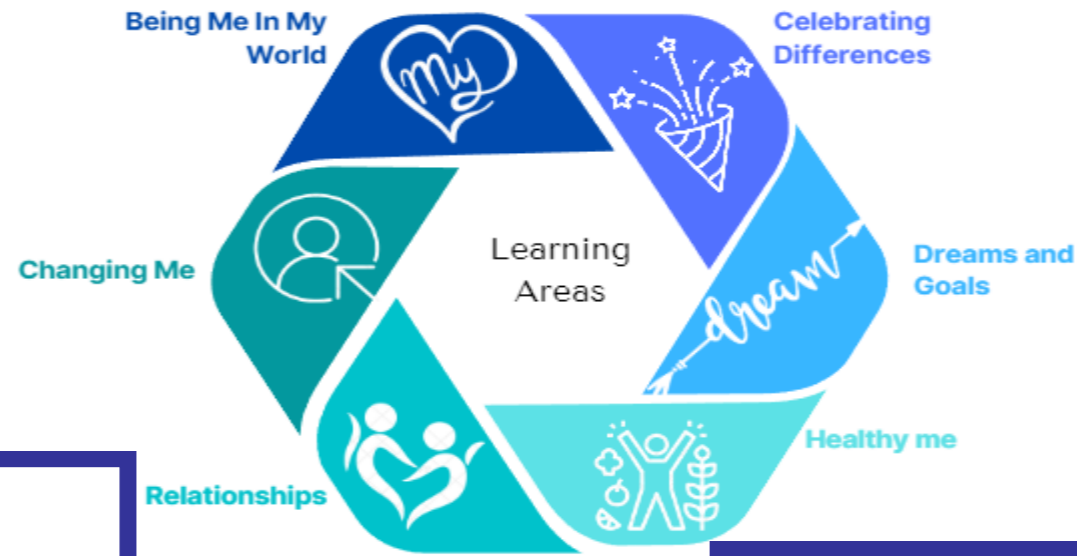




Our Curriculum

PSHE/RSE



**“You’re braver than you believe,
stronger than you seem and
smarter than you think.”**

- Winnie the pooh

EYFS

Early Learning Goal Links:

- See themselves as a valuable individual
- Build constructive and respectful relationships.
- Express their feelings and consider the feelings of others
- Show resilience and perseverance in the face of challenge
- Identify and moderate their own feelings socially and emotionally
- Think about the perspectives of others
- Manage their own needs

YEAR 1

Children will learn about:

Autumn:
Being Me In My World: 'who am I and how do I fit?',
Celebrating Differences: respect for similarity and difference. Anti-bullying and being unique

Spring:
Dreams And Goals: aspirations; how to achieve goals and understanding the emotions that go with this
Healthy Me: being and keeping safe and health

Summer:
Relationships: building positive, healthy relationships

Changing Me: coping positively with change

YEAR 2

Children will learn about:

Autumn:
Being Me In My World: hopes and fears for the year; rights and responsibilities; choices; valuing contributions; recognising feelings
Celebrating Differences: understanding bullying; standing up for self and others; making new friends; gender diversity

Spring:
Dreams And Goals: realistic goals; perseverance; learning strengths
Relationships: different types of family; physical contact boundaries; friendship and conflict; secrets; trust and appreciation

Summer:
Healthy Me: motivation; relaxation; healthy eating and nutrition; sharing food
Changing Me: life cycles; differences in female and male bodies (correct terminology)

YEAR 3

Children will learn about:

Autumn:
Being Me In My World: help others to feel welcome ; our dream school; rewards; consequences and our learning charter
Celebrating Differences: families; family conflict; witness and feelings; words that harm and complimenting differences

Spring:
Dreams And Goals: ambitions; new challenges; overcoming obstacles; celebrating learning.

Healthy Me: being fit and healthy; safe substances; being safe and my amazing body

Summer:
Relationships: family roles; safe online; friendship; being a global citizen.
Changing Me: how babies grow; outside body changes; stereotypes



YEAR 4

Children will learn about:

Autumn:
Being Me In My World: planning for the year; behaviour, including rewards and sanctions; democracy
Celebrating Differences: challenging assumptions; accepting self and others; understanding bullying

Spring:
Dreams And Goals: hopes and dreams; overcoming disappointment; achieving goals; resilience; positive attitudes

Healthy Me: group dynamics; peer pressure; assertiveness; celebrating inner strength

Summer:
Relationships: jealousy; love and loss; getting on and falling out; showing appreciation to people and animals
Changing Me: being unique; having a baby; girls and puberty; change; transition

YEAR 5

Children will learn about:

Autumn:
Being Me In My World: who am I and how do I fit?
Celebrating Differences: respect for similarity and difference; Anti-bullying and being unique

Spring:
Dreams And Goals: aspirations; how to achieve goals and understanding the emotions that go with this
Healthy Me: being and keeping safe and healthy

Summer:
Relationships: building positive; healthy relationships
Changing Me: coping positively with change

YEAR 6

Children will learn about:

Autumn:
Being Me In My World: global citizenship; universal rights; democracy, anti-social behaviour and role-modelling
Celebrating Differences: perceptions; disabilities; bullying; inclusion/exclusion; differences and empathy

Spring:
Dreams And Goals: goals; success; making a difference; motivation and achievement
Healthy Me: personal responsibility; substances; exploitation ('county lines' and gang culture); mental wellness

Summer:
Relationships: worries; support; love; loss; managing feelings; control; assertiveness and technology safety
Changing Me: self-image; puberty conception; attraction; consent; sexting

INTENT

Children will gain the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Teaching children to care for themselves, others and their environment is also an integral part of the school ethos. All children will develop self-confidence and positive relationships and to be able to deal successfully with the challenges and changes life brings. Sex and Relationships Education is lifelong learning about physical, moral and emotional development. Children will understand what is meant by sex, sexuality and sexual health.

IMPLEMENTATION

Children are taught through our Jigsaw Scheme of work. All year groups access 6 topics per year which focus on giving them the skills and knowledge to become responsible global citizens. These topics are taught continuously with increasing complexity and an environment is created where children feel safe and secure to participate and are respectful of each other's questions and responses. Learning objectives are embedded and connected through an array of subjects, including science, computing and history. Year group assemblies are planned to cover any additional block teaching sessions that would benefit the whole year group (e.g. making new friends and learning new routines at the start of a year). All year groups have access to age appropriate 'Educate & Celebrate' books which reference topics such as LGBT+ issues, equal opportunities and gender stereotypes.

IMPACT

Children will be able to demonstrate their understanding through becoming confident, respectful, tolerant and well-rounded pupils who are able to navigate themselves through modern life, knowing where to seek help if necessary.

