



## PSHE

### Vision

At Village Primary, Personal, Social and Health Education (PSHE) enables our children to become healthy, independent and responsible members of our local community, Thornaby and in the role of a global citizen.

PSHE's intent is to help our children understand how they are developing personally and socially, whilst tackling many of the moral, social and cultural issues that are part of growing up to develop healthy, safe relationships. We provide our children with opportunities to learn about rights and responsibilities and, in light of technological advancement and social media, understand what it means to be a member of a diverse and rapidly changing society.

Using the scheme of work from Life-wise, PSHE is delivered under each of the core themes

- health education
- relationships education

Life wise is based on the end of primary stage goals for the new DFE relationships, physical health and mental well-being education programme (2019). As well as encapsulating all the requirements of the National Curriculum, it also strengthens pupils' physical health, educates pupils about their mental wellbeing, equips pupils with skills for life, encourages the right values and maintaining a healthy lifestyle and teaches necessary survival skills. In addition to this, by using a range of strategies (Global Goals and Growth Mindset) we prioritise equipping every child with the skills they need to **'Explore, Dream and Discover'**. Through the use of 'Philosophy for Children' (P4C) we encourage them to challenge ideas and voice their opinions in a safe environment.

Our children are encouraged to be proud and to develop their sense of self-worth by playing a positive role in contributing to school life and the wider Thornaby community. We listen to the needs of the community and respond to current local, national and international issues in an age appropriate way. British Values are taught throughout the PSHE curriculum and cross-curricular links are made where possible. We strongly believe that it is vital that children fully understand and promote British Values as they equip children to contribute to their community and Village Values celebrate when children display these crucial life skills.



### PSHE - Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key</b>	* Survival * Well-being * Lifestyle * Life prep * Sex education (RSE) * Drugs awareness *					
<b>Year 1</b>	Braving the weather  Road safety  Emergency services  <b>Global goal 13</b>	Communication  Trust  Firework safety  <b>Global goal 16</b>	Safety symbols  Food and what not to eat  Water safety <b>Global goal 3</b>	My body belongs to me  Caring for animals  Animals and our lives  <b>Global goal 15</b>	Caring for nature  Signalling and sign language  Save our earth!  <b>Global goal 13</b>	Grow your own!  Running out of resources  Recycling and waste  <b>Global goal 13</b> <b>Global goal 12</b>
<b>End points</b>	<ul style="list-style-type: none"> <li>I can identify what resources I need for different types of weather</li> <li>I understand the importance of road safety</li> <li>I can talk about different types of emergency services and how they can help me</li> <li>I know why happiness is important.</li> </ul>	<ul style="list-style-type: none"> <li>I know whom a safe person to talk to is.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify different types of safety symbols</li> <li>I can talk about the effect different foods can have on my body</li> <li>I understand the importance of water safety and how I can keep myself safe around water</li> </ul>	<ul style="list-style-type: none"> <li>I understand how to treat animals.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how to care for nature.</li> <li>I know why sign language is important.</li> <li>I can talk about ways to save the earth.</li> </ul>	<ul style="list-style-type: none"> <li>I can talk about unsustainable resources.</li> <li>I can tell you why recycling is important.</li> </ul>



<p>Year 2</p> <p>Forest survival navigation</p>	<p><b>Happiness</b></p> <p>It's okay not to be okay</p> <p>Anger – difficult feelings and behaviour (British Values – Individual Liberty)</p>	<p><b>Feeling sad</b></p> <p>A problem shared is a problem halved</p> <p>Dealing with loss</p>	<p><b>Personal goal setting</b></p> <p>The art of failure</p> <p>Relaxation</p>	<p><b>My body is growing</b></p> <p>Fire safety</p> <p>First aid/CPR</p> <p>Global goal 3</p>	<p><b>Fight or flight</b></p> <p>Desert island</p> <p>Medicines and drugs (British Value – The Rule of Law)</p> <p>Global goal 3</p>	<p><b>Environment</b></p> <p>Wildlife</p> <p>Cyber safety</p> <p>Global goal 13</p>
<p>End points</p>	<ul style="list-style-type: none"> <li>I know what to do when we're not okay.</li> <li>I know what to do when I'm not okay.</li> <li>I look at ways that can help me cope with the loss of a loved one.</li> <li>I know what sadness is.</li> </ul>		<ul style="list-style-type: none"> <li>I know how to set personal goals.</li> <li>I know what is important when I set personal goals</li> <li>I understand the reasons why failure is important.</li> <li>I know how relaxation can help me.</li> <li>I know how humans grow and develop.</li> <li>I know about the 3 Ps when we talk about fire safety: Prevent, Plan and Practice.</li> </ul>		<ul style="list-style-type: none"> <li>I know what the 'fight or flight' response is.</li> <li>I know that sometimes people have to learn to survive in difficult situations or conditions.</li> <li>I understand what drugs and medicines are and how they can be used to help us.</li> <li>I understand how to keep myself safe.</li> <li>I understand how plastic can cause problems for our planet</li> <li>I know how you can help endangered wildlife in your area.</li> <li>I know that information and data is shared and used online.</li> </ul>	
<p>Year 3</p>	<p><b>Relationships with others</b></p> <p>Helping others to get help</p>	<p><b>Mindfulness</b></p> <p>Self-image</p> <p>Anxiety</p>	<p><b>Stress</b></p> <p>Problem solving and time management</p>	<p><b>My body, your body</b></p> <p>Renewable energy</p> <p>Living with little</p>	<p><b>Playing outside</b></p> <p>Dares and crazes</p> <p>Bullying and teasing</p>	<p><b>Safety at home</b></p> <p>Honesty</p> <p>Young carers</p>



	<b>Growth mindset</b>		<b>Self-worth</b>	<b>Global goal 1 Global goal 3 Global goal 13</b>		<b>Global goal 10</b>
<b>End points</b>	<ul style="list-style-type: none"> <li>I can identify different types of relationships.</li> <li>I know how I can build my growth mindset.</li> <li>I can help others appropriately.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand what mindfulness is.</li> <li>I know what self-image is and how it can be affected.</li> <li>I can identify times when I may feel anxious.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify times when I or others may feel stressed.</li> <li>I understand what time-management is.</li> <li>I can overcome self-worth.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify bones in my body.</li> <li>I can identify sources of renewable energy</li> <li>I can talk about an acceptable standards of living</li> </ul>	<ul style="list-style-type: none"> <li>I can explain the positive impact being outside has on my body</li> <li>I can make the right choices</li> <li>I understand the impact of unkind words and actions</li> </ul>	<ul style="list-style-type: none"> <li>I can identify different hazards in my home</li> <li>I understand the importance of honesty</li> <li>I can explain the role of a young carer</li> </ul>
<b>Year 4</b>	<p><b>Respect</b></p> <p><b>Problem solving and resourcefulness</b></p> <p><b>Leadership</b></p>	<p><b>A balanced diet</b></p> <p><b>Healthy eating</b></p> <p><b>The importance of physical activity</b></p>	<p><b>Where does my food come from?</b></p> <p><b>Sleep</b></p> <p><b>Screen time</b></p> <p><b>Global goal 3</b></p>	<p><b>Keeping my body safe</b></p> <p><b>Vaccinations and disease</b></p> <p><b>Food allergies</b></p> <p><b>Global goal 3</b></p>	<p><b>Food hygiene</b></p> <p><b>Drinking and driving</b></p> <p><b>Panic attacks</b></p> <p><b>Global goal 3</b> <b>Global goal 16</b></p>	<p><b>Taking care of our elderly</b></p> <p><b>Alzheimer's and dementia</b></p> <p><b>Going into hospital</b></p> <p><b>Global goal 3</b></p>



<p><b>End points</b></p>	<ul style="list-style-type: none"> <li>• I know what respect is and why this is important when working with others</li> <li>• I know what qualities make a good leader</li> </ul>	<ul style="list-style-type: none"> <li>• I understand how exercise supports the function of the human body.</li> <li>• I know that a balanced diet supports the function of the human body</li> <li>• I know what physical activity is</li> </ul>	<ul style="list-style-type: none"> <li>• I know how much sleep we should get</li> <li>• I know how screen time can affect us mentally</li> </ul>	<ul style="list-style-type: none"> <li>• I know what I can do when someone makes me feel uncomfortable</li> <li>• I know how to keep my body safe</li> </ul>	<ul style="list-style-type: none"> <li>• I understand why we sometimes don't feel OK</li> <li>• I know how drinking can affect people</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to take care of others</li> <li>• I know what going into hospital might involve</li> </ul>
<p><b>Year 5</b></p>	<p><b>Learning</b></p> <p><b>Resilience</b></p> <p><b>Teamwork</b></p>	<p><b>Dealing with adversity</b></p> <p><b>Responsibility and inspiration</b></p> <p><b>Body language and communication</b></p>	<p><b>You get out what you put into life</b></p> <p><b>Communicating effectively</b></p> <p><b>The digital world</b></p>	<p><b>Respecting others – boundaries and beliefs</b></p> <p><b>My body changes</b></p> <p><b>The NHS</b></p> <p><b>Global goal 3</b></p>	<p><b>Supporting the community</b></p> <p><b>Saving money</b></p> <p><b>Borrowing money</b></p> <p><b>Global goal 3</b></p>	<p><b>Junk food</b></p> <p><b>Nutritional values</b></p> <p><b>The human body</b></p> <p><b>Global goal 3</b></p>
<p><b>End points</b></p>	<ul style="list-style-type: none"> <li>• I know how to practise resilience in relationships and</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to identify bullying, teasing or pressure and</li> </ul>	<ul style="list-style-type: none"> <li>• I know that effective communication can keep me safe</li> </ul>	<ul style="list-style-type: none"> <li>• I know how the NHS can support parents/carers to look after my health</li> </ul>	<ul style="list-style-type: none"> <li>• I know how to make responsible decisions about saving money</li> </ul>	<ul style="list-style-type: none"> <li>• I know that I have a responsibility to keep myself healthy and that</li> </ul>



	<p>to keep working at them</p> <ul style="list-style-type: none"> <li>I know the qualities needed to be a good team player</li> </ul>	<p>how to report a problem</p>	<ul style="list-style-type: none"> <li>I know that friendships can be made through being kind and by showing acts of kindness and by spending time with others</li> <li>I know that too much time spent in the digital world can cause damage to my health</li> </ul>	<ul style="list-style-type: none"> <li>I know that families all look different in Thornaby</li> <li>I can talk about mood swings in puberty</li> </ul>	<ul style="list-style-type: none"> <li>I know how to work alongside others with a common goal</li> </ul>	<p>too much junk food is unhealthy</p> <ul style="list-style-type: none"> <li>I know that my mind should not be inactive for a long time and how to improve my physical activity</li> </ul>
Year 6	<p>From learning to working</p> <p>How to write a cv</p> <p>Entrepreneurship/ Enterprise and business</p> <p><b>Global goal 8</b> <b>Global goal 11</b></p>	<p>The power of negotiation</p> <p>The Government</p> <p>The Law (British Value – The Rule of Law and Democracy)</p> <p><b>Global goal 16</b></p>	<p>The organisation of life</p> <p>Tax</p> <p>Banks</p> <p><b>Global goal 8</b></p>	<p>Pensions</p> <p><b>My amazing body</b></p> <p>Drugs, alcohol and smoking (British Values – The Rule of Law)</p> <p><b>Global goal 3</b></p>	<p>Sport and racism</p> <p>Radicalisation</p> <p>Terrorism and keeping safe</p> <p><b>Global goal 16</b></p>	<p>Carrying weapons</p> <p>Gambling and debt</p> <p>Public transport (British Values – The Rule of Law)</p> <p><b>Global goal 16</b></p>
End points	<ul style="list-style-type: none"> <li>I know how exam results can help us to reach our career goals.</li> </ul>		<ul style="list-style-type: none"> <li>I <b>know</b> about tax, why we pay it and how it works.</li> <li>I <b>know</b> about National Insurance and what it is for.</li> </ul>		<ul style="list-style-type: none"> <li>I can appreciate that Human Rights are often seen as controversial and that some people may want them scrapped.</li> <li>I am able to develop skills and knowledge to participate in open and respectful</li> </ul>	



	<ul style="list-style-type: none"> <li>• I know about how to become an entrepreneur.</li> <li>• I know about what we might need to build our own business.</li> <li>• I understand what needs to be included in a CV.</li> <li>• I know about how laws have been changed in the past.</li> <li>• I know how a law is made and the consequences of not following laws.</li> <li>• I know about how youth activism can challenge any imbalance in power.</li> <li>• I know who the current main political parties are.</li> <li>• I know who the current Prime Minister is.</li> <li>• I understand the roles and responsibilities of the Government.</li> </ul>	<ul style="list-style-type: none"> <li>• I understand why it is important to have an organised life.</li> <li>• I know about the ways in which we could organise our life.</li> <li>• I can identify some national banks.</li> <li>• I understand why banks are important in our lives.</li> <li>• I know about how banks work and why we need them.</li> <li>• I understand how to pay into a pension and know how it works.</li> <li>• I understand what a pension is.</li> <li>• I know why having a pension is important.</li> <li>• I understand intimate relationships.</li> <li>• I know what is needed in intimate relationships.</li> <li>• I understand relationships.</li> <li>• I know what consent is.</li> <li>• I understand that substances like alcohol and tobacco have an effect on the human body.</li> <li>• I understand the risks and consequences of using substances such as alcohol and tobacco.</li> <li>• I know who they can trust and to be able to say 'no' to peer pressure.</li> <li>• I understand what drugs and substances are.</li> <li>• I understand how to keep themselves safe.</li> <li>• I know who to talk to if they are concerned about their health or the health of someone they know.</li> <li>• I know the 'positive' and negative effects that drugs have on our bodies and minds.</li> </ul>	<p>dialogue and debate about universal rights.</p> <ul style="list-style-type: none"> <li>• I can appreciate that Human Rights are often seen as controversial and that some people may want them scrapped;</li> <li>• I am able to develop skills and knowledge to participate in open and respectful dialogue and debate about universal rights.</li> </ul> <ul style="list-style-type: none"> <li>• I know how exam results can help us to reach our career goals.</li> <li>• I know about how to become an entrepreneur.</li> <li>• I know about what we might need to build our own business.</li> <li>• I understand what needs to be included in a CV.</li> <li>• I know about how laws have been changed in the past.</li> <li>• I know how a law is made and the consequences of not following laws.</li> <li>• I know about how youth activism can challenge any imbalance in power.</li> <li>• I know who the current main political parties are.</li> <li>• I know who the current Prime Minister is.</li> <li>• I am understand the roles and responsibilities of the Government.</li> <li>•</li> </ul>
<p><b>Skills Ks1 And</b></p>	<p><b>• That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</b></p>		



**Ks2**

- **How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed**
- **How important friendships are in making us feel happy and secure, and how people choose and make friends**
- **The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties**
- **How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed**
- **The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs**
- **The conventions of courtesy and manners**
- **The importance of self-respect and how this links to their own happiness**
- **About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help**
- **That people sometimes behave differently online, including by pretending to be someone they are not**
- **The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them**
- **How information and data is shared and used online**
- **What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)**





- **About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe**
- **That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact**
- **How to recognise and report feelings of being unsafe or feeling bad about any adult**
- **How to ask for advice or help for themselves or others, and to keep trying until they are heard**
- **How to report concerns or abuse, and the vocabulary and confidence needed to do so**
- **Where to get advice e.g. Family, school and/or other sources**

