



Pudsey Waterloo
Primary School



PSHE Curriculum Overview

Curriculum Intent

At Pudsey Waterloo our well planned PSHE curriculum helps pupils to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives now and in the future, as individuals, parents, carers, workers and members of society. It is also embedded within the wider learning offered by the school to ensure that pupils experience positive relationships with adults and with each other and feel valued. We promote respect and tolerance for everyone in our local community and in the wider world. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and community.

Substantive Knowledge					
Keeping Safe and Managing Risk	Identity Society and Equality	Physical Health and Wellbeing	Drug Alcohol and Tobacco Education	Mental Health and Emotional Wellbeing	Careers. Financial Capability and Economic Wellbeing
Children learn about safety in the home and out and about. This unit also helps children stay safe online.	Children learn about what makes them unique and also how to celebrate diversity in their community. This unit also challenges stereotypes and looks at democracy and human rights.	Children learn the importance of a varied and nutritious diet and exercise. Children also learn to understand how images they see in the media can be altered.	Children learn about medicine as well as the risks associated with tobacco, alcohol and illegal drugs.	Children learn about comfortable and uncomfortable feelings and about friendships. Children also learn how to manage their strengths and also challenges. In this unit, Children learn about how to manage uncomfortable feelings.	Children learn about where money comes from as well as spending and saving money. This unit also covers borrowing and lending money.

PSHE Skills Progression

Reception	<p><u>Personal, Social and Emotional Development</u> Children in reception will be learning to:</p> <ul style="list-style-type: none"> • See themselves as a valuable individual • Build constructive and respectful relationships • Express their feelings and consider the feelings of others • Show resilience and perseverance in the face of challenge • Identify and moderate their own feelings socially and emotionally <ul style="list-style-type: none"> • Think about the perspectives of others • Manage their own needs (personal hygiene) 					
	Keeping Safe and Managing Risk	Identity Society and Equality	Physical Health and Wellbeing	Drug Alcohol and Tobacco Education	Mental Health and Emotional Wellbeing	Careers. Financial Capability and Economic Wellbeing
Year 1	<p><u>Feeling Safe</u></p> <ol style="list-style-type: none"> 1. Pupils learn about safety in familiar situations 2. Pupils learn about personal safety 3. Pupils learn about people who help keep them safe outside the home 	<p><u>Me and Others</u></p> <ol style="list-style-type: none"> 1. Pupils learn about what makes themselves and others special 2. Pupils learn about roles and responsibilities at home and school 3. Pupils learn about being co-operative with others 	<p><u>Fun Times</u></p> <ol style="list-style-type: none"> 1. Pupils learn about food that is associated with special times, in different cultures 2. Pupils learn about active playground games from around the world 3. Pupils learn about sun-safety 	<p><u>What Do We Put In Our Bodies?</u></p> <ol style="list-style-type: none"> 1. Pupils learn about what can go into bodies and how it can make people feel. 	<p><u>Feelings</u></p> <ol style="list-style-type: none"> 1. Pupils learn about different types of feelings 2. Pupils learn about managing different feelings 3. Pupils learn about change or loss and how this can feel 	<p><u>My Money</u></p> <ol style="list-style-type: none"> 1. Pupils learn about where money comes from and making choices when spending money 2. Pupils learn about saving money and how to keep it safe 3. Pupils learn about the different jobs people do
Year 2	<p><u>Indoors and Outdoors</u></p> <ol style="list-style-type: none"> 1. Pupils learn about keeping safe in the home, including fire safety 2. Pupils learn about keeping safe outside 3. Pupils learn about road safety 	<p><i>No specific unit of work for this year group. Friendship is covered in the mental health and emotional wellbeing unit for Year 2. Caring for others and different families is covered in SRE.</i></p>	<p><u>What Keeps Me Healthy?</u></p> <ol style="list-style-type: none"> 1. Pupils learn about eating well 2. Pupils learn about the importance of physical activity, sleep and res 3. Pupils learn about people who help us to stay 	<p><u>Medicines and Me</u></p> <ol style="list-style-type: none"> 1. Pupils learn why medicines are taken 2. Pupils learn where medicines come from 3. Pupils learn about keeping themselves safe around medicines 	<p><u>Friendship</u></p> <ol style="list-style-type: none"> 1. Pupils learn about the importance of special people in their lives 2. Pupils learn about making friends and who can help with friendships 3. Pupils learn about solving problems 	

			healthy and well and about basic health and hygiene routines		that might arise with friendships	
Year 3	<p><u>Bullying. See it, Say it, Stop it.</u></p> <ol style="list-style-type: none"> 1. Pupils learn to recognise bullying and how it can make people feel 2. Pupils learn about different types of bullying and how to respond to incidents of bullying 3. Pupils learn about what to do if they witness bullying 	<p><u>Celebrating Difference</u></p> <ol style="list-style-type: none"> 1. Pupils learn about valuing the similarities and differences between themselves and others 2. Pupils learn about what is meant by community 3. Pupils learn about belonging to groups 	<p><u>What Helps Me Choose?</u></p> <ol style="list-style-type: none"> 1. Pupils learn about making healthy choices about food and drinks 2. Pupils learn about how branding can affect what foods people choose to buy 3. Pupils learn about keeping active and some of the challenges of this 	<p><u>Tobacco Is a Drug</u></p> <ol style="list-style-type: none"> 1. Pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people 2. Pupils learn about the effects and risks of smoking tobacco and second hand smoke 3. Pupils learn about the help available for people to remain smoke free or stop smoking 	<p><u>Strengths and Challenges</u></p> <ol style="list-style-type: none"> 1. Pupils learn about celebrating achievements and setting personal goals 2. Pupils learn about dealing with put-downs 3. Pupils learn about positive ways to deal with set-backs 	<p><u>Spending and Saving</u></p> <ol style="list-style-type: none"> 1. Pupils learn about where money comes from and making choices when spending money 2. Pupils learn how people can keep track of their money 3. Pupils learn about the world of work
Year 4	<p><u>Playing Safe</u></p> <ol style="list-style-type: none"> 1. Pupils learn how to be safe in their computer gaming habits 2. Pupils learn about keeping safe near roads, rail, water, building sites and around fireworks 3. Pupils learn about what to do in an emergency and basic emergency first aid procedures 	<p><u>Democracy</u></p> <ol style="list-style-type: none"> 1. Pupils learn about Britain as a democratic society 2. Pupils learn about how laws are made 3. Pupils learn about the local council 	<p><u>What Is Important To Me?</u></p> <ol style="list-style-type: none"> 1. Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons) 2. Pupils learn about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) 3. Children learn about the importance of getting enough sleep 	<p><u>Making Choices</u></p> <ol style="list-style-type: none"> 1. Pupils learn that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them 2. Pupils learn about the effects and risks of drinking alcohol 3. Pupils learn about different patterns of behaviour that are related to drug use 	<p><i>No specific unit of work for this year group. Mental health is covered in Year 4 SRE: puberty (emotions, feelings, behaviour and relationships)</i></p>	

Year 5	<p><u>When Things Go Wrong</u></p> <ol style="list-style-type: none"> 1. Pupils learn about keeping safe online 2. Pupils learn that violence within relationships is not acceptable 3. Pupils learn about problems that can occur when someone goes missing from home 	<p><u>Stereotypes, Discrimination and Prejudice</u></p> <ol style="list-style-type: none"> 1. Pupils learn about stereotyping, including gender stereotyping 2. Pupils learn about prejudice and discrimination and how this can make people feel 	<p><u>In The Media</u></p> <ol style="list-style-type: none"> 1. Pupils learn that messages given on food adverts can be misleading 2. Pupils learn about role models 3. Pupils learn about how the media can manipulate images and that these images may not reflect reality 	<p><u>Different Influences</u></p> <ol style="list-style-type: none"> 1. Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis 2. Pupils learn about different influences on drug use –alcohol, tobacco and nicotine products 3. Pupils learn strategies to resist pressure from others about whether to use drugs –smoking drugs and alcohol 	<p><u>Dealing with Feelings</u></p> <ol style="list-style-type: none"> 1. Pupils learn about a wide range of emotions and feelings and how these are experienced in the body 2. Pupils learn about times of change and how this can make people feel 3. Pupils learn about the feelings associated with loss, grief and bereavement 	<p><u>Borrowing and Earning Money</u></p> <ol style="list-style-type: none"> 1. Pupils learn that money can be borrowed but there are risks associated with this 2. Pupils learn about enterprise 3. Pupils learn what influences people’s decisions about careers
Year 6	<p><u>Keeping Safe Out and About</u></p> <ol style="list-style-type: none"> 1. Pupils learn about feelings of being out and about in the local area with increasing independence 2. Pupils learn about recognising and responding to peer pressure 3. Pupils learn about the consequences of anti-social behaviour (including gangs and gang related behaviour) 	<p><u>Human Rights</u></p> <ol style="list-style-type: none"> 1. Pupils learn about people who have moved from other places, (including the experience of refugees) 2. Pupils learn about human rights and the UN Convention on the Rights of the Child 3. Pupils learn about homelessness 	<p><i>No specific unit of work for this year group. Healthy eating and physical activity is covered in Year 6 mental health and emotional wellbeing.</i></p>	<p><u>Weighing Up Risk</u></p> <ol style="list-style-type: none"> 1. Pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs 2. Pupils learn about assessing the level of risk in different situations involving drug use 3. Pupils learn about ways to manage risk in situations involving drug use 	<p><u>Healthy Minds</u></p> <ol style="list-style-type: none"> 1. Pupils learn what mental health is 2. Pupils learn about what can affect mental health and some ways of dealing with this 3. Pupils learn about some everyday ways to look after mental health 4. Pupils learn about the stigma and discrimination that can surround mental health 	

