

## Curriculum for personal, social and health education (PHSE)

As well as the curriculum content for each year group listed below, there are various aspects of PHSE which have a school wide focus. Children’s emotional health and wellbeing are promoted through the use of the Social, Emotional Aspects of Learning materials, which have different themes for each half term: *Autumn Term* – New Beginnings/ Getting On and Falling Out. *Spring Term*: Going For Goals/ Good to Be Me. *Summer Term*: Relationships/Changes. Say No To Bullying is an area of focus several times throughout the school year. We also teach children the principles of Protective Behaviours: ‘We all have the right to feel safe all the time’ and ‘We can talk with someone about anything even if it is awful or small’. In addition, we seek to develop good Behaviour for Learning skills, such as listening to others and respecting their views, working collaboratively and seeing mistakes as a learning opportunity. School, Council offers further opportunities for PHSE work for the two councilors from each class.

| YEAR       | PERSONAL   |   | HEALTH  |  |  | SOCIAL  |
|------------|--|---|---|--|--|---|
|            | SELF   | OTHERS  | DRUGS   | SEX & RELATIONSHIPS  | HEALTHY LIVING   | CITIZENSHIP   |
| <b>N R</b> | Likes and dislikes.<br>Recognise and name feelings. <b>(R.E. Spring Term)</b><br><br>Everyone is valued/everyone is different. <b>(R.E. Summer Term)</b> | Recognising that our family care for us.<br>Sharing and co-operating (through work and play).<br>What is a friend?<br>Identify & respect differences & similarities.<br>Use of artefacts from different cultures.   | (see health)  | Ourselves & our family.<br>The beginning of life: plants.<br>Growth in people, animals, plants: ageing. <b>(R.E. Spring Term)</b><br>Loss & mourning: person, pet.   | Things that are good/not so good for us.<br>Hygiene: washing our hands etc.<br>Keeping myself safe.<br><br><b>eSAFETY</b>  | Making & keeping rules.<br>Belonging: to our family, our class, our school.<br>Thinking about someone who is special to us & making them something.<br>Understanding that others have needs: taking turns, sharing.<br>Taking care of equipment in classroom & tidying away together. |
| <b>1</b>   | Making choices.<br>Justifying preferences about things.<br>Recognising what I am good at.<br>Doing one’s best.   | Celebrating differences & similarities. (QCA Science Unit 1)<br>What makes us/each other happy/sad?<br>How behaviour affects others.<br>Golden Rules.<br>Different forms of teasing & bullying.<br>Use of artefacts from different cultures. <b>(R.E)</b> | Safe use of medicines.<br><br>Medicines can be harmful if we do not take them properly.                                 | Timelines: things that have happened since we were born.<br><br>Changing needs since babyhood.(QCA Science Unit 1A)<br>Name & use if basic parts of the body. (QCA Science Unit 1A & 1F)<br><b>Use: Teachers TV: How Did I Get Here?</b> | Dangers of electricity. <b>(QCA Science Unit 1D)</b><br>Hygiene: germs.<br>Keeping healthy: the basics of food, water, exercise, shelter.<br><br>Road safety<br><b>eSAFETY</b>           | Listening to others/being listened to: School Council.<br>Belonging to different groups <b>(RE Herts Scheme of work for Spring term)</b> .<br>Care of the school grounds: litter etc. (   |
| <b>2</b>   | Setting simple goals for improving.<br>How others see me.<br>Sharing & articulating feelings.<br>Simple self-assessments.<br>Celebrating achievements.   | What helps us get on with others?<br>Consideration of the beliefs of others. <b>(RE Autumn Term)</b><br>Appreciation of British cultural diversity; exchange visit with urban school.   | Medicines: safe storage. (Science QCA Unit 2A)<br><br>Dangers of smoking/alcohol: simple introduction.<br>Keeping safe. | Celebrating birth & birthdays. <b>(RE Summer Term)</b><br>Changing needs as we get older.<br><br>Names & use of different parts of the body. <b>Use: Teachers TV :Differences</b>  | Keeping healthy including meeting professionals (school nurse).<br>Introduction of healthy diet. (Science QCA Unit 2A)<br>What to do in an emergency.<br>Keeping safe.<br><b>eSAFETY</b> | Discussion & votes on topical issues: School Council.<br>What harms /improves our environment.<br>Exchange visit with another school: belonging to a community.   |

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| <b>3</b> | <p>Taking responsibility for self and others.<br/>Understanding that our actions have consequences.<br/>Recognising worth: self-respect, self-esteem.<br/>Recognising our achievements and setting ourselves targets for improvement.<br/>Feelings.<br/><b>(R.E Summer term)</b></p> | <p>Friendships: who are our friends?<br/>How to make and lose friends.<br/>How to resolve conflicts.<br/>Difficult situations: teasing and bullying, including prejudice.<br/>Appreciation of different viewpoints &amp; cultures; acceptance, dealing with racial prejudice.</p>  | <p>Dangers of alcohol: what is an alcoholic drink?<br/><br/>How to say no: resisting temptation /peer pressure.( <b>R.E Spring</b> )<br/><br/>Safety of household products.</p> | <p>Different sorts of families.<br/>Parents &amp; grandparents: what do they do for us?<br/>People who help us (including professionals).<br/><br/><b>Use: Teachers TV :Growing Up</b></p>         | <p>Health and safety: using tools &amp; equipment safely.<br/>Keeping safe &amp; healthy: personal choices, food choices.<br/>Personal hygiene: caring for teeth and hair (headlice).<br/><br/><b>eSAFETY</b></p>  | <p>Appreciation of other cultures: different viewpoints through literacy, history &amp; topic work)<br/>Rules, rights, responsibilities and duty.<br/>Making decisions.<br/>Begin to understand about democracy: School Council.<br/>How to improve school environment.<br/>(</p>   |
| <b>4</b> | <p>How can I make a difference?<br/>Seeing our mistakes &amp; learning from them.<br/>Making decisions and thinking about the consequences of these.<br/><br/>Coping with feelings.</p>  | <p>Encourage &amp; support each other.<br/>Differences in others &amp; how we feel about difference.<br/>Stories &amp; poems from different cultures; appreciating &amp; valuing the beliefs and views of others and individuality<br/><br/>Friendship: what makes a good friend?<br/>Difficult situations: teasing, bullying including prejudice.</p> | <p>Harm to the body from alcohol and smoking.<br/>Peer pressure: resisting.<br/>How to say no.</p>  | <p>Family trees; exploring our families.<br/>Life cycles including main stages of human life cycle.<br/><b>Use: Teachers TV : Changes</b><br/>A species needs to reproduce in order to survive</p> | <p>Hygiene: hair, skin.<br/>Care of our teeth.<br/>Basic requirements for survival: food and water, movement, habitat, growth, reproduction and nurturing.<br/><br/>Diet and exercise helps to keep us healthy.<br/><br/>Bodily functions: digestion and excretion.<br/>Keeping safe.<br/><b>eSAFETY</b></p> | <p>Varied lifestyles in the class and the community- differences in society and dealing with racism, including emotions.(<b>R.E.</b>)<br/>Discuss ways of resolving differences; respecting points of view.<br/>Environmental issues: respect for living things. Why and how rules are made and enforced: School Council.</p> |

Year 3: Opportunities for caring and enhancing the school grounds, encouraging wild life through the Environment Club.

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| 5    | Coping with feelings.<br>Freedom to have an opinion; opportunities to formulate opinions<br>Communicating our feelings on personal and social issues, in writing and verbally.   | Valuing differences of opinion.<br>Reflecting on different peoples' experiences – ie in stories & in history.<br>Skills needed to be a good friend: what makes a good friend?<br>Resolving conflicts.<br>Families & how they behave – what members expect of each other.<br>Celebrations in different cultures. <b>(R.E Autumn Term)</b> | Why do people drink and smoke?<br>Consider choices and consequences.<br><b>(Science QCA 5A – Keeping Healthy – Summer)</b>   | Plant reproductive parts. (Science QCA 5B Life cycles – Spring)<br>Basic human anatomy including names of external sexual parts.<br>Sexual intercourse.<br>Periods. <b>Use Teachers TV: How Babies Are Made &amp; How Babies Are Born.</b><br>Families and how they behave towards one another: respect.<br>Celebration of birth, christening, puberty, marriage & death in different cultures.<br><b>(Geo. QCA 10 Spring)</b> | Looking after specific parts of the body: muscles/exercise, heart: reducing fat in diet, and exercise (greater detail than in Yr.4).<br>Keeping safe. (Science QCA 5A – Summer term)<br><b>Mobile phone safety</b><br><b>eSAFETY</b>  | Discuss and debate topical issues and reflect on outcomes.<br>School Council.<br>Knowledge of things that are wrong, including racism. <b>(R.E – Rules Autumn Term)</b><br>Understand the concept of democracy.<br>Develop understanding of environmental issues: how scarce some resources are and how they need to be shared.  |
| 6    | Autobiographical writing: reflecting on out experiences (positive and negative).<br>Changes in our emotions as we grow and how we deal with this.<br>Celebrating our primary school achievements: end of year book.<br>Facing new challenges; secondary school.<br>Looking to the future; our plans.<br>Self assessment. | Different types of relationships as we get older.<br>Recognise & challenge stereotypes, especially racist, cultural & gender.<br>Identify sources of help and support if we are having difficulties.   | Why people take drugs.<br>Different types of drugs; illegal and legal drugs.<br>Effects of drugs on our body.<br>Risks of drug taking.<br>The media and drugs.<br>Peer pressure; secondary transfer: ways of resisting pressure.<br>Advertising. | Changes in our emotions as we grow older.<br><b>Use Teachers TV: Girl Talk ; Boy Talk</b><br>Being a parent: difficulties, responsibilities.<br>Celebrations of birth, christening, puberty, marriage and death in different cultures. <b>(R.E Buddhism, Christianity - throughout the year)</b>   | Nutrition: a balanced diet, nutritional content of foods.<br>Hygiene during puberty; revisit care of skin, hair and teeth. in this context.<br>(Science revision end Spring term/begin Summer)<br>Food hygiene: bacteria causes food to decay. (Science QCA Unit 6B Spring term)<br>Basic first aid.<br>Cycling proficiency.<br><b>Mobile phone safety. eSAFETY</b> | Discuss & debate topical issues.<br>Discuss issues raised in the media and how they are portrayed.<br>Discuss how to prevent and deal with racism.<br>Understand the consequences of anti-social behaviour in our community, especially vandalism.<br>Duties and responsibilities.<br>Working as a team.<br>Different political systems- democracy.<br>School Council.<br>How rules and laws are made. |

Years 5 and 6: School Journey Week.

Year 5: Lunch time Play leaders.

Year 6: Cycling Proficiency – Summer Term  
Dinner Servers for Reception Class  
Organising and running stalls for Christmas Bazaar  
Peer Mediation