

PSHE

Our PSHE curriculum (personal, social, health and economic) is designed to support our pupils to live a healthy and safe lifestyle whilst preparing them for life and work in modern Britain. Our curriculum for PSHE also includes our statutory requirements to teach relationship and health education (RSE) which ensures that every child is aware of how to support their mental health and wellbeing, physical health (including healthy lifestyles and first aid) and has opportunities to learn about safe, healthy relationships, including understanding consent and negotiating life online.

Cycle A			
	Relationships	Living in the wider world	Health and wellbeing
Class 1	<ul style="list-style-type: none"> • Different families. • Staying safe (privacy). • Feelings . 	<ul style="list-style-type: none"> • Who do we belong to? • Rules in our school. • Personal information • Penguin pig • Shops and jobs 	<ul style="list-style-type: none"> • Exercise • Healthy food • Keeping clean • Conflict resolutions and sharing • Stranger danger
Class 2	<ul style="list-style-type: none"> • Roles of different people. • Recognizing privacy. • How behavior affects others. 	<ul style="list-style-type: none"> • What rules are. • Using the internet and digital devices. • Strengths and interests. 	<ul style="list-style-type: none"> • Keeping healthy. • Recognizing what makes you unique. • How rules and age restrictions help us.
Class 3	<ul style="list-style-type: none"> • What makes a family. • Personal boundaries. • Recognizing respectful behavior. 	<ul style="list-style-type: none"> • The value of rules and law. • How the internet is used. • Different jobs and skills. 	<ul style="list-style-type: none"> • Health choices and habits. • Personal strengths and achievements. • Risks and hazards.
Class 4	<ul style="list-style-type: none"> • Managing friendships and peer influence. • Physical contact and feeling safe. • Responding respectfully. 	<ul style="list-style-type: none"> • Protecting the environment. • How information online is targeted. • Identifying job interests and aspirations. 	<ul style="list-style-type: none"> • Healthy sleep habits. • Personal identity. • Keeping safe in different situations.

Cycle B

Cycle B			
	Relationships	Living in the wider world	Health and wellbeing
Class 1	<ul style="list-style-type: none"> • Different families. • What it means to have privacy. • Feelings. 	<ul style="list-style-type: none"> • Our community • Rules in our school. • Money in real life 	<ul style="list-style-type: none"> • Healthy and happy life. • Conflict resolutions and sharing • Stranger danger
Class 2	<ul style="list-style-type: none"> • Making friends • Managing secrets • Recognizing things in common and differences. 	<ul style="list-style-type: none"> • Belonging to a group. • The internet in everyday life. • What money is. 	<ul style="list-style-type: none"> • Why sleeping is important • Growing older. • Safety in different environments.
Class 3	<ul style="list-style-type: none"> • Positive friendships. • Responding to hurtful behaviour. • Respecting differences and similarities. 	<ul style="list-style-type: none"> • What makes a community? • How data is shared and used. • Making decisions about money. 	<ul style="list-style-type: none"> • Maintaining a balanced lifestyle. • Physical and emotional changes in puberty. • Medicines and household products.
Class 4	<ul style="list-style-type: none"> • Attraction to others. • Recognizing and managing pressure. • Expressing opinions and respecting others. 	<ul style="list-style-type: none"> • Valuing diversity. • Evaluating media. • Influences and attitudes to money. 	<ul style="list-style-type: none"> • Mental health and ways to take care of it. • Human reproduction and birth. • Keeping personal information safe.