



PSHE Curriculum Plan 2022-2023

Curriculum Intent

Our PSHE curriculum is a planned, developmental programme of learning through which our children acquire the knowledge, understanding and skills they need to manage their lives now and in the future. Our intent is that our pupils become emotionally and physically intelligent world citizens, who are able to successfully contribute to society and who are able to make informed decisions about their lives, understanding the impact of their decisions on others. As part of a whole school approach, our PSHE curriculum develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. Our PSHE programme incorporates Relationships and Health Education (RHE) which focuses on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Our RHE curriculum provides honest, medically accurate information so that pupils can learn about their bodies and keep themselves safe.

Our curriculum follows the Programme of Study set out by the **PSHE Association**, supporting the teaching of British Values, and offers learning opportunities for each key stage, in three core themes: **Health and Wellbeing**, **Relationships**, and **Living in the Wider World**. Our curriculum covers all of the statutory requirements for each phase, within a comprehensive PSHE education programme. Wherever possible our PSHE curriculum is driven throughout the whole curriculum. Links are made in Science, Design Technology, Humanities, Religious Education, Literacy and Physical Education. Alongside this we also follow **No Outsiders** and **Stonewall** texts and resources to support our pupils' to explore and celebrate equalities and diversity. Our Rainbow Reading Spine and class libraries compliments our curriculum, offering pupils a diverse range of texts with different themes, representation and voices

Through our PSHE curriculum we aim to provide:

- Accurate and relevant knowledge
- Opportunities to turn that knowledge into personal understanding
- Opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- The skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives where they can successfully contribute to society
- Opportunities to explore equality and diversity

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
PSED						
Equalities	<p>'You Choose' by Nick Sharratt</p> <p>I can say what I think</p>	<p>'The Blue Chameleon' by Emily Gravett</p> <p>I can make friends with someone different</p>	<p>'Red Rockets and Rainbow Jelly' by Sue Heap</p> <p>I understand that it's ok to like different things</p>	<p>'The Family Book' by Todd Parr</p> <p>I understand that all families are different</p>	<p>'Mommy, Mama and Me' by Leslea Newman</p> <p>I can celebrate my family</p>	
Year 1						
PSHE	<p><u>Relationships</u> What is the same and different about us?</p> <p>Ourselves and others; similarities and differences; individuality; our bodies</p> <p>PoS refs: H21, H22, H23, H25, R13, R23, L6, L14</p>	<p><u>Relationships</u> Who is special to us?</p> <p>Ourselves and others; people who care for us; groups we belong to; families</p> <p>PoS refs: L4, R1, R2, R3, R4, R5</p>	<p><u>Health and wellbeing</u> What helps us stay healthy?</p> <p>Healthy; hygiene; medicines; people who help us with health</p> <p>PoS refs: H1, H5, H6, H7, H10, H37</p>	<p><u>Living in the Wider World</u> How can we look after each other and the world?</p> <p>Ourselves and others; the world around us; caring for others; growing and changing</p> <p>PoS refs: H26, H27, R21, R22, R24, R25, L2, L3</p>	<p><u>Health and wellbeing</u> Who helps to keep us safe?</p> <p>Keeping safe; people who help us</p> <p>PoS refs: H33, H35, H36, R15, R20, L5</p>	<p><u>Living in the Wider World</u> What can we do with money?</p> <p>Money; making choices; needs and wants</p> <p>PoS refs: L10, L11, L12, L13</p>

Equalities	'Elmer' by David McKee I know the ways in which we are different and I know how to make my class welcoming.		'Max the Champion' by Sean Stockdale To understand that our bodies work in different ways	'My World, Your World' by Melanie Walsh To understand that we share the world with lots of people.	'Ten Little Pirates' by Mike Brownlow To play with boys and girls	'My Grandpa is amazing' by Nick Butterworth To recognise people are different ages
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Year 2

PSHE	<u>Relationships</u> What makes a good friend? Friendship; feeling lonely; managing arguments PoS refs: R6, R7, R8, R9, R25	<u>Relationships</u> What is bullying? Behaviour; bullying; words and actions; respect for others PoS refs: R10, R11, R12, R16, R17, R21, R22, R24, R25	<u>Living in the wider world</u> What jobs do people do? People and jobs; money; role of the internet PoS refs: L15, L16, L17, L7, L8	<u>Health and wellbeing</u> What helps us to stay safe? Keeping safe; recognising risk; rules PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9	<u>Health and wellbeing</u> What helps us grow and stay healthy? Being healthy: eating, drinking, playing and sleeping PoS refs: H1, H2, H3, H4, H8, H9	<u>Health and wellbeing</u> How do we recognise our feelings? Feelings; mood; times of change; loss and bereavement; growing up PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27
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Equalities	'The Great Big Book of Families' by Mary Hoffman To understand what diversity is.		'Just Because' by Rebecca Elliot I know that some bodies work in different ways and I can find things that people are good at.	'The First Slodge' by Jeanne Willis To understand how we share the world.	'The Odd Egg' by Emily Gravett I know things can go wrong and I know that when things go wrong I can feel	'Blown Away' by Rob Biddulph I know that everyone in my class is different, I can work with anybody and I like
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					embarrassed and I can find a solution.	working with different people.
Year 3						
PSHE	<p><u>Relationships</u> How can we be a good friend?</p> <p>Friendship; making positive friendships, managing loneliness, dealing with arguments</p> <p>PoS refs: R10, R11, R13, R14, R17, R18</p>	<p><u>Health and wellbeing</u> What keeps us safe?</p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p> <p>PoS refs: H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29</p>	<p><u>Relationships</u> What are families like?</p> <p>Families; family life; caring for each other</p> <p>PoS refs: R5, R6, R7, R8, R9</p>	<p><u>Living in the wider world</u> What makes a community?</p> <p>Community; belonging to groups; similarities and differences; respect for others</p> <p>PoS refs: R32, R33, L6, L7, L8</p>	<p><u>Health and wellbeing</u> Why should we eat well and look after our teeth?</p> <p>Being healthy: eating well, dental care</p> <p>PoS refs: H1, H2, H3, H4, H5, H6, H11, H14</p>	<p><u>Health and wellbeing</u> Why should we keep active and sleep well?</p> <p>Being healthy: keeping active, taking rest</p> <p>PoS refs: H1, H2, H3, H4, H7, H8, H13, H14</p>
Equalities	<p>‘Oliver’ by Brigitta Sif</p> <p>I know that we are all different in my class and I understand how difference can make people feel excluded.</p>		<p>‘This is our House’ by Michael Rosen</p> <p>I know how someone can feel like they are outside. I know how to make sure there are no outsiders in my school.</p>	<p>‘Two Monsters’ by David McKee</p> <p>I understand where some problems can come from and I offer a solution to the problem.</p>	<p>‘The Huey’s in the new jumper’ by Oliver Jeffers</p> <p>I know why it’s hard to feel different and I know how to help someone to be strong.</p>	<p>‘Beegu’ by Alexis Deacon</p> <p>I know the behaviour that makes someone feel like an outsider and I know how to make someone feel welcome.</p>

Year 4

<p>PSHE</p>	<p><u>Health and wellbeing</u> What strengths, skills and interests do we have ?</p> <p>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p> <p>PoS refs: H27, H28, H29, L25</p>	<p><u>Relationships</u> How do we treat each other with respect?</p> <p>Respect for self and others; courteous behaviour; safety; human rights</p> <p>PoS refs: R19, R20, R21, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10</p>	<p><u>Health and wellbeing</u> How can we manage our feelings?</p> <p>Feelings and emotions; expression of feelings; behaviour</p> <p>PoS refs: H17, H18, H19, H20, H23</p>	<p><u>Health and wellbeing</u> How will we grow and change?</p> <p>Growing and changing; puberty</p> <p>PoS refs: H31, H32, H34</p>	<p><u>Living in the wider world</u> How can our choices make a difference to others and the environment?</p> <p>Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions</p> <p>PoS refs: L4, L5, L19, R34</p>	<p><u>Health and wellbeing</u> How can we manage risk in different places?</p> <p>Keeping safe; out and about; recognising and managing risk</p> <p>PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15</p>
<p>Equalities</p>	<p>‘Dog’s Don’t Do Ballet’ by Anna Kemp</p> <p>I know what assertive means and I know why being assertive is sometimes hard.</p>		<p>‘Red: A Crayon’s Story’</p> <p>I know why people sometimes don’t speak up and I know everyone in my school should be proud of who they are.</p>	<p>‘The Way Back Home’ by Oliver Jeffers</p> <p>I know that people speak different languages and I know how languages can be a barrier. I can find ways to overcome barriers.</p>	<p>‘The Flower’ by John Light</p> <p>I know that we have choices and I know why it’s good to learn about new and different things.</p>	<p>‘King and King’ by Linda de Hann</p> <p>I know what marriage is and I know who can get married in the UK and I know why people choose to get married.</p>