

PSHCE Curriculum Overview

Health & Wellbeing		Relationships		Living in the Wider World	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> • Stereotyping, prejudice & discrimination • Black History Month • Bullying • E - safety 	<ul style="list-style-type: none"> • Anti-bullying • Healthy lifestyles • Emotional health • Keeping physically & emotionally safe • Personal hygiene & the spread of bacteria • Road safety • What to do in an emergency 	<ul style="list-style-type: none"> • LGBT History Month • E-Safety • Drugs, alcohol & tobacco 	<ul style="list-style-type: none"> • Women's History Month • What constitutes a positive healthy relationship • Different types of relationships • Equality & diversity in relationships • Differences between males and females • Puberty • Sex education • Reproduction 	<ul style="list-style-type: none"> • Autism Awareness Month • Equality & diversity • Citizenship & rights/respect for rights • Being an active citizen in school & the community • Looking after the environment • British Values • Crime, Justice & the Law 	<ul style="list-style-type: none"> • Gypsy Roma Traveller Month • Personal finance • Careers and the world of work • Enterprise • E-Safety

Health & Wellbeing - Curriculum Content

Autumn 1	Autumn 2
<ul style="list-style-type: none"> • Black History Month • What is bullying? • Why do people do it? • Recognise when people are being unkind, how to respond, who to tell and what to say • How to resist teasing and bullying • What is stereotyping? • What is prejudice? • What is discrimination? • How to recognise and challenge stereotypes • What is E-safety? • How can we keep ourselves safe online? (responsible use of ICT, social media, mobile phones) • What is cyber bullying? • What is grooming? • What are inappropriate / dangerous websites? • What are online risks and dangers? • What are privacy settings and how can they help to keep us safe? 	<ul style="list-style-type: none"> • What is bullying? • Why do people do it? • Recognise when people are being unkind, how to respond, who to tell and what to say • How to resist teasing and bullying • What is meant by a healthy lifestyle? • What are the benefits of physical activity, rest, healthy eating, dental health? • To know different type of exercise and that it keeps us healthy • To know which foods are healthy • What is emotional health? • What positively and negatively affects their physical, mental and emotional health? (choices they make, media, peer pressure) • How we can make simple choices to improve health and wellbeing • Feelings - good and not so good, vocabulary to describe their feelings • What things change our feelings? (change, moving home, loss of toys, pets or friends, bullying) • What does it mean to be physically safe? • What does it mean to be emotionally safe? • To recognise that they share a responsibility for keeping themselves and others safe, when they say 'yes', 'no', 'I'll ask' and 'I'll tell' • Differentiate between 'risk', 'danger' and 'hazard' • The importance of, and how to, maintain personal hygiene • How some diseases are spread and can be controlled • The responsibilities they have for their own health and that of others • To know how to keep well and understand maintaining hygiene prevents disease • That bacteria and viruses can affect health and that following simple routines can reduce their spread • People who are responsible for helping them stay healthy and safe • Road safety procedures • Basic emergency aid procedures • Where and how to get help - (including ChildLine)

Relationships - Curriculum Content

Spring 1

- LGBT History Month
- What is a relationship?
- What are the different types of relationships?
- What is lesbian?
- What is gay?
- What is Bisexual?
- What is transgender?
- Link to prejudice, discrimination and stereotyping
- Stereotyping in media images
- Link to bullying
- E-Safety
- Link to cyber bullying and inappropriate websites
- Drugs, alcohol and tobacco - what are they? How do they affect our health and safety?
- National No Smoking Day (March)
- What are E-cigarettes?
- What is a shisha?
- To know that some are legal/illegal, some are restricted and some are illegal to own, use and supply to others

Spring 2

- Women's History Month
- What is a healthy/unhealthy relationship?
- How to recognise how their behaviour affects other people
- How to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)
- To be aware of different types of relationship, including those between acquaintances, friends, relatives and families
- To understand that civil partnerships and marriage are examples of stable, loving relationships and a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together
- To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise
- The concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'
- How to recognise and manage 'dares'
- How to respect equality and diversity in relationships
- What are the physical differences between males and females?
- What are the names of body parts
- What is puberty?
- To know how their body will change as they approach and move through puberty
- To understand how emotions change through puberty
- To understand why the body changes through puberty
- What are periods?
- How do you manage periods?
- What are wet dreams and how do you manage them?
- To know about human reproduction
- Facts about pregnancy
- What decisions need to be made before having a baby?

Living in the Wider World - Curriculum Content

Summer 1

- Autism Awareness Month
- What is autism?
- What is equality?
- What is diversity?
- To know that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability
- To listen and respond respectfully to a wide range of people
- What does citizenship mean?
- The Law, Police and Government
- How to have respect for self and others
- To know which groups we belong to outside of school
- Charities, voluntary organisations and fund raising
- To understand what is the local community
- To know which groups of people are in the local community
- The importance of responsible behaviours and actions
- To know how we can look after the local community
- The rights and responsibilities as members of families, other groups and ultimately as citizens
- To know about different groups and communities
- To respect equality and to be a productive member of a diverse community
- To appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
- To realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination of individuals and communities

Summer 2

- Gypsy Roma Traveller Month
- To know about the importance of respecting and protecting the environment
- To know what improves and harms their local, natural and built environments and about some of the ways people look after them
- What does personal finance mean?
- Where does money come from?
- To know that money comes from different sources and can be used for different purposes
- To understand the concepts of spending and saving
- To know about the role money plays in their lives including how to manage their money (budgeting)
- How to keep money safe
- Choices about spending money and what influences those choices
- What is a career?
- Challenge stereotypes - female lorry driver, male nurse etc.
- How do you earn money?
- Have a basic understanding of 'enterprise' about enterprise and the skills that make someone 'enterprising'
- Develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax'
- E -Safety
- The importance of protecting personal information, including passwords, addresses and images