

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 6

Crucial Knowledge

Physical Health and Mental Wellbeing

Having enough sleep, good food and doing exercise helps us to be healthy.
It's important to stay clean.
Doctors can help with both our mental and physical health.

Keeping Safe

All medicines are drugs, but not all drugs are medicines.
Drugs can damage your health.
We have choices about what we do with our bodies.

Growing and Changing

Our bodies are all different.
Talking can help us to feel better.

Lesson Content - Y6

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.

Recap - Children between 7 and 12 years old need around 10-11 hours of sleep each night.

Stress is a state of worry caused by a difficult situation.

Breathing exercises, doing things we enjoy, eating nutritious food, talking about it and exercising can help us to manage stress.

Childline, Samaritans and Young Minds can support you if you need it. Trusted adults at school can help to refer you to the right service for you.

Keeping Safe.

Recap - Medicines can make us feel better. You must take them exactly as the doctor says.

Recap - Never take anyone else's medicine.

Smoking cigarettes or vaping damages the lungs.

It is illegal to buy cigarettes, vapes or alcohol under the age of 18.

Drugs contain chemicals which change how you think, feel or what your body is doing.

Taking drugs you don't need is harmful and sometimes illegal.

People who sell illegally drugs that people don't need (not doctors or pharmacists) are known as drug dealers. They are criminals.

Lesson Content - Y6

Growing and Changing

Recap - We are all different and that is a good thing.

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

Recap - It is a good idea to talk to people about how we are feeling and help think of ways to look after our wellbeing.

Body image is the phrase we use to describe how people think and feel about their own bodies.

Messages about how we look can come from peers, adverts, magazines, TV, films and social media.

Any message or picture you send may not remain private.

Up to 100% of images seen in fashion magazines have been edited to make the skin, hair, makeup or bodies look more like the current fashion trends.

Key Vocabulary - Y6

Physical Health and Mental Wellbeing

Hygiene - keeping your body and surroundings clean

Stress - a state of worry caused by a difficult situation

Growing and Changing

Body image - how you feel about your own body

Edited - changed digitally

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