

KS1



KEY LEARNING YEAR 1

Health & Wellbeing

Be Yourself

- Understanding what makes them special (including their positive qualities) and recognising the ways in which we are all unique.
- Understanding what makes them feel happy and unhappy, including their likes and dislikes.

Taking Care of Me

- Understanding the importance of food and recognising healthy and unhealthy choices.
- Understanding how to help our teeth healthy, including how to brush teeth correct and the importance of visiting a dentist.
 - Understanding the importance of sleep.
 - Exploring simple hygiene routines that can stop germs from spreading.
- Recognising the people who can help us stay healthy.

Emotions and Feelings

- Identifying and naming different emotions.
- Understanding how feelings can affect their bodies and their choices.
- Understanding simple ways they can help themselves if they are sad, cross or tired.



PSHE TEACHING AND LEARNING AT ROBSON HOUSE

Robson House recognises that emotional and physical wellbeing is the foundation of children's learning and development. As such, PSHCE forms a crucial component of the curriculum, and an integral part of all teaching and learning which takes place within the school. All staff are dedicated to the growth of children as individuals and work tirelessly to support them in becoming independent, resilient, and responsible members of society.

Discreet PSHCE lessons are taught across the school on a weekly basis, with teachers planning specifically tailored sessions under the three key themes of Health and Wellbeing, Relationships and Living in the Wider World. These sessions are creative in their nature, with children often encouraged to explore their thinking and demonstrate their understanding through artistic and oracy based responses. Certain topics are revisited across the year groups so children gain a deep understanding of what is taught. Both Learning and Family Mentors provide additional opportunities for children to consolidate their knowledge, and explore areas that are relevant to their individual needs. When specific issues arise for a child or a group, these are responded to accordingly. RSE and Drugs Education is timetabled at specific times in the academic year so that children are taught content at developmentally appropriate points, whilst other topics are taught in line with national dates e.g. Anti-Bullying Week, Safer Internet Day and Healthy Eating Week.



Relationships

The People Around Me

- Understanding the places and people who make me feel safe.
 - Recognising the people who take care of me, and understand how to care for others.
- Understanding friendships and how to make new friends.
 - Recognising the importance of kind words.

Living in the Wider World

Keeping Safe

- Understanding what it means to be safe and recognising what is safe and unsafe at both home and at school.
- Understanding secrets, and what things you should not keep as secrets, and what things you should let adults know.



RELATIONSHIPS AND SEX EDUCATION (RSE)

- Understanding the difference between females and males, including male and female animals.
 - Understanding how humans grow and identify how they have grown.
- Recognising that there are different types of families and that all families are special.

DRUGS EDUCATION

- Understanding what goes into our bodies and how it makes people feel.

KS1



KEY LEARNING YEAR 2

Health & Wellbeing

Proud To Be Me

- Identifying my strengths and things I need support with.
- Exploring how to set goals for the future.
- Understanding pride and recognise how it feels to be proud of yourself and someone else.

Healthy Bodies and Minds

- Exploring needs and wants.
- Understanding what it means to live a healthy lifestyle and recognise the benefits of physical activity, rest, healthy eating and dental health.
- Recognising a healthy diet and understanding the 5 groups from the Eatwell Plate.

Emotions and Feelings

- Recognising and describing different feelings in themselves and others.
- Understanding that feelings change from time to time e.g. moving home, losing toys, pets or friends and that not everyone experiences the same feelings.
- Developing simple strategies for managing both positive and difficult feelings.



Relationships

Caring For One Another

- Understanding my family and the people who take care of me.
- Exploring my family heritage, including my culture, nationality and background.
- Identifying the qualities of a good friend.
- Understanding bullying and how it makes people feel.
- Understanding conflict and recognising how to resolve a conflict.

Living in the Wider World

The Wonderful World

- Exploring how life is different in other countries.

Safety First

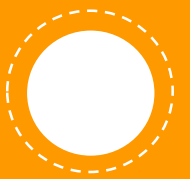
- Recognising who to talk to when they feel unsafe.
- Understanding and recognising risks and hazards in and around the home.
- Understanding how to make an emergency call to '999'.
- Understanding what personal information and what is appropriate to share with others.
- Understanding the importance of staying safe online.

RELATIONSHIPS AND SEX EDUCATION (RSE)

- Understanding the differences between male and females, including their physical differences.
- Understanding the correct biological words for the males and female body parts.
- Understanding appropriate and inappropriate touch, and recognising that they have the right to say no to 'unwanted' touch.
- Identifying the main stages of the human life cycle and recognising they have grown and changed since being babies.
- Exploring different types of families and how families care of each other.

DRUGS EDUCATION

- Understanding why medicines are taken.
- Understanding where medicines come from.
- Exploring how to keep themselves safe around medicines.



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KEY LEARNING YEAR 3

Health & Wellbeing

All About Me

- Understanding what makes up our identity and recognising that everyone's identity is unique.
- Developing and awareness of their own strengths, abilities, achievements.
- Exploring things we can improve upon and understanding how to set achievable goals.
- Appreciating the value of mistakes and how we can learn from them.
- Exploring the concept of 'self talk' and identifying positive thoughts.

Emotions and Feelings

- Identifying different feelings and emotions people experience.
- Exploring how feelings and emotions change and categorising them according to 'Zones of Regulations'
- Understanding different ways of expressing feelings and emotions and why this is important.
- Developing strategies to manage feelings and emotions in different situations, including getting help, advice and support from others.

Healthy Habits

- Understanding what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health and how to make informed choices.
- Recognising and practising basic hygiene skills including oral hygiene.
- Recognising that our responsibilities change as we grow older including their rights and responsibilities at home, and in the community.



Relationships

Building Connections

- Exploring healthy friendships and understanding characteristics of these including mutual respect, truthfulness, trustworthiness, loyalty, sharing interests and experiences and support with problems and difficulties.
- Understanding how to make friends, and how friendships can make you feel secure and happy.
- Exploring empathy and developing skills to think and care about how someone else feels.
- Learning how to effectively share ideas, collaborate, work and play in a group.
- Understanding the importance of listening to and respecting the differing opinions of others.

Living in the Wider World

Keeping Safe in the Community

- Identifying the people who are responsible for safety in the community.
- Understanding the importance of rules to protect people's safety.
- Recognising the feelings I get when I am feeling unsafe.

Looking After the Environment

- Understand the importance of taking care of the environment.
- Developing knowledge of concept of 'reduce', 'reuse' and 'recycle'.
- Recognise the role the voluntary, community and pressure groups in encouraging and supporting change.



RELATIONSHIPS AND SEX EDUCATION (RSE)

- Understanding stereotyping and the link between gender stereotyping and discrimination.
- Understanding the biological differences between males and females.
- Exploring family differences, including difference types of families.

DRUGS EDUCATION

- Understanding the definition of a drug and that drugs (including medicines) can be harmful to people.
- Identifying the effects and risks of smoking tobacco and the dangers of second-hand smoke.
- Understand the help available for people to remain smoke free or quit smoking.





KEY LEARNING YEAR 4

Health & Wellbeing

Emotions and Feelings

- Extending our knowledge of emotions to involve more complex feelings.
- Categorising more complex feelings according to 'Zones of Regulation' and reflecting on these within ourselves and others.
- Understanding conflicting feelings and emotions and explore when these might arise and how they can be managed.
- Understanding the importance of 'self-regulation' and exploring further strategies which can be used to manage different emotions.
- Exploring the concept of 'self esteem', including 'low' and 'high' self esteem and understanding strategies to feel make themselves and others feel confident.

Sleep

- Recognising the importance of sleep on; energy, brain, body, confidence and relationships.
- Identifying healthy and unhealthy sleep habits.
- Developing strategies to improve and track my sleep.

Relationships

Healthy Relationships

- Recognising the benefits of family and friends.
- Understanding how to make friends and develop relationships.
- Consider the challenges and issues that can arise at home, at school and between family and friends, and how the can be avoided, lessened, or resolved.
- Understanding bullying and exploring how to respond to bullying.
- Identify peer pressure and consider different ways to deal with negative peer pressure and learn when and how to ask for help.



Living in the Wider World

Importance of Kindness

- Understanding the nature and importance of kindness.
- Exploring how it feels to give and receive kindness and the positive affects it can have on physical and emotional wellbeing.

Online Safety

- Understanding how to use technology safely, respectfully and responsibly.
- Recognising acceptable/unacceptable behaviour.
- Understanding the importance of privacy settings and exploring how to create a safe online profile.
- Exploring how search engines function and understanding how to recognise misinformation
- Investigating how to be responsible digital citizen, including being aware of our digital footprint.

Managing Money

- Exploring what we spend money on.
- Investigating how to look after money, including budgeting.
- Understanding ways to save and the benefits of saving.



RELATIONSHIPS AND SEX EDUCATION (RSE)

- Understanding the main stages of the human lifecycle, and recognise the changes that humans go through during these different stages.
- Describing and understanding puberty and the physical and emotional changes that happen during this time.
- Understanding the importance of personal hygiene and knowing how to keep themselves clean.

DRUGS EDUCATION

- Understanding the different types of drugs (other than medicine) which are common in everyday life, and exploring why people choose to use them.
- Recognising the effects and risks of drinking alcohol.
- Recognising the different patterns of behaviour that are related to drug use.

UKS2



KEY LEARNING YEAR 5



Health & Wellbeing

Emotions and Feelings

- Strengthening their knowledge of emotions, and identifying different causes of these including transitions and loss, and recognising that these can change over time.
- Developing further strategies which can be used to manage and respond to feelings appropriately and proportionately.
- Exploring perspective, including differences in perspective and understanding what affects our perspective e.g. emotional state, experiences, thoughts and physical location.
- Understanding the concept of 'self-care' and recognise simple techniques which can help someone to self-regulate e.g. mindfulness and meditation.

Healthy Habits

- Understanding what constitutes a healthy diet and recognising the characteristics of a poor diet, including the risks associated with unhealthy eating
- Exploring the principles of planning and preparing a healthy meal, including budgeting.
- Understanding the importance of hydration.
- Understanding the physical and mental benefits of leading an active lifestyle.



RELATIONSHIPS AND SEX EDUCATION (RSE)

- Understanding the physical changes which happen during puberty, including menstruation and wet dreams, and recognising how to manage these.
- Exploring the importance of personal hygiene during puberty.
- Recognising how emotions and relationships change during puberty and understanding where to get help and support during this time.

DRUGS EDUCATION

- Understanding the risks the associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis.
- Exploring the different influences associated with drug use and developing an understanding different strategies to manage pressure

Living in the Wider World

Fair vs Equal

- Understanding how rules and law are made and enforced.
- Recognising why rules are needed, and what would be like if rules didn't exist.
- Understanding how to take part in making and changing rules.
- Understanding the nature and consequences of anti-social behaviour and how to respond to them and ask for help.

Citizenship

- Appreciating the range of national, regional, religious and ethnic identities in the United Kingdom.
- Understanding the differences and similarities between people arise from a number of factors including cultural, ethnic, racial and religious diversity, gender and disability.
- Understanding the concepts of 'racism', 'homophobia' and 'sexism' and the consequences of these on individuals and communities.

Online Safety

- Understanding cyberbullying and its different forms, and exploring its impact on individuals and communities.
- Identifying strategies to appropriately respond to cyberbullying and understanding ways to report concerns about online content and contact.
- Exploring the effects of the Internet on self esteem, and recognising that information (including images) online do not all always reflect reality.



UKS2



KEY LEARNING YEAR 6

Health & Wellbeing

Change

- Exploring change and recognising what things change overtime, and identifying those that can be controlled and not controlled.
- Understanding that choices can cause change and recognising that change might have positive, negative or neutral consequences.
 - Understanding 'informed choices', and recognising what might influences choices and how informed choices can make positive changes.

Emotions and Feelings

- Developing their understanding of different emotions, including those related to transition.
- Strengthening their understanding of strategies to manage difficult emotions, challenges and change
 - Recognising choices and behaviours which can support mental wellbeing, including: good quality sleep, physical exercise, involvement in community groups, hobbies and spending time with family and friends.
 - Understanding the concept of 'mental health support' and understanding how to access this.

Keeping Healthy

- Understanding bacteria and viruses and the way they can affect physical health.
- Recognising the importance of immunisation and the impact it has had on society.
- Exploring ways to keep healthy, and recognising when and how to seek support in relation to their health.



Living in the Wider World

Independence in the Community

- Developing an understanding of risks and risky behaviour.
- Understanding expectations and safety procedures in relation to both primary and secondary school.
 - Understanding road safety and recognising how to keep safe when walking on the road, riding a bicycle, travelling in a vehicle and taking public transport.
 - Understanding basic first-aid.

Transition Programme

- Understanding the organisation, rules, routines and expectations of secondary school
- Developing age-appropriate strategies to manage transition to secondary school as independently as possible
- Developing a range of life-skills to enable children to function independently, safely and successfully in the community
 - Developing emotional literacy skills to communicate feelings to others in an appropriate way
 - Improving self-confidence, resilience and self-respect



RELATIONSHIPS AND SEX EDUCATION (RSE)

- Understanding the physical and emotional changes that happen during puberty, and recognise the link between puberty and reproduction.
- Understanding the male and female reproductive organs and recognising how sexual intercourse is linked to conception.
- Identifying healthy relationships and understanding the difference between intimate relationships and other types of relationships.

-DRUGS EDUCATION

- Understanding the risks the associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicine and other legal and illegal drugs, and understanding how to manage these.
- Recognising how to asses the level of risk in different situations involving drug use.

INTENDED OUTCOME AT THE END OF KEY STAGE 2

The PSHE curriculum aims to ensure that all children leave Robson House with the knowledge, understanding, and skills to thrive in both secondary school and beyond. They will have a good understanding of their own identity and be able to make informed choices about their wellbeing, health and relationships, and manage the opportunities, responsibilities and experiences they will encounter in everyday life.

