


Curriculum Overview - PSHCE

Relationships Health and Wellbeing Living in the Wider World

 CRADLEY CE PRIMARY SCHOOL	24-25	25-26
Class 1	See EYFS document	
Class 2	<p>TEAM The core value of this unit is belonging. It focuses on the rules of our class, school and community and how a positive learning environment creates success for all. Lesson coverage includes: • behaviour; • kindness; • good choices; • bullying and teasing.</p> <p>Think Positive This unit supports children to adopt a positive outlook and explores the benefits of this. We develop our understanding of: • thoughts and feelings; • ways to express emotions and cope with uncomfortable feelings; • gratitude; • mindfulness.</p> <p>Diverse Britain This unit is inspired by the positive effect we can each have on the groups and communities to which we belong. We will discuss: communities; being good neighbours; looking after the local environment. The theme of respect and kindness is central to all learning in this unit as we explore diversity across our society.</p> <p>Be Yourself This unit is inspired by the idea that being comfortable and confident with yourself can support positive mental health and wellbeing. We explore our positive qualities and our individuality. We discuss the different feelings people experience and consider strategies for managing uncomfortable emotions.</p> <p>It's My Body</p>	<p>VIPs This unit focuses on how we can nurture and develop positive and healthy relationships with the very important people in our lives. We will explore who these special people may be and how they can be different for everyone. We will develop strategies for resolving issues as they arise and getting help when we need it.</p> <p>Safety First We will learn about dangers and how to keep ourselves safe by making informed decisions. Lessons focus on staying safe: • outside; • in the home; • online; • around strangers. Children learn about The Underwear Rule, which includes information about inappropriate touching and knowing that what is covered by underwear is private. Children will also learn about who can help us as and when we need it.</p> <p>One World This unit is inspired by the fact we can learn from people and their ways of life in different places around the world. Children will explore similarities and differences between their ways of life and that of others, considering: • families; • school; • homes. We will also think about how people around the world use their environment and how we can look after our wonderful world.</p> <p>Digital Wellbeing In this unit, we will explore how to use the Internet safely and responsibly. We consider the many ways the Internet helps us and the</p>

	<p>The messages of choice and consent are core to this unit. We will learn about how we can take care of our bodies and make safe choices. Lessons focus on: sleep and exercise; diet; cleanliness; substances. Aiming High</p> <p>In this unit, we discuss having high aspirations, celebrating our strengths and how having a positive attitude to learning can help us achieve. Children will have the chance to share their aspirations for the future if they would like to, discuss the importance of equal opportunities and consider difficulties caused by stereotyping.</p>	<p>importance of balancing our online and offline activities in a healthy way. We will consider risks that we may face on the Internet and how to manage these as well as the fact that not everything we see on the Internet is true.</p> <p>Money Matters</p> <p>In this unit, we will explore what money is and what forms it comes in. Children will discuss: • coins and notes; • debit cards; • smart technology payments; • contactless payments; • online money transfers. We will discuss what people choose to buy and discuss what is meant by wants and needs. All discussions promote kindness and respect towards the spending decisions of others.</p> <p>Growing Up</p> <p>In this unit, we learn about how we change physically and emotionally as we grow. We will explore how we show respect to our own and others' bodies and what consent means. We learn about stereotypes and different types of families as well as how changes around us affect our emotions.</p>
<p>Class 3</p>	<p>VIPs</p> <p>This unit focuses on the special people in our lives whom we call friends. It explores how friendships are formed and maintained and what qualities are important in a friend. We will also discuss disputes, bullying and strategies to manage each of these.</p> <p>Safety First</p> <p>In this unit, we will explore ways we can take more responsibility for our own safety as we grow up. We will discuss decisions we can make to help protect ourselves and strategies for dealing with peer pressure. We will consider everyday hazards, risks and dangers and how to manage these. We will consider safety around: • rail; • water; • road; • substances. Children will also discuss basic first aid and how to respond in an emergency situation.</p> <p>One World</p> <p>This unit of work focuses on the fact that people's opportunities and life experiences differ throughout the world and encourages children to</p>	<p>TEAM</p> <p>This unit is well placed to be taught at the start of the new academic year as it explores challenges that come with a new class, new school or new year group and ways we can manage these. It introduces ways we can work through conflict within our teams and promotes discussion of feelings and emotions.</p> <p>Think Positive</p> <p>This unit aims to further develop children's confidence in discussing their thoughts, feelings and behaviours. Using distancing techniques, we will promote discussion of scenarios and consider how people's thoughts may affect how they feel and behave. We will explore strategies that can help us to manage uncomfortable feelings and help us to build positive thinking and resilience.</p> <p>Diverse Britain</p> <p>This unit is inspired by and celebrates the fact that we live in a multicultural, diverse and democratic society. This promotes respect for differences between people and explores British values, such as: • rules; • the law; • liberty; • democracy. Be Yourself</p> <p>This unit continues to promote a positive sense of self, building on the foundations laid in the KS1 unit of the same name. It explores strategies for managing uncomfortable situations and being assertive when needed</p>

	<p>consider how we can have a positive effect on others by being an active global citizen. We will discuss issues such as stereotypes, inequality, climate change and fair trade. The unit centres around a fictional character called Chiwa from Malawi.</p> <p>Digital Wellbeing</p> <p>In this unit, we will continue to explore safe, responsible Internet use. We will look at online relationships including cyberbullying, online stranger danger and social media interactions that may create peer pressure. We will consider privacy issues such as passwords, personal information and sharing or forwarding videos or content and how we can manage these responsibly.</p> <p>Money Matters</p> <p>This unit builds on learning from KS1 about different types of money and reasons we need to spend. It delves deeper, by exploring how we can plan our spending with budgets and keep track of what we spend, and what happens if people cannot afford what they need. This touches on the idea of borrowing money and debt, considering the emotional impact of this.</p> <p>Growing Up</p> <p>Building on the KS1 unit on this topic, we will learn about different parts of the male and female bodies and the part they play in the reproductive process. We will explore how we change physically and emotionally as we grow and consider relationships and families.</p>	<p>while maintaining respectful relationships. It considers the role of the media in promoting a particular image and supports children to view these more analytically.</p> <p>It's My Body</p> <p>Building on the foundations from the KS1 unit, in this unit, we will explore the different strategies which help us to take care of ourselves regarding: • cleanliness; • sleep and exercise; • diet; • substances. The focus on consent and respect remains central to the unit and children are invited to consider who their trusted adults are, for times when we need additional support.</p> <p>Aiming High</p> <p>In this unit, we will look at the attitudes that help us to succeed and explore how a growth mindset can improve our learning outcomes. We will think a little bit about resilience and how we can break down aims to set ourselves short, medium and long-term targets and achieve our goals.</p>
Class 4	<p>VIPs</p> <p>This unit continues to build on and help children to understand the close relationships which we are a part of, particularly focusing on family and friends. In this unit, we will explore: • conflicts and resolutions; • secrets and dares; • healthy and unhealthy relationships</p> <p>Safety First</p> <p>This unit will continue to look at various risks, hazards and dangers both</p>	<p>TEAM</p> <p>This unit builds on the importance of belonging and feeling secure in our various teams and communities by considering the positive qualities of a team. We will explore how to disagree respectfully and how to communicate effectively as well as how to collaborate and compromise. This unit also reflects on how we can manage and deal with bullying and unkind behaviour.</p> <p>Think Positive</p> <p>This unit aims to further develop children's confidence in discussing their thoughts, feelings and behaviours. Using distancing techniques, we will</p>

inside and outside the home. This time, the unit will develop children's understanding by considering how we can take responsibility for our own safety and how to make informed, responsible decisions which keep us safe. This unit covers safety around: • rail; • road; • water; • fireworks; • dangerous substances; • medicines.

One World

This unit is inspired by the concept of global citizenship and supports children to grow as active, responsible citizens, considering our wonderful world and how we can positively affect it by the choices we make. We will learn about: • sustainability; • biodiversity; • global warming; • natural resources. All this learning will hold central the consideration of what we can do to make the world a better place.

Digital Wellbeing

In this unit, we will consider how to look after our wellbeing when using technologies. We will consider risks and look at strategies for using the Internet safely and responsibly. This includes understanding what healthy and positive online communication looks like. We will explore ways we can get help if needed and the importance of doing this if something makes us uncomfortable. We will also explore cyberbullying, social media and fake news.

Money Matters

This unit will explore money in the wider world and the consequences of our spending and saving. Children will consider why people might decide to borrow money and the impact this can have as well as what financial risks are and ways these can be avoided if possible. The unit discusses what ethical spending is and ways spending can positively affect the people and environment around us and in the wider world. This includes lots of options from charity shop donations to fair trade, all grounded in the foundations of viewing other people's spending decisions with kindness and respect.

Growing Up

promote discussion of scenarios and consider how people's thoughts may affect how they feel and behave. We will explore strategies that can help us to manage uncomfortable feelings and help us to build positive thinking and resilience.

Diverse Britain

This unit is inspired by the idea that Britain represents a wide range of faiths and ethnicities and that the structures within it are there to support all. We will explore how local and national governments work and how we can make a positive contribution to our communities and to wider society.

Be Yourself

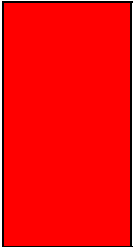
This unit continues to celebrate children's individuality and promotes the idea that we are all unique. We will look at how making positive choices can help us to do the right thing and how we can manage uncomfortable feelings and peer pressure.

It's My Body

This unit builds on the ways we can take care of our bodies and explores consent and autonomy. We will learn about body image, stereotypes and substances which can be harmful to our bodies. We will also discuss pressures we may face, where these pressures may come from and ways we can resist them.

Aiming High

In the context of achievements, aspirations and opportunities, children will have the chance to explore their own preferred learning style and consider what helps them to succeed. We will consider obstacles and barriers people face when learning and how we can work to overcome these. We will discuss what opportunities children have now and what opportunities they will have in the future and will also consider the damaging effects of stereotypes in the world of work.



This topic builds on children’s knowledge of how we grow and change, both physically and emotionally. It explores the different types of relationships that people have, discusses sexual relationships and sexually transmitted diseases, as well as the journey from conception to birth in human reproduction. We will also explore what it means to have a positive body image.

