

# PSHE Curriculum

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Churchfields Primary School

# Guidance

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- 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

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- 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

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- 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

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- 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

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Health and Wellbeing

*Year 1*



# 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.

## Growing and Changing

Goals are things we want to get or do.  
We have private parts of our body.  
People born as girls and people born as boys have different private parts.

## Keeping Safe

I should tell a grown-up I trust if I'm not happy with something.  
Children should only cross the road with an adult.  
Children shouldn't go near medicine without a grown-up.

# Lesson Content - Y1

## Physical Health and Mental Wellbeing

*Recap - Exercise will help you to stay healthy*

*Recap - A good night's sleep will help you to be healthy.*

You need to eat a variety of fruits and vegetables every day.

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

If your teeth hurt, ask a grown-up to take you to a dentist.

## Keeping Safe

*Recap - Some things, like films, have age ratings to keep you safe.*

*Recap - We need to follow online rules to keep safe online.*

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

You should only cross a road with an adult.

Don't go near medicine without a grown-up.

# Lesson Content - Y1

## Growing and Changing

Change helps us to grow and can be a really great thing.

Goals are things we work towards because we want to achieve them.

Change and loss can feel uncomfortable and that's okay.

People's hopes and goals for the future may be different.

Resilience is the ability to keep going even when things are difficult.

### [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.

# Key Vocabulary - Y1

## Physical Health and Mental Wellbeing

Dentist - a person who looks at people's teeth and makes sure they're healthy.

Exercise- moving your body to make it stronger.

## Growing and Changing

Private parts - the parts of our body that are hidden by our underwear.

Penis - the private part of a person who is born as a boy.

Vagina - the private part of a person who is born as a girl.

## Keeping Safe

Uncomfortable - unhappy and weird, might bring a strange feeling in your tummy.

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