

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 2

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.

Medicine can help us to get better.

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. Our bodies change as we grow up.

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 - Y2

Physical Health and Mental Wellbeing

Recap - Exercise will help you to stay healthy

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

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

Recap - Children should never go near medicine without a grown-up.

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

When we touch things, we can pick up germs, which we can spread when we touch other things.

Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.

Sometimes, we need medicine to help us get better.

Keeping Safe.

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

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

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

Listen to grown ups and follow rules to stay safe.

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.

Lesson Content - Y2

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.

Children have lots of body parts that are the same, but some of them are different.

Most of our body parts have special jobs to do.

We all started life as a baby, then grew into toddlers.

Our bodies change as we grow from babies into children, teenagers and adults.

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

Key Vocabulary - Y2

Physical Health and Mental Wellbeing

Germ - a tiny life form that can make someone ill

Exercise- moving your body to make it stronger.

Hygiene - keeping your body and surroundings clean

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

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.

Responsible - able and expected to do things for yourself

Keeping Safe

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

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