

Personal, Social, Citizenship and Health Education Overview

Rationale	<p>The PSCHE curriculum supports and underpins our aims to ensure all children:</p> <ul style="list-style-type: none"> • are safe; have excellent social and emotional skills; are excellent learners; fulfil their potential
Approach	<ul style="list-style-type: none"> • Thematic weekly lesson each term with progression of skills, language and content • Use of extensive range of picture books throughout to stimulate discussion • Core books revisited every year in all classes: <i>Once upon an ordinary School Day and Something Else</i> • Progression of vocabulary for emotion throughout programme • Assessment using draw and write as a summary of learning in all units • Christopher Winters Project content and material followed for Relationships and Sex Education and Drugs Education (see RSE policy) • Online Safety taught throughout the year (see separate overview) and also as element in PSCHE • Circle Time, Bubble Box and Sage (gender neutral puppet) used as tools for talking and raising issues beyond PSCHE lessons. • Annual projects include: School Council Election; Anti-bullying Mental Health and Citizenship Project, Charity Events

	Understanding our Feelings	Keeping Ourselves Healthy and Safe	A Changing Me in a Changing World
EYFS			
Key Learning	<ul style="list-style-type: none"> ▪ show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. ▪ talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. ▪ -use talk to organise and clarify feelings. 	<ul style="list-style-type: none"> ▪ show understanding of the need for safety when tackling new challenges ▪ consider and manage some risks. ▪ eat a healthy range of foods and understand need for variety in food. 	<ul style="list-style-type: none"> ▪ know about similarities and differences between themselves and other and among families
Year 1			
Prior learning	showing empathy towards other feelings talking about how they and others are feeling. understanding what bullying is, and resolving disagreements.	knowing the importance of PE, a healthy diet and knowing ways to stay healthy and safe. understanding feelings of self and others	discussing similarities and difference in relation to friends or family.
Key learning	<ul style="list-style-type: none"> ▪ Develop emotional literacy. ▪ Recognise and understand own and others' feelings Discuss their feelings with their class and new teacher. ▪ Understand the importance of talking about their feelings. 	<ul style="list-style-type: none"> ▪ Recognise own feelings and how to deal with them. ▪ Understand how to keep themselves healthy and safe online and offline. ▪ Discuss importance of both physical and mental health. 	<ul style="list-style-type: none"> ▪ Discuss changes in life and understand which they have choice over and which they don't. ▪ Understand the importance of hygiene. ▪ Develop awareness of the value of money ▪ Recognise social issues, what is being done and how to help.
Year 2			
Prior learning	identifying emotions and the importance of discussing them.	keeping safe online and offline, learning of discussing emotions and the physical sensations which come with them.	understanding changes – personal and family; awareness of money and of social issues.
Key Learning	<ul style="list-style-type: none"> ▪ Increase range of words for different emotions ▪ Recognise 'strength' of emotions. ▪ Recognise physical sensations and behaviours which relate to emotions. 	<ul style="list-style-type: none"> ▪ Understand the importance of confidence ▪ Identify ways to look after their bodies and minds. ▪ Know what is safe and unsafe -when something is too risky ▪ Understand the importance of thinking before putting things online? ▪ Discuss importance of both physical and mental health 	<ul style="list-style-type: none"> ▪ Recognise ways to care for others. ▪ Understand the difference between male and females. ▪ Identify how to keep money safe. ▪ Recognise social issues, what is being done and how to help.
Year 3			
Prior learning	how to cope with and describe their own emotions.	knowing what safe and unsafe situations how others actions can impact people online.	of differences between male and female understanding how to be responsible with money.
Key Learning	<ul style="list-style-type: none"> ▪ Develop emotional literacy further to give accuracy in articulating feelings (note importance of this with start of puberty for some children) ▪ Recognise how to help others cope with emotions and build up strategies to use to manage these ▪ Understanding how to overcome negative emotions 	<ul style="list-style-type: none"> ▪ Understand what is a healthy activity in a real life situation outside of school ▪ Understand about smoking and impacts. ▪ Recognise the impacts of technology use and how this impacts their personal and virtual community. 	<ul style="list-style-type: none"> ▪ Develop new perspectives on change that will help them to be more resilient in the future ▪ Understand how to manage difficult feelings about change? ▪ Recognise differences between male and female (pets) ▪ Identify different types of touch and understanding personal space and what to do if they feel uncomfortable with someone. ▪ Recognise differences and similarities of families. ▪ Develop an awareness between needs and wants
Year 4			
Prior Learning	how to overcome fear; how to be patient.	how to keep healthy; understanding of the types of information that are safe to share online.	the positives of change and how they make us feel. understanding of where money comes from.
Key Learning	<ul style="list-style-type: none"> • Continue to develop emotional literacy • Articulate emotions particularly when going through changes. • Develop strategies to deal with different emotions and explore sensations so that different emotions can be identified 	<ul style="list-style-type: none"> • Develop understanding of how to keep healthy and safe in different ways • Explore ways to relax and the importance of looking after their mental health as well as physical Understand effects of alcohol • Discuss importance of both physical and mental health 	<ul style="list-style-type: none"> • Develop ways to cope with difficult changes. • Understand each step of the human life cycle. • Understand what puberty is and how it affects people. • Recognise social issues and what can be done about them.
Year 5			
Prior learning	understanding of emotion in awareness, reasoning, articulating, managing and interpreting	managing worries and emotions surrounding change. understanding of what it is to be an online citizen.	puberty affects one's emotions. making good choices with money.
Key learning	<ul style="list-style-type: none"> ▪ Recognise the link between emotions, sensations and behaviours. ▪ Understand that external impressions may be different from internal feelings/thoughts. ▪ Understand how to control their emotions. ▪ Develop their awareness of how it feels to be calm and relaxed and share strategies of how to keep calm. ▪ Develop their understanding of the concept of respect, recognising respectful and disrespectful behaviours and the impact of them. 	<ul style="list-style-type: none"> ▪ Identify emotions and the different levels of the emotion. ▪ Recognise other opinions on drugs and identify effects of them. ▪ Understand how to protect themselves online. ▪ Discuss importance of both physical and mental health. 	<ul style="list-style-type: none"> ▪ Understanding why we change in puberty and how our emotions change. ▪ Discuss how to take care of ourselves during puberty. ▪ Understand the importance of looking after money and the risks and consequences of borrowing money ▪ Recognise social issues, what is being done and how to help.
Year 6			
Prior learning	how to recognise and control emotions understanding the links between emotions and behaviour	Understanding drugs beliefs and attitudes surrounding them. online bullying and how to deal with it.	how to look after our bodies during puberty and the emotions that change during this time
Key learning	<ul style="list-style-type: none"> ▪ Develop emotional literacy to explain newfeelings. ▪ Identify and explain their views related to emotions ▪ Challenge stereotypes ▪ Understand that all emotions are ok 	<ul style="list-style-type: none"> ▪ Recognise how emotions can affect others. ▪ Discuss importance of both physical and mental health. ▪ Understand the law around drugs and identify risks with drugs. ▪ Identify how to deal with difficult situations online. 	<ul style="list-style-type: none"> ▪ Understand different types of change ▪ Identify different relationships and how to manage feelings with this ▪ Understand how relationships can change ▪ Recognise social issues, what is being done and how to help.

