



Areas of disciplinary and substantive knowledge which underpin the Primary PSHE & RHE education curriculum

**Seven areas of substantive knowledge**

<b>Relationships and health education (RHE)</b>	Our curriculum enables pupils to get better at identifying what makes healthy and safe relationships and to know about growing up and changes associated with puberty.
<i>Pupils learn about the attitudes and values needed to develop healthy and safe relationships between families, friends and, as they get older, intimate relationships. They can explain the biological changes that happen to their bodies as they grow up and experience puberty, and how their emotions may be affected and how to manage this. Pupils learn about stereotypes and respect for all relationships. They are given strategies to help them manage relationships and growing up.</i>	
<b>Drug, alcohol and tobacco education (DATE)</b>	Our curriculum enables pupils to get better at identifying what is safe to put into their bodies and what can be harmful. Pupils learn to weigh up risks and make safe choices.
<i>Pupils learn about why people take medicines and how to take them safely. They understand that what we put into our bodies can change how we feel and affect our behaviour. Pupils know that drugs (including medicines) can be harmful to people and learn the effects and risks associated with drugs, alcohol and tobacco. They learn strategies to resist pressures from others and to assess risk involving drug use.</i>	
<b>Keeping safe and managing risk</b>	Our curriculum enables pupils to get better at identifying and managing risk and making safe choices at home, in the community, in relationships and online.
<i>Pupils learn about bullying and cyberbullying, how it makes people feel and how to respond. They learn about how to stay safe in the local environment and at home and what to do in an emergency. Pupils develop rules for staying safe online and know what to do if they feel unsafe. Pupils learn about who they can ask for help and who is there to keep them safe. They learn that nobody should experience violence or abuse in any relationship.</i>	
<b>Mental health and emotional wellbeing</b>	Our curriculum enables pupils to get better at identifying and managing their feelings and helps them to learn how they can look after their mental health.
<i>Pupils learn about managing their feelings and emotions. They learn about their strengths and challenges and about special people in their lives. Pupils know how to keep their minds healthy.</i>	
<b>Physical health and wellbeing</b>	Our curriculum enables pupils to get better at making healthy choices to protect their physical health.
<i>Pupils learn about the importance of physical activity, sleep and rest. They learn about how the media and food companies can influence our choices. They learn about basic hygiene to keep themselves and others healthy.</i>	
<b>Careers, financial capability and economic wellbeing</b>	Our curriculum enables pupils to get better at understanding the world of work and how to be financially healthy.
<i>Pupils will learn about career choices and the different types of jobs people do. Pupils will learn about budgeting, saving and spending money and how we earn or borrow money.</i>	
<b>Identity, society and equality</b>	Our curriculum enables pupils to get better at celebrating difference and identifying stereotypes, discrimination and prejudice.



*Pupils will identify what makes them and others special, similar and different. Pupils will appreciate the diverse communities which exist around them. They will learn about democracy and human rights and how prejudice and discrimination can make people feel and how it can be challenged.*

**Five areas of disciplinary knowledge**

<b>Explore and develop their own attitudes and values</b>	Pupils learn to reflect on the origins of their attitudes and values and identify secure and positive influences which shape them as they grow up. They learn to manage peer influence and make choices that they are comfortable with. They develop self-confidence, a realistic self-image, positive self-worth and self-advocacy. They value and respect diversity. Pupils learn to set goals for themselves around their future careers, health and relationships.
<b>Make informed choices</b>	Pupils form their own identity and values but learn to listen to and consider the opinions of others. They make choices that keep them physically and emotionally healthy and understand the implications of their choices on the physical, mental and economic wellbeing of themselves and others. They show empathy and compassion in their choices and challenge stereotypes. They can recall and apply knowledge in different situations.
<b>Identify and manage risk</b>	Pupils learn to manage influence, ask questions, problem solve and apply their knowledge to situations with differing levels of risk. They know how to respond to strong emotions and impulses. They build positive relationships. Pupils use their knowledge to identify situations that could be harmful to themselves or others and have tools to manage these situations.
<b>Articulate and justify opinions and actions</b>	Pupils learn to communicate clearly in a variety of situations. They use their knowledge to justify their opinions and actions and can evaluate the arguments and opinions of others. They undertake constructive self-reflection around their actions and respect others' rights to their own opinions and values.
<b>Know where to seek help and how to access it</b>	Pupils know how and where to access help to support them with problem solving. They know who they can trust or ask for advice and help and have a number of local and national organisations they can access for advice and support. They use their support tools and knowledge to help and supporting others.



**How learning in the Early Years Foundation Stage provides the range of experiences and a secure knowledge base, on which the KS1 curriculum in PSHE Education builds.**

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.



## Whole School Overview

Year 1 (Lifewise)	Being Happy Part 1 Being Happy Part 2 Being Mindful Part 1 Being Mindful Part 2 First Aid and CPR Part 1 First Aid and CPR Part 2 What is Friendship? Getting your sleep Part 1 Getting your sleep Part 2 Hygiene and me Part 1 Hygiene and me Part 2 Understanding difficult feelings Part 1 Understanding difficult feelings Part 2	Kind vs Unkind A problem shared is a problem halved Part 1 A problem shared is a problem halved Part 2 Communication Part 1 Communication Part 2 Trust Part 1 Trust Part 2 What makes a family? My growing body Respecting others Part 1 Respecting others Part 2 Water safety Part 1 Water safety Part 2	Braving the weather Part 1 Braving the weather Part 2 Emergency Services Part 1 Emergency Services Part 2 Food Safety and What Not to Eat Part 1 Food Safety and What Not to Eat Part 2 Wildlife Road safety Part 1 Road safety Part 2 Safety Symbols Part 1 Safety Symbols Part 2 Signalling and Sign Language Part 1
Year 2 (Lifewise)	Screen Time Safety x 2 Feeling Sad x 2 Happiness x 2 Positive Friendships It's Okay not to be Okay x 2 Medicines and Drugs x 2 Understanding Peer Pressure Relaxation x 2	My Private Body Respecting All Families Dealing With Loss x 2 Fight or Flight x 2 Desert Island x 2 Environment x 2 Navigation x 2	Cyber Safety x 2 Fire Safety x 2 Forest Survival x 2 The Art of Failure Personal Goal Setting x 2 Protecting our Planet x 2 Adapting to Change x 2



<p>Year 3 (Lifewise)</p>	<p>How Personal Hygiene Affects Me Why We Feel Angry and How to Manage Our Feelings The Human Body - You Only Get One...For Life! The Difference Between Anxiety and Stress. The Importance of Exercise Understanding Household Medicines and Keeping Safe Review Different Coping Mechanisms To Help Manage Change Looking After Your Body, You Only Get One! Low Self-Worth And Comparing Ourselves To Others Getting Self-Worth Right Why Self-Image Is Important I Am Me Seeing The World Through A Different Lens Different Friendships and Their Importance</p>	<p>S.T.O.P Social Media Does Not Define My Confidence Gender Stereotypes &amp; Redefining our Expectations Working Together! What Is Climate Change And What We Can Do To Help Protect The Planet Women, Tradition And Innovation An introduction to Democracy Born Free Freedom to Choose Culture is Shared Different Types Of Relationships The Benefits Of A Good Relationship</p>	<p>What To Do When Others Need Help Helping Others Who Say They Don't Need Help People to trust Gaining trust How to stay safe online Social media safety What is Divorce and What It Might Mean For Children What Growth Mindset Is And Its Importance How To Build Our Growth Mindset The Benefits and Dangers of The Sun Skills and Interests Leading to Paid Work Knowing What Problem Solving And Time Management Is Knowing How To Problem Solve</p>
<p>Year 4 (Lifewise)</p>	<p>How Personal Hygiene Affects Me Why We Feel Angry and How to Manage Our Feelings The Human Body - You Only Get One...For Life! The Difference Between Anxiety and Stress.</p>	<p>S.T.O.P Social Media Does Not Define My Confidence Gender Stereotypes &amp; Redefining our Expectations Working Together!</p>	<p>What To Do When Others Need Help Helping Others Who Say They Don't Need Help People to trust Gaining trust How to stay safe online Social media safety</p>



	<p>The Importance of Exercise Understanding Household Medicines and Keeping Safe Review Different Coping Mechanisms To Help Manage Change Looking After Your Body, You Only Get One! Low Self-Worth And Comparing Ourselves To Others Getting Self-Worth Right Why Self-Image Is Important I Am Me Seeing The World Through A Different Lens Different Friendships and Their Importance</p>	<p>What Is Climate Change And What We Can Do To Help Protect The Planet Women, Tradition And Innovation An introduction to Democracy Born Free Freedom to Choose Culture is Shared Different Types Of Relationships The Benefits Of A Good Relationship</p>	<p>What is Divorce and What It Might Mean For Children What Growth Mindset Is And Its Importance How To Build Our Growth Mindset The Benefits and Dangers of The Sun Skills and Interests Leading to Paid Work Knowing What Problem Solving And Time Management Is Knowing How To Problem Solve</p>
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