

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 5

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.

We must take care of ourselves when we are in the sun.

Keeping Safe

I need to follow rules so I stay safe.

We have to be aware of things and people around us so we can stay safe.

Growing and Changing

Talking can help us to feel better.

People have different genders.

Romantic relationships don't always look the same.

Lesson Content - Y5

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.

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

Blue light on devices can make it harder to fall asleep.

Children need around an hour of moderate exercise every day.

We need to look after ourselves when in the sun. Wear a hat, cover your skin, seek shade and apply an SPF of at least 15.

The sun can make you poorly if you do not look after yourself - it can cause sunburn, sunstroke and possibly skin cancer.

Keeping Safe.

Recap - A hazard is something that could be dangerous.

We need to constantly assess situations around us for risk, hazards and danger. This helps us to avoid them and stay safe.

Dangerous behaviour can endanger our lives and possibly others.

Lesson Content - Y5

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.

Gender identity is a personal feeling about which gender you feel you are.

People can be attracted to people of the same gender, the opposite gender or both.

For some people, their gender identity is not the same as their biological private parts that they were born with.

Good friends will be respectful to each other and accept them for who they are, regardless of their biological private parts or gender identity.

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

We can help our own wellbeing by exercising regularly, learning new hobbies and interests and talking to people we trust.

Key Vocabulary - Y5

Physical Health and Mental Wellbeing

sunburn - a burn on your skin caused by the sun

sunstroke - when your body temperature rises too high because of the sun and you feel really poorly.

Hygiene - keeping your body and surroundings clean

Growing and Changing

Gender identity - the gender you feel you are.

Biological - from the genes you have from your parents

Keeping Safe

Risk - how much harm something could cause

Hazard - potential danger

Danger - something that could hurt you