Y2	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	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
Y3	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 achievement s; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places



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	Families & Friendships	Safe Relationships	Respecting Ourselves & Others	Belonging to a Community	Media Literacy & Digital Resilience	Money & Work	Physical Health & Mental Wellbeing	Growing & Changing	Keeping Safe
Y4	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
Y5	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	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Y6	Attraction to others; romantic relationships; civil partnership and marriages	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 stereotype	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

PSHE | Progression Map – Families and Friendships (myHappyMind)



Year 1

- Say who cares for me & how.
- Recognise what it means to be a family & recognise that families are all different
- How to tell someone if I am worried about something in my family

Year 2

- Recognise how to be a good friend
- Know some ways to have positive playtimes
- Recognise how arguments between friends happen & know some strategies to resolve these
- How to ask for help if feeling lonely or unhappy

Year 3

- To recognise & respect that there are various types of families
- Recognise positive aspects of being part of a family such as; support, stability, love & caring for each other
- Know what to do & who to tell if family relationships are making them feel unhappy or unsafe

Year 4

- Recognise the features of healthy friendships & how to seek support if they feel lonely or excluded
- Know how to communicate respectfully when using digital devices
- Understand knowing someone online differs from knowing someone face to face & that there are risks

Year 5

- Know what makes a healthy friendship & how to include others
- Understand about peer influence & approval & how it can make people feel; name strategies to help
- Recognise that it is common for friendships to experience challenges & that friendships can change over time
- How to recognise if a friendship is making them feel unsafe, worried or uncomfortable & how to seek support

Year 6

- Recognise that there are different kinds of loving relationships
- Understand that people who love each other can be of any gender, ethnicity or faith
- Know the difference between gender identity & sexual orientation & everyone's right to be loved
- Understand what different types of commitment are & what marriage & civil partnership mean
- That people have the right to choose who they marry or whether to get married & that to force anyone into marriage is illegal

PSHE | Progression Map – Safe Relationships (myHappyMind)



Year 1

- Recognise when people's bodies or feelings may be hurt; how to get help
- How to ask for, give, or not give permission
- Say what privacy means

Year 2

- Know how to recognise hurtful behaviour including online & what to do
- Recognise the difference between happy surprises & secrets that make them feel uncomfortable or worried & how to get help
- Understand some ways for resisting pressure to do something that feels uncomfortable or unsafe & how to ask for help

Year 3

- Know & understand about types of bullying
- Know what is appropriate to share with friends, classmates, family & wider social groups including online
- Know what privacy means & what personal boundaries are including online
- Have basic strategies to help keep themselves safe online
- Know the effects & consequences of bullying

Year 4

- Differentiate between playful teasing, hurtful behaviour & bullying including online
- Recognise dares which put someone under pressure or at risk
- Understand when it is right to keep or break a confidence or secret
- How to recognise risks online such as harmful content or contact & understand people may behave differently online

Year 5

- Be able to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations
- How it feels in a person's mind & body when they are uncomfortable
- Know that no one should ask them to keep a secret that makes them feel uncomfortable or worried about
- Know who to tell if they are concerned about unwanted physical contact

Year 6

- To compare the features of a healthy & unhealthy friendships
- Understand the shared responsibility if someone is put under pressure to do something dangerous & some strategies to respond
- Know how to recognise & respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable
- How to get advice & report concerns about personal safety including online
- What consent means & how to seek & give/not give permission in different situations

PSHE | Progression Map – Respecting Ourselves & Others (myHappymind)



Year 1

- Say what kind & unkind behaviour means & how it can make people feel
- Can talk about what respect means
- Know the class rules

Year 2

- Recognise things they have in common with other people & differences
- Say some ways to play & work cooperatively in different groups & situations
- Be able to share their ideas & listen to others, take part in discussions & give reasons for their views

Year 3

- Recognise respectful behaviours e.g. helping others, being responsible
- Understand the importance of self-respect & their right to be treated respectfully by others
- Talk about the ways in which people show respect & courtesy in different cultures & in wider society

Year 4

- To recognise differences between people such as gender, race & faith
- To know & talk about what they have in common with others e.g. shared values, likes & dislikes, aspirations
- Understand importance of respecting the differences & similarities between people
- Use vocabulary to sensitively discuss difference & include everyone

Year 5

- Recognise that everyone should be treated equally & the importance of listening & responding respectfully to a wide range of people
- Know what discrimination means & different types of discrimination
- To be able to identify online bullying & discrimination of groups or individuals e.g. trolling & harassment

Year 6

- Understand the link between values & behaviour & how to be a positive role model
- Know how to discuss issues respectfully including how to listen to & respect other points of view
- Know how to constructively challenge points of view they disagree with
- Understand ways to participate effectively in discussions online & manage conflict or disagreements

PSHE | Progression Map - Belonging to a Community (myHappyMind)



Year 1

- Can give examples of rules in different situations
- Know that different people have different needs
- How we care for people, animals & other living things in different ways & the environment

Year 2

- Can talk about being a part of different groups
- Know some different rights & responsibilities that they have in school & the wider community
- Recognise that they are all equal & ways in which they are the same & different to others in their community

Year 3

- Know reasons for rules & laws in wider society
- Can talk about the importance of abiding by the law & what might happen when broken
- Identify basic examples of human rights & how they protect people including the rights of children
- Know that with every right there is also a responsibility

Year 4

- Recognise benefits of living in a community & that they belong to different communities
- Know about the different groups that make up a community including locally & groups that help locally
- Demonstrate compassion towards others in need and recognise shared responsibilities of caring for them

Year 5

- Understand how resources are allocated & how money that is spent has an effect on individuals, communities & the environment
- Recognise the importance of protecting the environment & how everyday actions can either support or damage it
- Demonstrate compassion for the environment & living things
- Express opinions about responsibility towards the environment

Year 6

- Know what prejudice means & differentiate between prejudice and discrimination
- Know how to recognise acts of discrimination & identify strategies to safely respond to & challenge discrimination
- Recognise stereotypes in different contexts & the influence they have on attitudes & understanding of different groups
- Recognise stereotypes are perpetuated & how to challenge this

PSHE | Progression Map – Media Literacy & Digital Resilience (myHappyMind)



Year 1

- Talk about how & why people use the internet & the benefits of using the internet & digital devices
- Recognise how people find things out & communicate safely with others online

Year 2

- Recognise ways in which people can access the internet e.g. phones, tablets, computers
- Recognise the purpose & value of the internet in daily life
- Recognise that some content on the internet is factual, some is for entertainment & some might not be true

Year 3

- Recognise how the internet can be used positively but that images & information online can be altered and why
- Identify strategies to recognise if something online is true
- Evaluate if a game or a website is for their age-group
- Know how to report something seen or experienced online that concerns them

Year 4

- Know everything shared online has a digital footprint & that organisations use this to encourage people to buy things
- Recognise what online adverts look like & compare content shared for factual purposes & for advertising
- Know search results are ordered based on the popularity of the website & this can affect what information people access

Year 5

- Identify different types of media & their different purposes
- Identify basic strategies to assess whether content online is based on fact, opinion or is biased
- Know some media & online content promotes stereotypes
- Assess which search results are more reliable than others & recognise unsafe or suspicious content online
- Know how devices store & share information

Year 6

- Recognise benefits of safe internet use
- Know how/why & recognise when images online might be manipulated or fake
- Know why people choose use social media & associated risk
- Recognise that social media sites have regulations for use & some online content is not appropriate for children
- Recognise how online content can be designed to manipulate people
- Know about sharing things online including laws & how to recognise what is appropriate to share online
- Know how to report inappropriate online content or contact

PSHE | Progression Map – Money & Work (myHappymind)



Year 1

- Understand that everyone has different strengths & interests & that these are needed to do different jobs
- Talk about people whose job it is to help us in the community & the work people do

Year 2

- Know money in its different forms & ways of paying
- Know about getting, keeping & spending money
- Understand that people are paid money for jobs
- Recognise the difference between needs & wants
- Know that people make choices about spending money

Year 3

- Recognise jobs people have are from different sectors, that people can have more than one job at once or over their lifetime
- Identify common myths & gender stereotypes related to jobs
- Recognise some of the skills needed to do a job
- Recognise their interests, skills & achievements & how these might link to future jobs

Year 4

- Understand spending decisions due to budget, values & needs
- Keep track of money & why it is important to know what's spent
- Know different ways to pay for things & the reasons for using them
- Recognise that how people spend money can have positive or negative effects on others e.g. charities, single use plastics

Year 5

- Identify jobs that they might like to do in the future
- Know the role that ambition can play in achieving a future career & why someone might choose a certain career
- Recognise importance of diversity & inclusion in career opportunities
- Know about stereotyping in the workplace & its impact
- Know that there is a variety of routes into work

Year 6

- Know about the role that money plays in people's lives & what influences decisions about money
- Know about value for money & how to judge this
- Recognise how companies encourage customers to buy things
- Know how having or not having money can impact on a person's emotions, health & wellbeing & common risks associated with money
- Know how money can be gained or lost e.g. stolen, through scams or gambling
- Know how to get help if they are concerned about gambling or other financial risks

PSHE | Progression Map – Physical Health & Mental Wellbeing (myHappyMind)



Year 1

- Know what it means to be healthy & why it is important
- Identify ways to take care of themselves; basic hygiene
- Recognise ways to keep healthy – food, exercise & being outdoors
- Know people who can help them to stay healthy
- Know how to keep safe in the sun
- Different ways to learn & play – balancing screen time

Year 2

- Recognise habits for maintaining good physical & mental health, including sleep for growing & keeping healthy
- Know that medicines can help people stay healthy
- Know importance of dental health & how this is managed
- Describe & share a range of feelings & identify ways to feel good, calm down or change their mood
- Talk about how to manage big feelings & know when & how to ask for help with their feelings

Year 3

- Know that choices people make in daily life affects their health
- Identify healthy/unhealthy choices & what influences these
- Identify a balanced diet, foods eaten regularly or just occasionally
- Know regular exercise has positive benefits on mental & physical health
- Identify strategies to identify & talk about their feelings & know some of the ways people express feelings

Year 4

- Identify a wide range of factors that maintain a balanced, healthy lifestyle both physically and mentally
- Know what good physical health means & how to recognise early signs of physical illness
- Understand that common illnesses can be quickly treated
- Know how to maintain oral hygiene & dental health & the effects of different foods, drinks & substances on dental health

Year 5

- Recognise healthy sleep strategies & how to maintain them
- Know about the benefits of being outdoors for physical & mental health but also how manage risk to sun exposure
- Know how medicines can contribute to health & that some diseases can be prevented by vaccinations
- Understand that bacteria & viruses can affect health & how to prevent the spread of bacteria & viruses with hygiene routines

Year 6

- Recognise the importance of mental health & that anyone can be affected by mental ill health but it can be resolved with help
- Know how negative experiences such as being bullied or feeling lonely can affect mental wellbeing
- Identify positive strategies for managing feelings & know that sometime someone may experience conflicting feelings
- Identify where to ask for support with mental wellbeing in & outside school & importance of asking for support

PSHE | Progression Map – Growing and Changing (myHappyMind)



Year 1

- Recognise what makes them unique including their likes, dislikes & what they are good at
- Know how to manage & who to tell when finding things difficult
- Know about different kinds of feelings, recognising these in themselves/others & how feelings can affect how people behave

Year 2

- Identify the human life cycle & how people grow from young to old
- Recognise how our needs & bodies change as we grow up
- Identify & name the main parts of the body including external genitalia
- Recognise how we change as we grow including opportunities & responsibilities
- Prepare to move to a new class & set goals for next year

Year 3

- Recognise that everyone is an individual & has unique & valuable contributions to make
- Recognise how strengths & interests form part of a person's identity & identify their own personal strengths & interests
- Recognise common challenges to self -worth e.g. finding school-work difficult, friendship issues
- Know some basic strategies to manage & reframe setbacks

Year 4

- Identify external genitalia & reproductive organs
- Understand the physical & emotional changes during puberty
- Learn strategies to manage the changes during puberty
- Know the importance of personal hygiene routines during puberty
- Identify how to discuss the challenges of puberty with a trusted adult
- Know how to get information, help & advice about puberty

Year 5

- Know about personal identity & what contributes to it including race, sex, gender, family, faith, culture, hobbies, likes/dislikes
- Know that for some people their gender identity does not correspond with their biological sex
- Recognise, respect & express their individuality
- Know ways to boost their mood, emotional wellbeing & the link between participating in interests, hobbies & mental wellbeing

Year 6

- Recognise some of the changes as they grow up & how this feels
- Discuss transition to secondary school & how this may affect their feelings and relationships
- Identify strategies that can help to manage times of change
- Identify links between love, committed relationships & conception
- Know what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults
- Understand how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb
- Recognise the responsibilities of being a parent or carer

PSHE | Progression Map - Keeping Safe (myHappymind)



Year 1

- Know how rules can help to keep us safe
- Understand why some things have age restrictions
- Know basic rules for keeping safe online and who to tell if they see something online that makes them feel unhappy, worried, or scared

Year 2

- Recognise risk in everyday situations, to help keep themselves safe in familiar/unfamiliar environments
- How keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products
- Talk about how to respond if there is an accident and someone is hurt
- Recognise whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say

Year 3

- Identify typical hazards at home and in school
- Predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen
- Learn about fire safety at home - need for smoke alarms
- Understand the importance of following safety rules from adults
- Know how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety

Year 4

- Understand the importance of taking medicines correctly and using household products safely
- To recognise what is meant by a 'drug'
- To know that that drugs common to everyday life can affect health and wellbeing
- Identify some of the effects related to drugs, including medicines
- Know how to ask for help or advice

Year 5

- Identify when situations are becoming unsafe or an emergency
- Identify occasions where they can take responsibility for own safety
- Differentiate between positive risk taking and dangerous behaviour
- Know how to deal with common injuries using basic first aid
- Know how to respond in an emergency, including contacting emergency services

Year 6

- Know how to protect personal information online & identify potential risks of personal information being misused
- Know strategies for dealing with requests for personal information
- Identify types of images that are appropriate to share with others & that images or text can be quickly shared with others
- Know how to report the misuse of information or sharing online
- Understand the different age rating systems for social media, T.V, films, games and online gaming & why these are important
- Know about the risks and effects of different drugs and the law
- Know how to ask for help if they have concerns about drug use