

Lingdale Primary School



PSHE Curriculum Map



Intent

At Lingdale Primary School, we feel passionate about children as individuals becoming the best possible version of themselves; we have the highest of expectations for all of our future citizens of the world. Therefore, helping develop each and every child as a whole child lies at the heart of the teaching of Relationships Education. We are committed to ensuring equality of opportunity for all pupils, staff, parents and carers irrespective of race, gender, disability, belief, sexual orientation, age or socio-economic background. We are determined to develop a culture of inclusion and diversity in which all those connected to our school feel proud of their identity and ability to participate fully in school life. We have created an environment which champions respect for all. Our pupils are engaged and committed learners; they show commendable endeavour in their learning and demonstrate self-discipline, resilience and confidence in their journey from primary to secondary school.

Our aims:

- To ensure that subject content will be taught sensitively and teachers will take into account the importance of being respectful of the backgrounds and beliefs of pupils and parents
- To promote the importance of putting in place the key building blocks of health, respectful relationships, family and friendship, including online
- To support children in being the best possible character that they can be – offering skills to become happy, productive and successful members of society
- To highlight the importance of keeping healthy and living a healthy lifestyle
- To foster pupil wellbeing and develop resilience and character
- To develop the personal attributes including kindness, integrity, generosity, honesty, empathy and compassion
- To help prepare pupils for a wide range of experiences in later life

Implementation

At Lingdale Primary School, the teaching of Relationships Education follows the statutory guidance and consists of high quality and age-related teaching and is intrinsic in everything we do. The subject is delivered through a detailed PSHE programme of study (Jigsaw) with a mindful approach. Our PSHE scheme of work supports staff in providing knowledge that enables children at Lingdale to make informal decisions about their wellbeing. We offer a carefully planned progressive programme in a safe and respectful environment where our children feel a sense of security, belonging and tolerance.

Autumn	Spring	Summer
Being Me in My World	Dreams and Goals	Relationships
Celebrating Differences	Healthy Me	Changing Me

EYFS

- See themselves as a valuable individual
- Build constructive and respectful friendships
- Talk with others to solve conflicts
- Form positive attachments to adults and peers
- Regularly share and take turns

Years 1 & 2

Autumn 1
 Feeling special and safe
 Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter

Autumn 2
 Similarities and differences
 Understanding bullying and knowing how to deal with it
 Making new friends
 Celebrating the differences in everyone

Spring 1
 Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success Keeping myself healthy Healthier lifestyle

Spring 2
 choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness

Summer 1
 Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person self acknowledgement Being a good friend to myself Celebrating special relationships

Summer 2
 Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies Linking growing and learning coping with change Transition

Years 3 & 4

Autumn 1

Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives

Autumn 2

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

Spring 1

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

Spring 2

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

Summer 1

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

Summer 2

How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Years 5 & 6

Autumn 1

Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating

Autumn 2

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

Spring 1

Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation

Spring 2

Smoking, including vaping Alcohol and anti-social behaviour Emergency aid body image Relationships with food Healthy choices Motivation and behaviour

Summer 1

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 SMARRT internet safety rules

Summer 2

Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition