

PSHE Curriculum

Churchfields Primary School

Guidance

- Each year group has 3 documents - the crucial knowledge, key vocabulary and lesson content.
- The crucial knowledge is what we want all children to know and to be able to talk about.
- The lesson content outlines what should be talked about in class during the unit. This is where we demonstrate most progression throughout year groups. For example, all children should know that 'We should treat each other with respect'. However, when asked to talk about it, we would want Y1 children to be talking about being kind and sharing, whereas with Y6 we would want the children to be talking about resolving conflict in different ways and how we should demonstrate kindness to all, regardless of differences such as gender, race or religion.

Guidance

- Combine as many lesson content statements into one lesson as you feel is appropriate. Many of them lend themselves to being taught side by side.
- Teach the content in whichever order suits your class and spend as long on any particular crucial knowledge statement as you need to. A class that knows to tell an adult if they're uncomfortable but treat each other with disrespect will need more time talking about kindness and less time talking about telling an adult.

Guidance

- Children need to be clearer on what PSHE actually is.
- Can all teachers please copy and paste the logo onto the first slide of every lesson?



Notifying Parents

- Parents need to be notified about what children are being taught, particularly in this unit. We will send a letter outlining the crucial knowledge.
- We also need to send a letter about the NSPCC Talk Pants lessons. This is relationships education, therefore we are notifying, not requesting permission, as it is statutory and therefore permission is not required.

Summer

Health and Wellbeing

Year 3

Crucial Knowledge

Physical Health and Mental Wellbeing

Having enough sleep, good food and doing exercise helps us to be healthy.

Mental wellbeing is how you are generally feeling on the inside.

Physical health is the condition of your body.

Growing and Changing

We are all different and that is a good thing.

We are all important.

Keeping Safe

I need to follow rules so I stay safe.

Different places have different rules.

I should always shout for a grown-up if I need help.

Lesson Content - Y3

Growing and Changing

Recap - Getting older means becoming more responsible and doing things for yourself.

We are all unique and this should be celebrated.

Everybody has important things to say and do.

It is important to voice our thoughts and feelings. This can help us to look after our feelings and control how we respond to other people and their actions.

Self-confidence is how secure you feel in yourself and your abilities.

Your strengths and interests are part of who you are.

Keeping Safe.

Recap - If I see something that makes me uncomfortable, I should tell a trusted adult.

Recap - We need to look both ways to cross the road safely.

Recap - When you see deep water, you need to stay away from the edge so you don't fall in.

Recap - If there is an accident and someone is hurt, shout as loud as you can for help. If there are no grown-ups to help, you can ring 999.

A hazard is something that can be dangerous.

We need to be aware of hazards around us, so we can keep ourselves safe.

Lesson Content - Y3

Physical Health and Mental Wellbeing

Recap - To grow into a healthy adult, we must eat the right amount of the right types of foods, exercise regularly and maintain good hygiene.

Your mental wellbeing can affect your mood and behaviour. Everybody has mental health and it can be better or worse over time.

Your mental wellbeing is important.

Physical health is also really important as it affects how we feel.

Physical health can be affected by our sleep, what we eat, how often we exercise and other behaviours.

A balanced diet helps to keep you healthy, both mentally and physically.

Regular exercise can help both your mental and physical health.

Key Vocabulary - Y3

Physical Health and Mental Wellbeing

Mental - in your brain

Physical - in your body

Balanced diet - eating a wide range of foods from all the different food groups.

Hygiene - keeping your body and surroundings clean

Growing and Changing

Unique - different to all others

Confidence - feeling good about something you can do

Strengths - things you are good at

Interests - things that you like spending time doing or learning about.

Keeping Safe

Uncomfortable - unhappy with something, might bring a strange feeling in your tummy.

Grown-ups - adults, who are 18 years old or older.

Hazard - potential danger.