

## PSHE (including RSHE) Curriculum Overview

At Cowes Primary School, we firmly believe in the education of the whole child. Personal, Social, Health and Economic (PSHE) is a vital part of that, giving pupils the knowledge, skills and attributes they need to keep them healthy and safe, and manage their lives now and in the future. Relationships and Health Education are now statutory subjects in the Primary Curriculum, and are taught at Cowes Primary within the wider PSHE curriculum, alongside age appropriate Sex Education.

As a school, we have invested in a comprehensive scheme of work from Coram Life Education. Named SCARF (which represents our values for children of Safety, Caring, Achievement, Resilience and Friendship), it provides a whole-school approach to building these essential foundations – crucial for children to achieve their best, academically and socially. SCARF is a whole-school approach to promoting behaviour, safety, achievement and wellbeing.

	Autumn Term	Spring Term	Summer 1
KS1	<u>Living in the Wider World</u>	<u>Relationships</u>	<u>Health &amp; Wellbeing</u>
Year 1	<p><b>Rules, rights and responsibilities:</b> Classroom rules; looking after belongings; belonging.</p> <p><b>Caring for the environment:</b> Caring for the school environment.</p> <p><b>Money:</b> Earning money; how families may spend money.</p>	<p><b>Healthy relationships:</b> Secret or surprise; the PANTS rule and private parts; teasing and bullying; listenign and resolving conflict.</p> <p><b>Feelings and emotions:</b> Reading other people’s emotions; emotions and the body; special people.</p> <p><b>Valuing difference:</b> Showing kindness; qualities of friendship; understanding how people are different.</p>	<p><b>Healthy lifestyles:</b> Healthy foods; managing feelings; hygiene routines; energy for the body; exercise and sleep.</p> <p><b>Keeping safe:</b> Feelings of loss; feeling unsafe; medicines.</p> <p><b>Growing and changing:</b> Learning new skills; internal body parts; private body parts; human life cycle; difference between boys and girls; looking after babies.</p>
Year 2	<p><b>Rules, rights and responsibilities:</b> Contributing to the life of the classroom; agreeing classroom rules; dealing with impulsive behaviour; being part of a group</p> <p><b>Caring for the environment:</b> Caring for the school environment; taking responsibility for the school environment.</p> <p><b>Money:</b> Choices about money; saving; feelings about money</p>	<p><b>Healthy relationships:</b> Safe and unsafe secrets; negotiating skills; body language; uncomfortable touch; bullying and teasing; people who keep us safe.</p> <p><b>Feelings and emotions:</b> describing, expressing and managing feelings; special people; caring for others.</p> <p><b>Valuing difference:</b> effects of kind and unkind behaviour; physical and non-physical differences between people; using words to phrases to show respect.</p>	<p><b>Healthy lifestyles:</b> likes and dislikes; healthy and unhealthy choices; hygiene routines; germs; vaccinations; exercise and sleep; the body and blood.</p> <p><b>Keeping safe:</b> taking action to keep safe; safety and responsibility with medicines; exploring privacy (belongings and information).</p> <p><b>Growing and changing:</b> how humans learn; positive mindsets for learning; stages of growth; male and female babies; naming male and female body parts.</p>

	Autumn Term	Spring Term	Summer 1
LKS2	<u>Living in the Wider World</u>	<u>Relationships</u>	<u>Health &amp; Wellbeing</u>
Year 3	<p><b>Rules, rights and responsibilities:</b> rules for different ages &amp; settings; consequences; origins of those living in the UK; similarities and differences of diverse backgrounds; discussing and debating; different viewpoints &amp; opinions; explaining our thinking; facts and opinions; online safety.</p> <p><b>Caring for the environment:</b> the local environment; defining community and its benefits; volunteering; different methods for looking after the school environment.</p> <p><b>Money:</b> income, saving and spending; needing to save.</p>	<p><b>Healthy relationships:</b> cooperation and collaboration; maintaining positive relationships; risky situations; body space; resolving conflict and making up; bullying and prejudice.</p> <p><b>Feelings and emotions:</b> feeling associated with secrets and surprises; dealing with dares.</p> <p><b>Valuing difference:</b> different types of families; adoption and fostering; challenging others respectfully; name calling.</p>	<p><b>Healthy lifestyles:</b> benefits of the food groups; balanced diets; infectious diseases and reducing the risk of spread; medical and non-medical treatments; internal body parts; the body and blood.</p> <p><b>Keeping safe:</b> identifying and managing risks; people and strategies for keeping safe; the risks of alcohol and cigarettes; helpful and unhelpful drugs; personal information on and off-line; assessing risk and decision making skills.</p> <p><b>Growing and changing:</b> feeling associated with loss; talents and skills; identifying areas of achievement; representation and the media; types of touch and personal space; similarities and differences between males and females; naming male and female body parts.</p>
Year 4	<p><b>Rules, rights and responsibilities:</b> reasons for rules; democratic processes; influence and the media; respecting difference; bystander role in bullying; identifying stereotypes; identifying human rights and responsibilities.</p> <p><b>Caring for the environment:</b> organisation caring the environment; volunteering and wellbeing; supporting the school community; recycling.</p> <p><b>Money:</b> income and expenditure in school and at home; prioritising expenditure.</p>	<p><b>Healthy relationships:</b> positive, healthy relationships; assertiveness in friendships; negotiation and compromise in group work; marriage and civil partnerships.</p> <p><b>Feelings and emotions:</b> identifying feelings; feelings and body states; dealing with dares.</p> <p><b>Valuing difference:</b> different types of relationships; dealing with aggressive behaviour; understanding and appreciating uniqueness; choosing differently from our friends.</p>	<p><b>Healthy lifestyles:</b> Choosing differently from our friends; physical aspects of a healthy lifestyles; planning a healthy menu.</p> <p><b>Keeping safe:</b> Danger, risks and hazards; online image sharing; key risks and effects of smoking and drinking; peer pressure.</p> <p><b>Growing and changing:</b> Intensity of feelings; the physical and emotional changes during puberty.</p>

	Autumn Term	Spring Term	Summer 1
UKS2	<u>Living in the Wider World</u>	<u>Relationships</u>	<u>Health &amp; Wellbeing</u>
Year 5	<p><b>Rules, rights and responsibilities:</b> The role of local councils; health and wellbeing in the media; biased reporting; mutual respect in a diverse society.</p> <p><b>Caring for the environment:</b> Improving local communities; voluntary, community and pressure groups.</p> <p><b>Money:</b> Production and retail costs; personal finance.</p>	<p><b>Healthy relationships:</b> Collaborative working, negotiation and compromise; consequences of positive and negative actions; unhealthy relationships; bullying and gender expression; strategies for ending bullying.</p> <p><b>Feelings and emotions:</b> Responding to how others feel; key qualities of friendship; standing up to dares; accuracy of digital information; sex and gender identity and expression.</p> <p><b>Valuing difference:</b> Maintaining friendships; appropriate and respectful responses to others.</p>	<p><b>Healthy lifestyles:</b> Common misperceptions about smoking and drinking; physical aspects of health and wellbeing; bodily systems; functions of internal organs.</p> <p><b>Keeping safe:</b> Changing habits; strategies to deal with bullying; basic emotional needs; passive, aggressive and assertive behaviours; categorising drugs; risky situations; online identity; protecting personal information; recognising and dealing with disrespectful online behaviour.</p> <p><b>Growing and changing:</b> Identifying strengths and talents; building resilience; separations; physical and emotional changes during puberty and how to manage them; seeking support during puberty.</p>
Year 6	<p><b>Rules, rights and responsibilities:</b> Understand bias in the media; social media; understanding prejudice and the importance of mutual respect; rules and laws.</p> <p><b>Caring for the environment:</b> institutions supporting communities locally and nationally; voluntary, community and pressure groups; living in an environmentally sustainable way.</p> <p><b>Money:</b> The benefits of saving; interest; taxes; the value of public services.</p>	<p><b>Healthy relationships:</b> Challenges within friendships; negotiation and compromise; behaviour in groups; peer influence and pressure; demonstrating assertive behaviour; illegal touch and its consequences.</p> <p><b>Feelings and emotions:</b> Breaking confidence to keep safe; the consequences of positive and negative responses.</p> <p><b>Valuing difference:</b> Different types of relationships; showing respect discriminatory behaviour; bystander behaviour.</p>	<p><b>Healthy lifestyles:</b> Five ways to wellbeing; fame and celebrity; HIV.</p> <p><b>Keeping safe:</b> Addiction, drugs and the law; safe behaviour with communication technologies; independence and responsibility; meeting emotional needs and conflicting emotions; recognising and managing risk.</p> <p><b>Growing and changing:</b> Understanding FGM and the law; positive strategies for dealing with change; stereotypes and the media; aspirational goals; puberty and sexual reproduction; consent and the law.</p>