

<u>EY</u>	Healthy Lifestyles Respect and Diversity Kindness and Forgiveness	Myself & Others Respect and Diversity Kindness and Forgiveness Independence	Body Awareness Respect and Diversity	Community and Local Environment Honesty and Reliability
	<p><u>Making Choices</u></p> <ul style="list-style-type: none"> • To confidently express personal preferences • To develop awareness of individuality • To develop understanding of choices • To recognise and make choices which have consequences • To develop co-operative skills including sharing and turn taking • To develop an understanding of the importance of co-operation <p><u>Keeping Clean</u></p> <ul style="list-style-type: none"> • To develop an awareness of the need to keep clean • To develop an awareness of sequences • To establish everyday routines • To encourage the development of personal hygiene habits • To develop an awareness of the need to take care of our teeth <p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • To develop awareness of the benefits of medicine if used correctly • To highlight the dangers and risks of putting unknown substances or other people's medicines into the body. <p><i>Primary Care Trust Session</i> <i>Handwashing</i></p> <p><i>Student dentists –Session on oral hygiene</i></p>	<p><u>Who am I?</u></p> <ul style="list-style-type: none"> • To begin to use a descriptive language about ourselves • To begin to develop name and letter recognition • To listen to others • To respond to questions • To encourage a sense of being unique • To experience a sense of belonging • To recognise different feelings and what might cause them • To cope with feelings in a positive way 	<p><u>Parts of my body (Growing)</u></p> <ul style="list-style-type: none"> • To extend body vocabulary and begin to recognise and locate external body parts • To encourage the children's awareness of and respect for differences in others • To begin to understand the wonder and complexity of the human body • To know that the life is a cycle and young bodies are constantly changing 	<p><u>Where I Live</u> <u>Where Others Live</u> <u>Looking After Places</u></p> <ul style="list-style-type: none"> • To develop an understanding that environment can mean close and immediate surroundings as well as the larger environmental picture • To develop a respect towards their immediate environment • To experience a sense of pride in their surroundings • To develop responsibility for simple tasks

<u>Year</u> <u>1</u>	Healthy Lifestyles	Myself & Others Respect and Diversity Kindness and Forgiveness Independence	Body Awareness Respect and Diversity	Community and Local Environment Honesty and Reliability
	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • To develop an understanding of why the body needs different types of food • To recognise what foods pupils like and dislike and why • To extend the range of food with which the children are familiar • To develop an understanding of different sources of food e.g. farm produce <p><u>Personal Hygiene</u></p> <ul style="list-style-type: none"> • To develop an awareness of the need to keep clean • To encourage good personal hygiene habits • To develop awareness of the need for rules in different contexts • To develop an understanding that germs can cause diseases <p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • To develop awareness of the benefits of medicine if used correctly • To highlight the dangers and risks of putting unknown substances or other people's medicines into the body <ul style="list-style-type: none"> • Road Safety <p><i>Primary Care Trust Session oral hygiene</i></p>	<p><u>My family and other animals</u></p> <ul style="list-style-type: none"> • To develop pupil's understanding of the kinds of relationships that exist within families • To build a word bank of "family" relationships • To make children aware that there are many different kinds of families • To recognise and respect difference • To encourage pupil's to look at the responsibilities connected towards family members and pets <p><u>Friendship</u></p> <ul style="list-style-type: none"> • To recognise qualities, behaviours and attitudes which are important in friendships and relationships • To respect similarities and differences in each other • To accept that others attitudes and values may be different to yours • To begin to recognise the range of human emotions and ways to deal with these • To recognise the difference between right and wrong in simple everyday situations <p><u>Relationships/Bullying</u></p> <p><u>To understand the definition of bullying outlined in the School policy</u></p> <ul style="list-style-type: none"> • To appreciate diversity and cultural differences • To begin to recognise the positive qualities in their peers • To enable pupils to work and play cooperatively 	<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> • To develop understanding about how the body changes as we grow older • To become familiar with the ways in which people's needs and responsibilities change as they get older • To introduce language associated with the human life cycle <p><u>The senses</u></p> <ul style="list-style-type: none"> • To become familiar with the names of the sensory organs and what they do • To explore the senses using food, materials, different sounds etc. • To introduce language associated with each sense • To confidently express opinions and preferences 	<p><u>Recycling</u></p> <ul style="list-style-type: none"> • To develop understanding about how the body changes as we grow older • To become familiar with the ways in which people's needs and responsibilities change as they get older • To introduce language associated with the human life cycle <p><u>Money</u></p> <ul style="list-style-type: none"> • To make pupils aware of the value of money. • To understand the difference between necessity and luxury. • To make pupils aware that saving energy in turn saves money

<u>Year</u> <u>2</u>	Healthy Lifestyles Respect and Diversity	Myself & Others Respect and Diversity Kindness and Forgiveness Independence	Body Awareness Respect and Diversity	Community and Local Environment Honesty and Reliability
	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • To explore and experience different types of food and tastes • To become aware of nutritional information which may help in making healthy choices • To learn about safe food preparation and handling • To begin to enjoy cooking <p><u>Exercise</u></p> <ul style="list-style-type: none"> • To enable pupils to know that physical activity contributes to a healthy lifestyle • To encourage pupils to think about different types of physical activity • To enable children to experience enjoyment whilst doing exercise and let them know that not all physical exercise is competitive <p><u>Personal Hygiene</u></p> <ul style="list-style-type: none"> • To encourage pupils to maintain personal hygiene • To enable pupils to start to take responsibility for themselves <p><u>Safety in the Home</u></p> <ul style="list-style-type: none"> • To develop an understanding of what is safe/unsafe in the home and surroundings <p><u>Road Safety</u></p> <p><i>Primary Care Trust NSPCC Pants lesson</i></p>	<p><u>Feelings and Emotions</u></p> <ul style="list-style-type: none"> • To enable children to begin to recognise emotions and their causes • To develop a vocabulary for expressing emotions <p><u>Appropriate Touches and Greetings</u></p> <p>http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/</p> <p><u>Relationships/Bullying</u></p> <p><u>To understand the definition of bullying outlined in the School policy</u></p> <ul style="list-style-type: none"> • To appreciate diversity and cultural differences • To begin to recognise the positive qualities in their peers • To enable pupils to work and play cooperatively 	<p><u>Life Processes</u></p> <ul style="list-style-type: none"> • To recognise and name the main body parts of humans and animals • To know that humans and other animals can produce offspring 	<p><u>Keeping Safe (In the local environment)</u></p> <ul style="list-style-type: none"> • Introduce the children to people in the community who deal with safety issues • To reinforce the rules for basic road safety • To develop awareness of our responsibilities towards the environment and personal safety • To realise that being out in the Summer sun without sun protection is detrimental to health <p><u>People Who Have Made a Difference</u></p> <ul style="list-style-type: none"> • To identify the contribution that many people have made in advancing and improving human lives <p><u>Diversity and Difference</u></p> <ul style="list-style-type: none"> • To respect difference and diversity within our society • To appreciate the contribution difference and diversity makes to our society • To recognise the importance of charitable organisations in dealing with the most vulnerable in society

<u>Year</u> <u>3</u>	Healthy Lifestyles	Myself & Others Respect and Diversity Kindness and Forgiveness Independence	Body Awareness Respect and Diversity	Community and Local Environment Honesty and Reliability
	<p><u>Food Groups</u></p> <ul style="list-style-type: none"> • To enable pupils to understand the importance of an adequate and varied diet for health <p><u>Dental Hygiene</u></p> <ul style="list-style-type: none"> • To increase children's awareness of dental hygiene and their responsibilities in maintaining oral hygiene. • To demonstrate the correct method of brushing teeth • To list factors which prevent dental decay. <p><u>Health and Hygiene</u></p> <ul style="list-style-type: none"> • To raise pupil's awareness of the factors that contribute to a healthy lifestyle • To become aware of health issues such as the role of medicines and importance of exercises 	<ul style="list-style-type: none"> • To recognise and deal with appropriate/inappropriate contact • To appropriately express when something is acceptable/not acceptable • To explore a wider range of feelings in self and others <p><u>Relationships/Bullying</u></p> <p><u>To understand the definition of bullying outlined in the School policy</u></p> <ul style="list-style-type: none"> • To appreciate diversity and cultural differences • To recognise the positive qualities in their peers • To work and play cooperatively <p><i>Primary Care Trust Session</i> <i>Healthy Relationships</i></p>	<p><u>Similarities and Differences</u></p> <ul style="list-style-type: none"> • To enable pupils to recognise that there are similarities and differences between humans • To raise pupils awareness of disability <p><u>Functions of the Brain</u></p> <ul style="list-style-type: none"> • To be able to identify and name the five senses. • To realise that the brain controls body functions, movements etc • To raise awareness of visual and hearing impairment. 	<p><u>Recycling</u></p> <ul style="list-style-type: none"> • To raise pupils awareness of environmental issues • To be able to contribute to maintaining and improving their own environment

<u>Year</u> <u>4</u>	Healthy Lifestyles	Myself & Others Respect and Diversity Kindness and Forgiveness Independence	Body Awareness	Community and Local Environment Honesty and Reliability
	<p><u>Smoking</u></p> <ul style="list-style-type: none"> • To know the school rules regarding smoking • To explore attitudes to smoking. • To increase knowledge of the dangers of smoking and its damaging effects on health. • To identify reasons for adults and children smoking cigarettes. • To introduce the concept of peer pressure. • To practice resistance to peer pressure within a safe environment • To understand laws relating to smoking <p><u>Introducing First Aid Procedures</u></p> <ul style="list-style-type: none"> • To enable pupils to identify hazards/ potential hazards and reduce the risk of personal injury • To demonstrate the recovery position • Explain treatment for choking and asthma attacks • Pupils will understand the need for school rules and the consequences of breaking them <p><u>Emergency Services</u></p> <ul style="list-style-type: none"> • Pupils are aware of all emergency services and how to access them • Pupils are aware of the dangers of using fireworks • To raise awareness of fire safety in the home <p><u>Drug Awareness</u></p> <ul style="list-style-type: none"> • To ensure a base line knowledge for all pupils around drug use. • To consolidate and develop knowledge skills and attitudes around drug use/misuse 	<p><u>Keeping Safe Focus on Feelings</u></p> <ul style="list-style-type: none"> • To listen to others • To understand how to keep safe • To describe and express emotions • To recognise abuse • To create pupils personal support network • To be aware of national helplines and how to access them <p><u>Relationships/Bullying</u></p> <p><u>To understand the definition of bullying outlined in the School policy</u></p> <ul style="list-style-type: none"> • To know the different ways we celebrate diversity and cultural differences and also begin to challenge negative stereotypes • To recognise the positive qualities in themselves and their peers • To work and play cooperatively <p><i>Primary Care Trust Session</i> <i>Healthy Relationships</i></p>	<p><u>Respiration and circulation</u></p> <ul style="list-style-type: none"> • To name and describe the main organs of the respiratory & circulatory systems • Understand that oxygen is vital for life • To understand the effects of exercise on respiration and circulation. • To become aware of how our health is affected by lifestyle 	<p><u>Rights and Responsibilities</u></p> <ul style="list-style-type: none"> • Pupils will understand that with rights come responsibilities • To produce class charter • Pupils will understand that rights and responsibilities can differ according to their role in society • Pupils will be aware that basic rights for some children are denied

Wingrove primary School
Whole School PSHCE Planning 2019 – 2020

	<ul style="list-style-type: none">• To understand the definition of the word, "Drug."• To give pupils an introduction to the law relating to legal and illegal drugs• Pupils will understand the term use/misuse• Pupils to understand their own responsibilities to make informed decisions and that they are responsible for the decisions they make			
--	---	--	--	--

<u>Year</u> <u>5</u>	Healthy Lifestyles	Myself & Others Respect and Diversity Kindness and Forgiveness Independence	Body Awareness	Community and Local Environment Honesty and Reliability
	<p><u>Alcohol</u></p> <ul style="list-style-type: none"> • To increase pupils' awareness of alcohol in society • To distinguish between alcoholic and non-alcoholic drinks • To enable pupils to know that alcohol is a drug and that it will affect the brain and body • To enable pupils to understand the effects of long term & short term drinking of alcohol on the body • To understand why do people choose to drink/not to drink alcohol • To make pupils aware of the influence of the media on values and attitudes 	<p><u>Relationships and their difficulties</u></p> <ul style="list-style-type: none"> • To explore emotional issues around family relationships • To explore family difficulties that could arise e.g. divorce, separation, bereavement • To explore discuss, describe and express emotions • To identify support networks <p><u>Relationships/Bullying</u></p> <p><u>To understand the definition of bullying outlined in the School policy</u></p> <ul style="list-style-type: none"> • To explore how the differences between people can lead to mistrust • To understand how it feels to be victimised and that there are many ways to deal positively with discrimination, teasing, bullying and aggression including homophobia, biphobia and transphobia • To learn ways that conflicts can be resolved and people can live together in harmony • To recognise and challenge stereotypes 	<p><u>Preparing for Puberty</u></p> <ul style="list-style-type: none"> • To make pupils aware of the physical and emotional changes that take place as they go through puberty • To give pupils the opportunity to discuss any concerns regarding puberty <p><u>The skin</u></p> <ul style="list-style-type: none"> • Explore and appreciate the importance of the skin in keeping healthy • Understand the importance of hygiene <p><i>Primary Care Trust Session</i> <i>Body Changes</i></p>	<p><u>Money Matters</u></p> <ul style="list-style-type: none"> • To enable pupils to experience budget management using examples from their every day experiences

<u>Year</u> <u>6</u>	Healthy Lifestyles	Myself & Others Respect and Diversity Kindness and Forgiveness Independence	Body Awareness	Community and Local Environment Honesty and Reliability
	<p><u>Drug Education</u></p> <ul style="list-style-type: none"> • Pupils to understand that all drugs (medicines legal & illegal) have an effect on the brain and body • To understand the consequences of the misuse of drugs, on personal health and the wider social implications of drug using • Pupils to understand that peers, the media and advertisements can influence attitudes, opinions and behaviour • Pupils to understand school rules on drug related incidents and their consequences • To understand that drug use has wider social implications • Pupils are aware of how to access support agencies <p><u>Exercise and Diet</u></p> <ul style="list-style-type: none"> • Pupils to be aware of the importance of exercise and diet on health and wellbeing and to explore the consequences of inactivity and an unhealthy diet • Pupils to be aware of their own responsibility in the choices they make regarding lifestyles 	<p><u>Self Esteem (Transition)</u></p> <ul style="list-style-type: none"> • To develop confidence and skills to cope with change (especially around transition) <p><u>Self Esteem (Puberty)</u></p> <ul style="list-style-type: none"> • To prepare pupils for the physical and emotional changes brought about by puberty <p><u>Life Cycles and Reproduction</u></p> <ul style="list-style-type: none"> • To enable pupils to understand the process of reproduction <p><u>Relationships/Bullying</u></p> <p><u>To understand the definition of bullying outlined in the School policy</u></p> <ul style="list-style-type: none"> • To explore how the differences between people can lead to mistrust • To explain how it feels to be victimised and list several effective strategies for dealing positively with discrimination, teasing, bullying and aggression including homophobia, biphobia and transphobia • To learn ways that conflicts can be resolved and people can live together in harmony • To recognise and challenge stereotypes <p><i>Primary Care Trust Session Puberty</i></p>	<p><u>Micro organisms</u></p> <ul style="list-style-type: none"> • Pupils to identify that disease can be passed on by microorganisms and that this is based on scientific evidence • Pupils should be able to list some illnesses that are caused by micro-organisms • Pupils to be able to state how we combat disease. • Pupils to be able to explain why dental hygiene is important in preventing tooth decay 	<p><u>Respect for the Community</u></p> <ul style="list-style-type: none"> • Pupils to understand what we mean by community • Pupils to be aware that they are part of the community and therefore have some responsibility within their own community <p><u>Diversity and Difference</u></p> <ul style="list-style-type: none"> • To understand the terms diversity and difference; and to realise that differences between people are inevitable, natural and positive • To comprehend the negative impact of prejudice and intolerance • To identify examples of possible stereo-typing within society • To identify ways of dealing with prejudice, and identifying ways of celebrating diversity and difference <p><u>Global Environment Issues</u></p> <ul style="list-style-type: none"> • To make pupils aware of ecological problems and their own responsibility towards the environment • To raise awareness of local, national and global organisations concerned with social and environmental issues <p><u>School, Local and National Democratic Procedures</u></p> <ul style="list-style-type: none"> • To enable pupils to understand what democracy is • To develop pupils understanding of the role of the local council and central government • Pupils to understand the process of setting up and maintaining their own school council/forum