



Personal, Social, Health Education (PSHE) Curriculum

We recognise Personal, Social, Health and Economic education (PSHE) is an integral part of a child’s personal development. We have used planning and resources from published schemes (My Happy Mind, SCARF, Pol-Ed and first aid lesson from St John’s Ambulance) and designed a curriculum to meet the particular needs of the children in our school. Our curriculum allows for children to foster a healthy and informed attitude towards relationships, physical and mental health, drugs and alcohol, how to keep themselves safe as well personal wellbeing.

We know what we teach prepares our pupils for life today, and tomorrow; it will help them to foster lifelong aspirations, goals and values.

	Meet Your Brain	Celebrate	Appreciate	Relate	Engage	Recap
YN	Me and My Relationships -Marvellous me! -I’m special	Valuing Differences -Me and my friends -Friends and family -Including everyone	Keeping Myself Safe -What’s safe to go in my body? -Safety indoors and outdoors -People who help to keep me safe	Rights & Respect -Looking after myself -Looking after others -Looking after my environment.	Being My Best -What does my body need? -I can keep trying -I can do it!	Growing & Changing -Growing and changing in nature -When I was a baby -Girls, boys and family
YR	Meet Your Brain (3 lessons) -All about me -Me and my special people -My feelings -What are rules? -How can I be a good friend?	Celebrate (3 lessons) -Same and different families -Same and different homes -I am kind -What can I do if I’m feeling big emotions?	Appreciate (3 lessons) -What’s safe to go in my body -Keeping myself safe -Keeping safe online -People who help keep me safe	Relate (3 lessons) - Being helpful at home and caring for our classroom -Looking after my special people -Caring for our world -Looking after money	Engage (4 lessons) -Bouncing back when things go wrong -Yes, I can! -Healthy eating	myHappyMind recap (2 lessons) -Life stages-human life stage-who will I be? -Where do babies come from? -Getting bigger -Me and my body-girls and boys -Who are the police and how do they help us?
Y1	Meet Your Brain (5 lessons) - Who are my trusted adults? -Why we have classroom rules	Celebrate (4 lessons) -How can I speak up? -Why are safe hands important? -Feelings and bodies	Appreciate (3 lessons) -What is bullying? -Why does age matter? -Good or bad touches?	Relate (3 lessons) -What if my friends are making me sad? -How do I share family worries? -Basic first aid -How should we look after our money?	Engage (4 lessons) -Why have different rules in different places? -I can eat a rainbow	myHappyMind recap (2 lessons) -What do the police do? -How can I keep safe in new places? -PANTS lesson on NSPCC -Who can help (2)?

Y2	Meet Your Brain (5 lessons) -Don't do that! - Why have different rules in different places? - What is bullying?	Celebrate (4 lessons) -An act of kindness -Solve the problem -What if my friends make me sad?	Appreciate (3 lessons) -Harold's picnic -I don't like that -PANTS lesson NSPCC	Relate (3 lessons) -Harold saves for something special - How do I share family worries? - Who are my trusted adults? -How can I keep safe in new places?	Engage (4 lessons) -Harold's bathroom -What does my body do? -Basic first aid	myHappyMind recap (2 lessons) -Sam moves away -Haven't you grown! -My body, your body! -Respecting privacy -Why are safe hands important?
Y3	Meet Your Brain (5 lessons) -As a rule - What is bullying? -What do we mean by consent in friendships?	Celebrate (4 lessons) -Family and friends -Respect and challenge -My community	Appreciate (4 lessons) -Alcohol and cigarettes: the facts -What do we mean by risk? -How can we keep our things safe?	Relate (4 lessons) -Can Harold afford it? -Earning money -How can we keep safe on the road?	Engage (4 lessons) -For or against? -Poorly Harold -Body teamwork	myHappyMind recap (2 lessons) -Secret or surprise -Body space -Basic first aid -What is the law and why do we have it? PSH Week: First aid: Emergencies and calling for help.
Y4	Meet Your Brain (5 lessons) -Okay or not okay (1) -Different feelings -What do we mean by consent in friendships?	Celebrate (4 lessons) -Can you sort it? -What would I do? -The people we share our world with -That is such a stereo type! -What is peer pressure?	Appreciate (4 lessons) -Danger, risk or hazard? -Medicines; check the label -How can we use our phones sensibly?	Relate (4 lessons) -How do we make a difference? -Safety in numbers -Why pay taxes? - What do we mean by risk?	Engage (4 lessons) -SCARF Hotel -Harold's 7 Rs -Basic first aid	myHappyMind recap (2 lessons) -Moving house -How can we be a responsible citizen? -All change! -Preparing for changes at puberty -Together PSH Week: First aid: Bites and stings Allergies
Y5	Meet Your Brain (5 lessons) -Our emotional needs -Communication - What is peer pressure?	Celebrate (5 lessons) -The land of the Red People -Is it true? -It could happen to anyone.	Appreciate (4 lessons) -Drugs: true or false? -What do we mean by risk? -What is the issue with addition? (Vaping/Smoking)	Relate (4 lessons) -How can we be a responsible citizen? -Mo makes a difference -Spending wisely	Engage (4 lessons) -It all adds up! -Independence and responsibility -Basic first aid	myHappyMind recap (2 lessons) -Changing bodies and feelings -Growing up and changing bodies

					-How do we enforce the law?	-Help! I'm a teenager, get me out of here -The Effects of Crime (And effects of crime scenarios) PSHE Week: First aid: Bleeding Burns and scalds
Y6	Meet Your Brain (3 lessons) -Assertiveness skills -Don't force me -What is peer pressure? - What do we mean by consent in friendships?	Celebrate (3 lessons) -We have more in common than not -Tolerance and respect for others -Boys will be boys: challenging stereotypes -What is Grooming?	Appreciate (2 lessons) -To share or not to share -Drugs: It's the law -Alcohol: what is normal? - How can we be a responsible citizen? - How can we use our phones sensibly?	Relate (2 lessons) -Two sides to every story -Fakebook friends -What's it worth? -Democracy in Britain Elections -What is the law and why do we have it?	Engage (2 lessons) - This will be your life! -5 ways to well-being project -What's the risk? -Basic first aid -After effects of grooming	myHappyMind recap (2 lessons) - Helpful or unhelpful: managing change -I look great! -Media manipulation -Is this normal? -Making babies - What do we mean by risk? PSHE Week: First aid: Basic life support Head injuries

My Happy Mind SCARF lessons Pol-Ed lessons First Aid lessons