

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 4

Crucial Knowledge

Physical Health and Mental Wellbeing

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

Dentists help us with our teeth.

There are lots of people who can help us to feel better when we are ill.

It's important to stay clean.

Growing and Changing

We can decide if we want others to touch us or not.

Puberty is when our bodies change to become an adult.

We are all different and that is a good thing.

Keeping Safe

I need to follow rules so I stay safe.

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

Medicine can help us to get better.

All medicines are drugs, but not all drugs are medicines.

Drugs can damage your health.

Lesson Content - Y4

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.

Recap - Brush your teeth twice a day for 2 minutes. You should not eat anything after brushing your teeth.

Recap - A relaxing bedtime routine can help you to get a good night's sleep.

The right diet, exercise and sleep helps us to stay both mentally and physically well and fight illnesses.

If we are ill, we may need to ask for advice from a pharmacist, nurse or doctor.

Visiting the dentist every 6 months helps us to protect the health of our teeth. The dentist can spot any problems early and give us advice.

It is important that we wash regularly and use deodorant to stay clean and fresh.

Keeping Safe.

Recap - Do not go near medicine without a grown-up

Medicines can be liquids, tablets or creams.

Medicines are legal drugs given to you by a doctor. You need to take it exactly as the doctor says.

Never take anyone else's medicine.

Tobacco, alcohol and caffeine are drugs that can damage our health.

Many drugs are addictive.

Cleaning products contain chemicals that can harm us if used incorrectly.

Lesson Content - Y4

Growing and Changing

Recap - NSPCC Talk Pants - Lessons and resources on website

The differences between our bodies are hidden under our underwear.

The parts of our bodies hidden by our underwear are private.

People born as boys have a body part called a penis.

People born as girls have a body part called a vagina.

Our bodies belong to us and we can decide if we want others to touch us or not. This is called consent.

Hormones are the chemical messengers of the body.

Puberty is the process where our bodies start to become like an adult.

Puberty changes the hormones in our body.

People born as girls may start to have a period. This is when they bleed from their vagina and they need to use special products to absorb the blood.

Puberty can change and affect our emotions.

There is no such thing as 'the perfect body'.

Key Vocabulary - Y4

Physical Health and Mental Wellbeing

Mental - in your brain

Physical - in your body

Pharmacist - someone who works in a pharmacy who can give some medication.

Deodorant - a stick, roller or spray that helps to reduce sweating and the smells that come from sweat.

Hygiene - keeping your body and surroundings clean

Growing and Changing

Consent - giving permission for someone to do something.

Hormones - chemical messengers of the body.

Puberty - the process of changing from a child to an adult.

Keeping Safe

Drug - something that, when it goes into our body, changes how we think and/or feel..

Addictive- the more you have, the more you want.

Medicine - something that changes how your body is working to make it better