



## Dilhorne Primary School PSHE (Including RHE) Curriculum Coverage

For EYFS, KS1 and KS2



## Level Expected at the End of EYFS

The following early years goals are prerequisite skills for PSHE in KS1.

### **Personal, Social and Emotional Development (Making Relationships)**

Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

### **Personal, Social and Emotional Development (Self-Confidence and Self-Awareness)**

Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

### **Personal, Social and Emotional Development (Managing Feelings and Behaviour)**

Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.

### **Understanding the World (Technology)**

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

### **Physical Development (Health and Self-Care)**

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

### **Understanding the World (People and Communities)**

Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.

### **Understanding the World (The World)**

Children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur, and talk about changes.

## Learning Outcomes and Core Themes – KS1 and KS2

- ▶ Our curriculum for PSHE and Citizenship has been developed so that it fully aligns with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study** which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools.

The PSHE Association Programme of Study is based on three core themes within which there is broad overlap and flexibility.

- Health and Wellbeing
- Relationships
- Living in the Wider World

### Health and Wellbeing KS1

H1. about what keeping healthy means; different ways to keep healthy	H16. about ways of sharing feelings; a range of words to describe feelings
H2. about foods that support good health and the risks of eating too much sugar	H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday	H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it
H4. about why sleep is important and different ways to rest and relax	H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better
H5. simple hygiene routines that can stop germs from spreading	H21. to recognise what makes them special
H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy	H22. to recognise the ways in which we are all unique
H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health	H24. how to manage when finding things difficult
H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV	H25. to name the main parts of the body
H10. about the people who help us to stay physically healthy	H26. about growing and changing from young to old and how people's needs change
H11. about different feelings that humans can experience	H27. about preparing to move to a new class/year group
H12. how to recognise and name different feelings	H28. about rules and age restrictions that keep us safe
H13. how feelings can affect people's bodies and how they behave	
H14. how to recognise what others might be feeling	
H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things	

**H28.** about rules and age restrictions that keep us safe

**H29.** to recognise risk in simple everyday situations and what action to take to minimise harm

**H30.** about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)

**H32.** ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely

**H33.** about the people whose job it is to help keep us safe

**H34.** basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them

**H36.** how to get help in an emergency (how to dial 999 and what to say)

**H37.** about things that people can put into their body or on their skin; how these can affect how people feel

<b>H1.</b> how to make informed decisions about health	<b>H13.</b> about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online
<b>H2.</b> about the elements of a balanced, healthy lifestyle	<b>H14.</b> how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health
<b>H3.</b> about choices that support a healthy lifestyle, and recognise what might influence these	<b>H15.</b> that mental health, just like physical health, is part of daily life; the importance of taking care of mental health
<b>H4.</b> how to recognise that habits can have both positive and negative effects on a healthy lifestyle	<b>H16.</b> about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing
<b>H5.</b> about what good physical health means; how to recognise early signs of physical illness	<b>H17.</b> to recognise that feelings can change over time and range in intensity
<b>H6.</b> about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.	<b>H18.</b> about everyday things that affect feelings and the importance of expressing feelings
<b>H7.</b> how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle	<b>H19.</b> a varied vocabulary to use when talking about feelings; about how to express feelings in different ways
<b>H8.</b> about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn	<b>H20.</b> strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
<b>H9.</b> that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it	<b>H21.</b> to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others
<b>H10.</b> how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed	<b>H22.</b> to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult
<b>H11.</b> how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)	<b>H23.</b> about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement
<b>H12.</b> about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer	

<b>H24.</b> problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools	<b>H38.</b> how to predict, assess and manage risk in different situations
<b>H25.</b> about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	<b>H39.</b> about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe
<b>H26.</b> that for some people gender identity does not correspond with their biological sex	<b>H40.</b> about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)
<b>H27.</b> to recognise their individuality and personal qualities	<b>H41.</b> strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about
<b>H28.</b> to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	<b>H42.</b> about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact
<b>H29.</b> about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking	<b>H43.</b> about what is meant by first aid; basic techniques for dealing with common injuries <sup>2</sup>
<b>H31.</b> to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. This does <b>not</b> include sexual intercourse.	<b>H44.</b> how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say
<b>H32.</b> about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene	<b>H46.</b> about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break
<b>H33.</b> about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born(this does <b>not</b> include work or discussion around sexual intercourse); how babies need to be cared for <sup>1</sup>	<b>H47.</b> to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others
<b>H34.</b> about where to get more information, help and advice about growing and changing, especially about puberty	<b>H48.</b> about why people choose to use or not use drugs (including nicotine, alcohol and medicines);
<b>H35.</b> about the new opportunities and responsibilities that increasing independence may bring	<b>H49.</b> about the mixed messages in the media about drugs, including alcohol and smoking/vaping
<b>H36.</b> strategies to manage transitions between classes and key stages	<b>H50.</b> about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns
<b>H37.</b> reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming	

## Relationships KS1

**R1.** About the roles different people (e.g. acquaintances, friends and relatives) play in our lives

**R2.** To identify the people who love and care for them and what they do to help them feel cared for

**R3.** About different types of families including those that may be different to their own

**R4.** to recognise what is fair and unfair, kind and unkind, what is right and wrong

**R5.** That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

**R6.** About how people make friends and what makes a good friendship

**R7.** About how to recognise when they or someone else feels lonely and what to do

**R8.** Simple strategies to resolve arguments between friends positively

**R9.** How to ask for help if a friendship is making them feel unhappy

**R10.** That bodies and feelings can be hurt by words and actions; that people can say hurtful things online

**R11.** About how people may feel if they experience hurtful behaviour or bullying

**R12.** That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult

**R13.** To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

**R14.** That sometimes people may behave differently online, including by pretending to be someone they are not

**R15.** How to respond safely to adults they don't know

## Relationships KS1

**R1.** to communicate their feelings to others, to recognise how others show feelings and how to respond

**R2.** to recognise that their behaviour can affect other people

**R3.** the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid

**R4.** to recognise what is fair and unfair, kind and unkind, what is right and wrong

**R5.** to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class

**R6.** to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)

**R7.** to offer constructive support and feedback to others

**R8.** to identify and respect the differences and similarities between people

**R9.** to identify their special people (family, friends, carers), what makes them special and how special people should care for one another

**R10.** to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)

**R11.** that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)

**R12.** to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say

**R13.** to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable

**R14.** strategies to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help

**R15.** How to respond safely to adults they don't know

**R16.** About how to respond if physical contact makes them feel uncomfortable or unsafe

**R17.** About knowing there are situations when they should ask for permission and also when their permission should be sought

**R18.** About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)

**R19.** Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe

**R20.** What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

**R21.** About what is kind and unkind behaviour, and how this can affect others

**R22.** About how to treat themselves and others with respect; how to be polite and courteous

**R23.** To recognise the ways in which they are the same and different to others

**R24.** How to listen to other people and play and work cooperatively

**R25.** How to talk about and share their opinions on things that matter to them



## Relationships KS2

**R1.** to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

**R2.** that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different

**R3.** about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong

**R4.** that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others

**R5.** that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart

**R6.** that a feature of positive family life is caring relationships; about the different ways in which people care for one another

**R7.** to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability

**R8.** to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty

**R9.** how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

**R10.** about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

**R11.** what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships

**R12.** to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face

**R13.** the importance of seeking support if feeling lonely or excluded

**R15.** strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others

**R16.** how friendships can change over time, about making new friends and the benefits of having different types of friends

**R17.** that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely

**R18.** to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

**R19.** about the impact of bullying, including offline and online, and the consequences of hurtful behaviour

**R20.** strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support

**R21.** about discrimination: what it means and how to challenge it

**R22.** about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);

**R23.** about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns

**R24.** how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

**R25.** recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

**R26.** about seeking and giving permission (consent) in different situations

**R27.** about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret

**R28.** how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this

**R29.** where to get advice and report concerns if worried about their own or someone else's personal safety (including online)

**H29.** about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking

**R30.** that personal behaviour can affect other people; to recognise and model respectful behaviour online

**R31.** to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships

**R32.** about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background

**R33.** to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own

**R34.** how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with

**L1.** about what rules are, why they are needed, and why different rules are needed for different situations

**L2.** how people and other living things have different needs; about the responsibilities of caring for them

**L3.** about things they can do to help look after their environment

**L4.** about the different groups they belong to

**L5.** about the different roles and responsibilities people have in their community

**L6.** to recognise the ways they are the same as, and different to, other people

**L7.** about how the internet and digital devices can be used safely to find things out and to communicate with others

**L8.** about the role of the internet in everyday life

**L9.** that not all information seen online is true

**L10.** what money is; forms that money comes in; that money comes from different sources

**L11.** that people make different choices about how to save and spend money

**L12.** about the difference between needs and wants; that sometimes people may not always be able to have the things they want

**L13.** that money needs to be looked after; different ways of doing this

**L14.** that everyone has different strengths

**L15.** that jobs help people to earn money to pay for things

**L16.** different jobs that people they know or people who work in the community do

**L1.** to recognise reasons for rules and laws; consequences of not adhering to rules and laws

**L2.** to recognise there are human rights, that are there to protect everyone

**L3.** about the relationship between rights and responsibilities

**L4.** the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

**L5.** ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)

**L6.** about the different groups that make up their community; what living in a community means

**L7.** to value the different contributions that people and groups make to the community

**L8.** about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities

**L9.** about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes

**L10.** about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced

**L11.** to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom

**L13.** about some of the different ways information and data is shared and used online, including for commercial purposes

**L14.** about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information

**L15.** recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images

**L16.** about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation

**L17.** about the different ways to pay for things and the choices people have about this

**L18.** to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'

**L19.** that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)

**L20.** to recognise that people make spending decisions based on priorities, needs and wants

**L21.** different ways to keep track of money

**L22.** about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe

**L23.** about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations

**L24.** to identify the ways that money can impact on people's feelings and emotions

**L25.** to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes

**L26.** that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life

**L27.** about stereotypes in the workplace and that a person's career aspirations should not be limited by them

**L28.** about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)

**L29.** that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid

**L30.** about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation

**L31.** to identify the kind of job that they might like to do when they are older

**L32.** to recognise a variety of routes into careers (e.g. college, apprenticeship, university)

**Cg. what democracy is, and about the basic institutions that support it locally and nationally**

## Intent

Dilhorne Primary School's PSHE and Citizenship scheme of work aims to equip children with essential skills for life. It aims to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. Successful PSHE curriculum coverage is a vital tool in preparing children for life in society now and in the future. Lessons in this scheme of work have their foundations in seeing each and everybody's value in society, from appreciation of others in units such as British Values, to promoting strong and positive views of self in Think Positive and Be Yourself. Dilhorne's PSHE and Citizenship units aim to cover a wide range of the social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident citizens. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing the knowledge of when and how children can ask for help.

Dilhorne Primary School's PSHE and Citizenship resources are fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association **Programme of Study** which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools. This scheme of work covers all of the required objectives and follows the three core areas of Health and Wellbeing, Relationships and Living in the Wider World. The scheme of work fulfils the requirements of 2020 Statutory Relationships and Health Education, setting these learning intentions in the context of a broad and balanced PSHE curriculum.

## Implementation

Dilhorne Primary School's PSHE scheme of work is designed to be taught in thematic units consisting of six lessons, with supporting materials including a Planning Overview, assessment statements and display materials. These units are taught in a spiral curriculum that revisits each theme every two years. This enables children to recall and build upon previous learning, exploring the underlying principles of PSHE education regularly at a depth that is appropriate for the age and stage of the child. Lessons signpost key words, building a rich vocabulary to develop understanding. Dilhorne Primary School's PSHE units are designed for delivery in a creative manner, using many approaches such as role play, discussion and games in groupings of various sizes. These activities enable children to build confidence and resilience.

Assessment for learning opportunities are built into each lesson which enable self-evaluation and reflective learning and allow teachers to evaluate and assess progress. Each lesson begins with a discussion of children's existing knowledge and experience, providing an opportunity for baseline assessment. Each lesson ends with an opportunity to consolidate and reflect upon learning.

## Impact

Dilhorne Primary School's PSHE scheme of work provides schools with an effective curriculum for wellbeing. Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in a climate of openness, trust and respect, and know when and how they can seek the support of others. They will apply their understanding of society to their interactions within communities, from the classroom to the wider community of which they are a part. Dilhorne Primary School's PSHE scheme of work supports the active development of a school culture that prioritises physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them.

Successful PSHE education can have a positive impact on the whole child, including their academic development and progress, by mitigating any social and emotional barriers to learning and building confidence and self-esteem. Evidence suggests that successful PSHE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations and empowering them with skills to overcome barriers they face. The Dilhorne Primary School PSHE and Citizenship scheme of work can be used as a whole-school approach to positively impact wellbeing, safeguarding and SMSC outcomes. This can ensure that all children can develop the knowledge, skills and attributes they need to succeed at school and in the wider world.