

Ashwell School

PSHCE Curriculum Scheme of Work

This curriculum has been designed using guidance from the PSHE Association (2013). It has been organised into terms and where possible, linked to topics covered in that year group. Some of these objectives are ongoing and covered in day-to-day discussions with the children. It may be necessary to cover some of these objectives when an opportunity presents itself e.g. family bereavement.

PSED Curriculum 2021-22

EYFS

Nursery	Reception		
<ul style="list-style-type: none"> • Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. • Develop their sense of responsibility and membership of a community. • Become more outgoing with unfamiliar people, in the safe context of their setting. • Show more confidence in new social situations. • Play with one or more other children, extending and elaborating play ideas. • Help to find solutions to conflicts and rivalries. E.g. accepting that not everyone can be spider-man in the game, and suggesting other ideas. • Increasingly follow rules, understanding why they are important. • Do not always need an adult to remind them of a rule. Develop appropriate ways of being assertive. • Talk with others to solve conflict. • Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. • Begin to understand how others might be feeling. 	<ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Show resilience and perseverance in the face of challenge. • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others. • Manage their own needs. 		
	ELG:		
	Self regulation	Managing Self	Building Relationships
<ul style="list-style-type: none"> • Show an understanding of their own feelings and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate responses as appropriate. • Give focussed attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 	<ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	<ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to other's needs. 	

Themes	Objectives
Health and Wellbeing	<p>My body:</p> <ul style="list-style-type: none"> • The similarities and differences between boys and girls. • The names of the main parts of the body, to include genitals. • That each person’s body belongs to them, and the difference between appropriate and inappropriate or unsafe physical, or other, contact. <p>Health and disease:</p> <ul style="list-style-type: none"> • How some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others • About personal hygiene and germs including bacteria, viruses, how they are spread and the importance of hand washing. • About immunisations • That household products, including medicines, can be harmful if not used properly <p>Emotional health and wellbeing:</p> <ul style="list-style-type: none"> • That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and a scale of emotions that all humans experience in relation to different experiences and situations. • How to recognise and talk about emotions that all humans experience in relation to different experiences and situations.
Families and people who care for me	<ul style="list-style-type: none"> • That families are important for children growing up because they give love, security and stability. • To identify their special people (family, friends, carers), what makes them special and how these people should care for one another • About people who look after them, their family networks, who to go to if they are worried and how to attract their attention • How to respond safely and appropriately to adults they may encounter who they don’t know.
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends. • to recognise how their behaviour affects other people- positive and negative • to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation) • to recognise what is fair and unfair, kind and unkind, what is right and wrong • What sort of boundaries are appropriate in friendships

Respectful relationships	<ul style="list-style-type: none"> • To understand and respect the differences and similarities between people <ul style="list-style-type: none"> - define similarity and difference - understand that boys and girls can both do the same tasks and enjoy the same things but that stories, TV and people sometimes say that boys do this and girls do that.
Living in the Wider World	<ul style="list-style-type: none"> • To help construct, and agree to follow a class charter and to learn their rights and how to respect them • That they belong to various groups and communities such as family and school • That money comes from different sources and can be used for different purposes, including the concepts of spending and saving
Enhanced Curriculum	<ul style="list-style-type: none"> •

Extra Coverage:

- Zones of regulation and feelings,
- Anti Bullying theme on kindness,

Themes	Objectives
Health and Wellbeing	<p>Keeping healthy:</p> <ul style="list-style-type: none"> • What constitutes a healthy lifestyle including the benefits of healthy eating and dental health • That mental wellbeing is a normal part of daily life, in the same way as physical health. • What constitutes a healthy diet (including understanding calories and nutritional content). • The characteristics of a poor diet and risks associated with unhealthy eating (including, e.g. obesity) and other behaviours. • To recognise opportunities to make their own choices about food, what might influence their choices and the benefits of a balanced diet <ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • The risks associated with an inactive lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this, e.g. daily mile. • About dental health and the benefits of good dental health, including visits to the dentist. <p>Growing and changing:</p> <ul style="list-style-type: none"> • About the process of growing young to old and how people's needs change • About growing and changing and new opportunities and responsibilities that increasing independence may bring • To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals • About change and loss and the associated feelings (including moving home, losing toys, pets or friends)
Caring friendships	<ul style="list-style-type: none"> • About different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help. • That there are different types of teasing and bullying, that these are wrong and unacceptable • To communicate their feelings to others, to recognise how others show feelings and how to respond • That people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable) • To recognise when people are being unkind to them or others, how to respond, who to tell and what to say • How to resist teasing or bullying, if they experience or witness it, whom to go to and how to get their help
Respectful relationships	<ul style="list-style-type: none"> • To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)

	<ul style="list-style-type: none"> • The importance of permission seeking and giving in relationships with friends, peers and adults. • The importance of respecting others, even when they are very different from them (physically, in character, personally or backgrounds) or make different choices or have different preferences or beliefs. • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in position of authority.
Living in the Wider World	<ul style="list-style-type: none"> • To help construct, and agree to follow a class charter and to understand their rights and how to respect them • What improves and harms their local, natural and built environments and about some of the ways people look after them • About the role money plays in their lives including how to manage their money, keep it safe, choices about spending money and what influences those choices • That people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed)
Enhanced Curriculum	<ul style="list-style-type: none"> •

Themes	Objectives
Health and Wellbeing	<p>Health and safety:</p> <ul style="list-style-type: none"> • School rules about health and safety, basic emergency aid procedures, where and how to get help • About people who are responsible for helping them stay healthy and safe and ways that they can help these people • How to make a clear and efficient call to emergency services if necessary. • About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. <p>Emotional health and wellbeing:</p> <ul style="list-style-type: none"> • 5 ways to wellbeing • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental health wellbeing and happiness. • Simple self-care techniques including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests. • The importance of self-respect and how this links to their own happiness.
Families and people who care for me	<ul style="list-style-type: none"> • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • That stable, caring relationships which may be of different types, are at the heart of different families, and are important for children's security as they grow up. • That other's families, either in school or in the wider world, sometimes look different from their family, but they should respect those differences and know that other children's families are also characterised by love and care for them, to include single parent family, same-sex parent family, adopted family etc. • That marriage or civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring friendships	<ul style="list-style-type: none"> • The characteristics of friendships, including respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties. • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • That most friendships have ups and downs and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • The importance of permission seeking and giving in relationships with friends, peers and adults.
Living in the Wider World	<ul style="list-style-type: none"> • That there are different kinds of responsibilities, rights and duties at school • to research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendations to appropriate people • to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing
Enhanced Curriculum	<ul style="list-style-type: none"> • Feeling good week- characteristics of good role models. Paralympian as role models • Internet safety day-Rules for online safety linked to gaming

Themes	Objectives
Health and Wellbeing	<p>Keeping safe – risks and habits</p> <ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks, including a focus on smoking. • what is meant by the term ‘habit’ and why habits can be hard to change (bad habits and addictions) • To differentiate between the terms ‘risk’, ‘danger’ and ‘hazard’ • To deepen their understanding of risk by recognising, predicting and assessing risks in different situations and deciding how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience • Strategies for keeping safe – road safety. <p>Puberty</p> <ul style="list-style-type: none"> • Physical changes associated with puberty <ul style="list-style-type: none"> - Define puberty, know that it happens differently for everyone and begins and ends at different times - The way they change throughout the human lifecycle - Understand that body changes at puberty are linked to human reproduction. • Learn about the impact of puberty on physical hygiene and develop strategies for managing this. (hair growth, body odour, body shapes, voice) • How puberty effects emotions and behaviour, and strategies for dealing with the changes associated with puberty. • Mindfulness – strategies to aid concentration and focus and ground oneself
Internet safety and harms	<ul style="list-style-type: none"> • That bullying (and cyber bullying) has a negative and often lasting impact on mental wellbeing. • That for most people the internet is an integral part of life and has many benefits. • About the benefits of balancing time spent on and offline and the impact of positive and negative content online on their own and others’ mental wellbeing. • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online. • Why social media, some computer games and online gaming for example, are age restricted. • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
Respectful relationships	<ul style="list-style-type: none"> • 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 (See ‘protected characteristics’ in Equality Act 2010)

	<ul style="list-style-type: none"> • To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, how to respond and ask for help) • Can recognise and challenge stereotyping with confidence. • Understand that boys and girls can both do the same tasks and enjoy the same things; but that stories, TV and people sometimes present different stereotypes.
Living in the Wider World	<ul style="list-style-type: none"> • What being part of a community means, and about the varied institutions that support communities locally and nationally • To think about the lives of people living in other places and people with different values and customs • To appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
Enhanced Curriculum	<ul style="list-style-type: none"> •

Themes	Objectives
Health and Wellbeing	<p>Keeping safe/ peer pressure:</p> <ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks, including a focus on alcohol and drug abuse. • To recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong <p>Puberty:</p> <ul style="list-style-type: none"> • How their body will change as they approach and move through puberty • Understand menstruation and wet dreams • Emotional changes as go through puberty <p>Human Reproduction</p> <ul style="list-style-type: none"> • Learn about human reproduction in the context of the human life-cycle <ul style="list-style-type: none"> - Can describe how babies are made, including the relationship between sexual intercourse and conception - Name the male and female sex cells and reproductive organs.
Internet safety and harms	<ul style="list-style-type: none"> • Safety online (including social media, the responsible use of ICT and mobile phones) • The importance of protecting information, including passwords, addresses and images
Respectful Relationships	<ul style="list-style-type: none"> • Know the importance of permission-seeking and giving in relationships with friends, peers and adults. • To judge what kind of physical contact is acceptable or unacceptable and how to respond • That sexuality is expressed in a variety of ways between consenting adults • Know that sexual intercourse may be one part of a sexual relationship
Living in the Wider World	<ul style="list-style-type: none"> • To help construct, and agree to follow a class charter and to understand their rights and how to respect them • Understand what makes a product 'Fairtrade'. • Why and how rules and laws that protect themselves and others are made and enforces, why different rules are needed in different situations and how to take part in making and changing rules • About enterprise and the skills that make someone 'enterprising'

Themes	Objectives
Health and Wellbeing	<p>Emotional health and wellbeing:</p> <ul style="list-style-type: none"> • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • Where and how to seek support (including recognising the triggers for seeking support) including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • Use of mindfulness for emotional regulation and to wellbeing. • How to ask for advice for self and others and to keep trying until they have been heard, including having the vocabulary and confidence to report concerns or abuse. • To know that it is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible. • To recognise how images in the media do not always reflect reality and can affect how people feel about themselves • To understand the effects of alcohol and drug abuse on mental health. • To know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. <p>Keeping safe:</p> <ul style="list-style-type: none"> • About change, including transitions (between Key Stages and schools), loss, separation, divorce and bereavement • To recognise that increased independence brings increased responsibility to keep themselves and others safe • That pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media
Internet safety and harms	<ul style="list-style-type: none"> • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
Caring friendships	<ul style="list-style-type: none"> • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.

Respectful Relationships	<ul style="list-style-type: none"> • 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’ • To be aware of different types of relationship, including those between friends, families, civil partnerships and marriage • Learn what values are important to them in relationships • Appreciate the importance of friendship in intimate relationships • Know where to find support and advice when they need it <p>Sexual relationships:</p> <ul style="list-style-type: none"> • Sex as form of loving expression including self-exploration • Consent • Healthy relationships, including controlling relationships. • Falseness of sexual images in media/ pornography, myths. • The law • Learn to answer each other’s questions about sex and relationships with confidence
Living in the Wider World	<ul style="list-style-type: none"> • That there are different kinds of responsibilities, rights and duties at home, school, in the community and towards the environment • About the role money plays in their own and other’s lives, including how to manage their money and about being a critical consumer • To develop an initial understanding of the concepts of ‘interest’, ‘loan’, ‘debt’, and ‘tax’ • To realise the consequences of anti-social and aggressive behaviours
Enhanced Curriculum	<ul style="list-style-type: none"> •