

**Burley and Woodhead CE Primary School
PSHE Curriculum 2016-17**



Our program of study identifies the key concepts and skills that underpin PSHE education, fulfilling our statutory responsibility to support children’s spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life.

It is based on three core themes within which there will be broad overlap and flexibility:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

The overarching aim is to provide our children with:

- ❖ Accurate and relevant knowledge
- ❖ Opportunities to turn that knowledge into personal understanding
- ❖ Opportunities to explore, clarify and if necessary challenge, their own and others’ values, attitudes, beliefs, rights and responsibilities
- ❖ The skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives

Long Term:

Each half term our year groups will cover the same theme and will revisit the topic the following year as part of a progressive spiral curriculum. It must be noted that as our curriculum is tailored to best fit the needs of our children it is reviewed regularly to ensure we address any relevant issues. In addition we explore our half termly Christian value through the context of our PSHE units on a rolling two yearly cycle (current year in bold).

TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
THEME	Learning me – Growth Mindset	Global me – making a positive contribution	Safe me – relationships, online safety	Healthy me – Mental health, Medicine and drugs <i>stat req for Drugs Ed</i>	Creative me - Relationships, Growing and Changing <i>stat req for Sex Ed</i>	Collaborator me - Enterprise
Christian Value	Courage Perseverance	Compassion Service	Friendship Truthfulness	Forgiveness Respect	Thankfulness Trust	Generosity Justice

Core theme 1 – Health and wellbeing

- ❖ What is meant by a healthy lifestyle
- ❖ How to maintain physical, mental and emotional health and wellbeing
- ❖ How to manage risks to physical and emotional health and wellbeing
- ❖ Ways of keeping physically and emotionally safe
- ❖ About managing change, such as puberty, transition and loss
- ❖ How to make informed choices about health and wellbeing and to recognise sources of help with this
- ❖ How to respond in an emergency
- ❖ To identify different influences on health and wellbeing

Core theme 2 – Relationships

- ❖ How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
- ❖ How to recognise and manage emotions within a range of relationships
- ❖ How to recognise risky or negative relationships including all forms of bullying and abuse
- ❖ How to respond to risky or negative relationships and ask for help
- ❖ How to respect equality and diversity in relationships

Core theme 3 – Living in the Wider World

- ❖ About respect for self and others and the importance of responsible behaviours and actions
- ❖ Abouts rights and responsibilities as members of families, other groups and ultimately citizens
- ❖ About different groups and communities
- ❖ To respect equality and to be a productive member of a diverse community
- ❖ About the importance of respecting and protecting the environment
- ❖ About where money comes from, keeping it safe and the importance of managing it effectively
- ❖ How money plays an important part in people's lives
- ❖ A basic understanding of enterprise

	Autumn 1 Learning me	Autumn 2 Global me	Spring 1 Safe me	Spring 2 Healthy me	Summer 1 Creative me	Summer 2 Collaborator me
Reception	Growth Mindset Zones of working The learning pit Challenge How the brain works The power of yet	United Nations – rights of the child Fairtrade	Anti-bullying NSPCC pants are private Different love, same families (Stonewall) Online safety	Keeping healthy People who help me keep healthy What goes into or on to my body Name and recognise different emotions	Male and female Baby animals Human babies and changes Making friends Special people Differences between boys and girls	Enterprise
Year 1	Growth Mindset Zones of working The learning pit Challenge How the brain works The power of yet	United Nations – rights of the child Fairtrade	Anti-bullying NSPCC pants are private Different love, same families (Stonewall) CEOP online safety	How medicines get into my body, how medicines keep us healthy How medicines and other substances harm me Mindfulness	Male and female Growing and changing Friends Families of all kinds Gender stereotypes	Enterprise
Year 2	Growth Mindset Zones of working The learning pit Challenge How the brain works The power of yet	United Nations – rights of the child Fairtrade Local democracy	Anti-bullying NSPCC pants are private Different love, same families (Stonewall) CEOP online safety	How medicines and alcohol affect the body How medicines and alcohol harm me Making safe choices Mindfulness	Male and female Growing and changing Friends Families of all kinds Gender stereotypes	Enterprise
Year 3	Growth Mindset Zones of working The learning pit Challenge How the brain works The power of yet	United Nations – rights of the child Fairtrade	Anti-bullying NSPCC pants are private Different love, same families (Stonewall) CEOP online safety	How people keep healthy How smoking affects the body Making healthy choices Mindfulness	Changes in my lifetime Parts of the body Life cycles Families of all kinds Relationships and types of love Gender and stereotypes	Enterprise
Year 4	Growth Mindset Zones of working The learning pit Challenge How the brain works The power of yet	United Nations – rights of the child Fairtrade Linking schools – joint working with school in centre of Bradford	Anti-bullying NSPCC pants are private Different love, same families (Stonewall) CEOP online safety	Legal drugs in society The safe use of legal substances and medicines Friendships, relationships and influences Mindfulness	Changes in my lifetime Parts of the body Life cycles Families of all kinds Relationships and types of love Gender and stereotypes	Enterprise
Year 5	Growth Mindset Zones of working The learning pit Challenge How the brain works The power of yet	United Nations – rights of the child Fairtrade	Anti-bullying NSPCC pants are private Different love, same families (Stonewall) Alright Charlie CSE resources	Why do people use drugs and solvents? Resisting peer pressure What to do in an emergency Mindfulness	Reproduction of animals Puberty Menstruation Parenting Personal hygiene	Enterprise
Year 6	Growth Mindset Zones of working The learning pit Challenge How the brain works The power of yet	United Nations – rights of the child Fairtrade Archbishop of York Young Leader's Award	Anti-bullying NSPCC pants are private Different love, same families (Stonewall) Alright Charlie CSE resources	Facts about illegal drugs Influences on behaviour and stereotyping Resisting peer pressure and accessing sources of support Mindfulness	Human reproduction Personal hygiene Parenting What makes a family?	Enterprise

