

PSHE Curriculum Scheme of Work – Reviewed 2024

Curriculum Intent and Vision Statement:

PSHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up. Ultimately, our aim is to prepare children to be well prepared for their next steps and fully contributing members of society.

PSHE is in a period of change. By Spring 2021, primary schools are legally required to teach: relationship and health education. In order to ensure we have a full and balanced PSHE/RSE curriculum, we will be using the Jigsaw SOW from September 2020.

Implementation of PSHE at our school:

Children have a PSHE lesson once a week of 30-60 minutes following the Jigsaw scheme of work. Each half term the unit is introduced to the whole school, using an assembly by the Headteacher. Lessons follow the following structure: *Connect us, Calm me, Open my mind, Tell me or show me, Let me learn, Help me reflect.*

In addition, weekly values are celebrated and shared across the school, helping to connect themes relating to: British Values, Celebrating Cultures and key events.

However PSHE is not a discrete subject because it is taught throughout the school day, e.g. treating each other with respect on the playground. Children are also encouraged to take on additional responsibilities such as House Captains, School Council and other roles and responsibilities.

We have close links with NSPCC, the Local Police and have been recognised as both a Healthy and Eco School. We aim to involve members of our local community to help broaden children's horizons, as well as giving back to the community through involvement in special events and projects.

The following educational trips and special activities will enhance the teaching and learning in this subject:

Year 3:

- All children are encouraged to attend the Young Voices concert twice during their time at Shottermill Junior School.
- NSPCC visit every two years and support Shottermill Junior School in running an event to raise awareness.
- Overnight stay at school.
- Community Litter Picking.

Year 4:

- All children are encouraged to attend the Young Voices concert twice during their time at Shottermill Junior School.
- NSPCC visit every two years and support Shottermill Junior School in running an event to raise awareness.
- Police visit - Youth Engagement Visit.
- Sayers Croft residential visit.

Year 5:

- All children are encouraged to attend the Young Voices concert twice during their time at Shottermill Junior School.
- NSPCC visit every two years and support Shottermill Junior School in running an event to raise awareness. Year 5 also participate in age appropriate workshops.
- Brenscombe residential visit.

Year 6:

- All children are encouraged to attend the Young Voices concert twice during their time at Shottermill Junior School.
- NSPCC visit every two years and support Shottermill Junior School in running an event to raise awareness. Year 6 also participate in age appropriate workshops.
- Business Enterprise project.
- 'Restart a Heart' First Aid Training.
- 'Try the Train' National Rail experience for those going to Bohunt in Yr 7.
- Chessington World of Adventures day visit.
- Shottermill Care Home ECA weekly visits throughout the year.

Scheme of work to be taught:

Year 3:

- HT1 – Being Me in My World
- HT2 – Celebrating Difference
- HT3 – Dreams and Goals
- HT4 – Healthy Me
- HT5 – Relationships
- HT6 – Changing Me (includes RSE)

Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
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Year 4:

- HT1 – Being Me in My World
- HT2 – Celebrating Difference
- HT3 – Dreams and Goals
- HT4 – Healthy Me
- HT5 – Relationships
- HT6 – Changing Me (includes RSE)

Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
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Year 5:

- HT1 – Being Me in My World
- HT2 – Celebrating Difference
- HT3 – Dreams and Goals
- HT4 – Healthy Me
- HT5 – Relationships
- HT6 – Changing Me (includes RSE)

Ages 9-10	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
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Year 6:

- HT1 – Being Me in My World
- HT2 – Celebrating Difference
- HT3 – Dreams and Goals
- HT4 – Healthy Me
- HT5 – Relationships
- HT6 – Changing Me (includes RSE)

Ages 10-11	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexing Transition
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