

## Cotwall End Primary School- PSHE

Curriculum based on the 3 Core Themes : Health and Well being  
Relationships  
Living in the Wider World

Other Core skills will also be covered throughout Key Stage 1 and 2 such as: working collaboratively, research and debate of topical issues , loss , divorce and bereavement.

One of Our School Values are focused upon each term and these are embedded into the curriculum

Key Stage 1						
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Values</b>	<b>Honesty</b>	<b>Wisdom</b>	<b>Kindness</b>	<b>Happiness</b>	<b>Bravery</b>	<b>Self-Belief</b>
1	<b>Health and Well Being</b> Classroom Rules. Making a classroom a caring environment. Thinking about self and others. Responsibility for their own hygiene, germs and how to stop these spreading.	<b>Health and Well Being</b> <b>How do I feel?</b> My feelings and other people Happy/sad Yes/No feelings <b>Relationships</b> Managing friendships Teasing and bullying ,who to go to for help	<b>Health and Well Being</b> Male/female Similarities and differences. Naming Body Parts <b>Rights over own body</b> Responsibility to accept no Good touch, bad touch.	<b>Health and Well being</b> What constitutes a healthy lifestyle? Favourite TV programmes Number of hours per day? What time of day? Where watched and with whom? What Else could I do to stay active?	<b>Health and Well Being</b> Medicines Household chemicals Kitchen sink Garden shed Bathroom cabinet Household products can be harmful if not used properly.	<b>What have I Achieved?</b> Review of learning Developing understanding of personal goals Transition to next stage of learning
2	<b>Health and Well Being</b> Classroom Rules. Making a classroom a caring environment. Thinking about self and others. Rules for keeping Safe in the Environment- Road Safety.	<b>Health and Well Being</b> How have I changed? Baby to now- How people's needs change growing from young to old.	<b>Health and Well being</b> People who help us: In school At home Different people Different roles <b>Wider World</b> Money is earned by doing a job, keeping it safe , choices about spending.	<b>Relationships</b> How to resist teasing and bullying Who to go to for help Recognize when people are being unkind to others, who to tell and what to say. <b>Wider World</b> Local Environment and how to look after it.	<b>Health and Well being</b> Diet Analysis of diet Classification of food Healthy Eating Dental Health Importance of looking after our teeth.	<b>What have I Achieved?</b> Review of learning Developing understanding of personal goals Transition to next stage of learning

Key Stage 2						
Values	Honesty	Wisdom	Kindness	Happiness	Bravery	Self-Belief
3	<b>Health and Well being</b> Why do we need rules? Rules in the classroom Rules at home. Similarities and differences Reasons why	<b>Relationships</b> Celebrating difference Challenging stereotype <b>Wider World</b> Responsibility at school, home and the environment.	<b>Relationships</b> Develop skills to maintain a good relationship. Conflict and Causes Recognising and acknowledging Emotions in difficult situations. Who to talk to for help.	<b>Health and Well being</b> What technology is in my home? Who uses it? Safe use of technology at home/with friends Safety on-line.	<b>Wider World</b> What is a community? Which communities do I belong to? How does it impact on me? How do I affect it? Local Community: Who supports us? Who do we support?	<b>What have I Achieved?</b> Transition to next stage of learning Preparation for new school where appropriate Review of learning Reviewing/setting personal goals
4	<b>Relationships</b> Positive and Negative Teasing/bullying/nicknames/coping strategies Self Image Body Image	<b>Health and Well Being</b> School Rules about basic health and safety. Basic emergency aid procedures, where and how to get help.	<b>Health and Well Being</b> Alcohol and tobacco -Effects Implications Medicines and other substances. Safe and unsafe. What is meant by the term habit and how they are hard to change.	<b>Wider World Learning about money</b> Why save money? Where can we save? Saving to spend	<b>Relationships</b> Differences and similarities between people -family, cultural. Ethnic, religious, age, gender-equal opportunities. Challenge stereotypes.	<b>What have I Achieved?</b> Transition to next stage of learning Preparation for new school where appropriate Review of learning Reviewing/setting personal goals
5	<b>Relationships</b> What is bullying? Why is it wrong? What is anti-social behaviour? Why is it wrong?	<b>Health and Well being</b> Balance of diet and activity Computer games Age classifications Hours per day / time? Played where with whom? Different games in different places?	<b>Wider World</b> Looking after the Environment. Looking after our planet. Environmental issues	<b>Health and Well being.</b> Differentiate between terms risk and hazard and danger. Social networking Mobile phones Personal safety Children to offer recommendations to scenarios.	<b>Health and Well being</b> Pressure to behave in a certain way can come from friends  Peer Pressure	<b>What have I Achieved?</b> Transition to next stage of learning Preparation for new school where appropriate How will it help me in the future? Reviewing/setting personal goals
6	<b>Relationships</b> How do I behave? Peer pressure, bullying, racism, & homophobia Media- Can newspapers be biased? How trustworthy is information on the Internet?	<b>Wider World</b> Lives of others around the World. What is aid for? Is it important? Is aid always good? What is fair trade? Is fair trade important? Is fair trade always good?	<b>Health and well being</b> Effects of use / misuse Law related to alcohol, tobacco and solvents effects of use/misuse <b>Peer Influences</b> Coping with pressure to take substances Personal Responsibility Social Responsibility	<b>Wider World</b> About the role money plays in their own and others' lives, - money management Understand concept of terms interest, loan, debt, and tax. Enterprise and the skills needed to be successful.	<b>Health and Well Being. "The Talk"</b> <b>Puberty</b> Hygiene Development Changes Males/females	<b>Rite of Passage</b> Transition to ... new key stage new school Looking Forward <b>What have I Achieved?</b> How will it help me in the future? Reviewing/setting personal goals