

Whole School PSHE Curriculum Overview

	Year 3	Year 4	Year 5	Year 6
Families and friendships	<ul style="list-style-type: none"> What makes a family Features of family life 	<ul style="list-style-type: none"> Positive friendships, including online 	<ul style="list-style-type: none"> Managing friendships and peer influence 	<ul style="list-style-type: none"> Attraction to others romantic relationships civil partnership and marriage
Safe relationships	<ul style="list-style-type: none"> Personal boundaries safely responding to others the impact of hurtful behaviour 	<ul style="list-style-type: none"> Responding to hurtful behaviour managing confidentiality recognising risks online 	<ul style="list-style-type: none"> Physical contact and feeling safe 	<ul style="list-style-type: none"> Recognising and managing pressure consent in different situations
Respecting ourselves and others	<ul style="list-style-type: none"> Recognising respectful behaviour the importance of self-respect courtesy and being polite 	<ul style="list-style-type: none"> Respecting differences and similarities discussing difference sensitively 	<ul style="list-style-type: none"> Responding respectfully to a wide range of people recognising prejudice and discrimination 	<ul style="list-style-type: none"> Expressing opinions and respecting other points of view, including discussing topical issues
Belonging to a community	<ul style="list-style-type: none"> The value of rules and laws rights, freedoms and responsibilities 	<ul style="list-style-type: none"> What makes a community shared responsibilities 	<ul style="list-style-type: none"> Protecting the environment compassion towards others 	<ul style="list-style-type: none"> Valuing diversity challenging discrimination and stereotypes
Media literacy and digital resilience	<ul style="list-style-type: none"> How the internet is used assessing information online 	<ul style="list-style-type: none"> How data is shared and used Appropriate online communication and relationships 	<ul style="list-style-type: none"> How information online is targeted different media types, their role and impact digital footprint 	<ul style="list-style-type: none"> Evaluating media sources sharing things online
Financial education	<ul style="list-style-type: none"> Different jobs and skills job stereotypes Earn, Spend, Save and Donate 	<ul style="list-style-type: none"> Needs and Wants Marketing and persuasion Charities 	<ul style="list-style-type: none"> Budgeting Banks Digital money 	<ul style="list-style-type: none"> Digital money Debt, interest and borrowing National insurance and taxes A wage slip
Physical health and mental wellbeing	<ul style="list-style-type: none"> Health choices and habits what affects feelings expressing feelings 	<ul style="list-style-type: none"> Maintaining a balanced lifestyle oral hygiene and dental care 	<ul style="list-style-type: none"> Healthy sleep habits sun safety medicines, vaccinations, immunisations and allergies 	<ul style="list-style-type: none"> What affects mental health and ways to take care of it managing change, loss and bereavement managing time online
Growing and changing	<ul style="list-style-type: none"> Personal strengths and achievements managing and reframing setbacks 	<ul style="list-style-type: none"> Physical and emotional changes in puberty personal hygiene routines; support with puberty 	<ul style="list-style-type: none"> Personal identity recognising individuality and different qualities mental wellbeing, Menstruation, Puberty 	<ul style="list-style-type: none"> Human reproduction and birth increasing independence managing transitions.
Keeping safe	<ul style="list-style-type: none"> Risks and hazards safety in the local environment and unfamiliar places 	<ul style="list-style-type: none"> Medicines and household products drugs common to everyday life 	<ul style="list-style-type: none"> Keeping safe in different situations, including responding in emergencies, first aid. 	<ul style="list-style-type: none"> Keeping safe in different situations, including responding in emergencies, first aid.

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How do we teach Personal, Social and Health Education at Hursthead Junior School?

- Discrete PSHE lessons
- Reactive PSHE lessons, responding to an issue or situation in class, school, local community or in the news
 - Circle time
 - Collective worship- phase assemblies and class discussions
 - Through our Creative Curriculum topics

What does PSHE incorporate at Hursthead Junior School?

- PSHE spiral curriculum which meets the needs of our school community
 - Statutory Relationships, Sex and Health Education curriculum
 - REAL wheel values
 - Learning Super Powers
 - United Nations Convention on the Rights of the Child
 - British Values
 - Safeguarding
- An understanding of equality, diversity, inclusion and the 9 protected characteristics