



St Winifred's Primary School  
PSHE Curriculum

Early Years PSHE

Wellbeing	Changes (SRE/Science)	Staying Safe
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>• about how we show our feelings</li><li>• how to express themselves clearly- likes/dislikes and when they need help</li></ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>• that they are unique and made in the image of God</li><li>• to understand and respect the differences and similarities between people</li><li>• to accept and adjust to changes in their routines</li><li>• about how to behave in different settings</li></ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>• about rules and how this keeps them safe</li><li>• about keeping safe outside</li><li>• about the different range of technology at home and at school and when to use them</li></ul>
Being Healthy	Caring for Others	The Wider World
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>• about moving confidently and safely in a space</li><li>• about the importance of exercise and a healthy diet</li></ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>• about what makes themselves and others special</li><li>• about being cooperative with others</li><li>• about listening to the ideas of others</li><li>• about sharing with others (including how it feels)</li></ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>• about recognizing things in their own environment</li><li>• about the different environments of others</li><li>• about the similarities and differences between themselves and others, different families, communities and traditions</li><li>• about the UN- rights, peace, dignity and equality on a healthy planet</li></ul>

**Year 1 PSHE**

<b>Wellbeing</b>	<b>Changes</b>	<b>Staying Safe</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the different types of feelings</li> <li>• about managing different feelings</li> <li>• about change or loss and how this can feel</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that they are unique and made in the image of God</li> <li>• that the difference between boys and girls is part of God's creative and loving work</li> <li>• to understand and respect the differences and similarities between people</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about keeping safe in the home</li> <li>• about keeping safe outside</li> <li>• about road safety</li> <li>• about how much time to spend on their computers and about how they can use their spare time</li> </ul>
<b>Being Healthy</b>	<b>Caring for Others</b>	<b>The Wider World</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about food that is associated with special times, in different cultures</li> <li>• about active playground games from around the world</li> <li>• about sun-safety</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about being cooperative with others</li> <li>• about sharing with others (including how it feels)</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about growing plants</li> <li>• about the different jobs that people do</li> <li>• about reducing and reusing waste (including food waste)</li> <li>• about the UN - rights, peace, dignity and equality on a healthy planet</li> </ul>

**Year 2 PSHE**

<b>Wellbeing</b>	<b>Changes (SRE/ Science)</b>	<b>Staying Safe</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the importance of special people in their lives</li> <li>• about making friends and who can help with friendships</li> <li>• about solving problems that might arise with friendships</li> <li>• about how to deal with difficulties</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that they are unique and made in the image of God</li> <li>• to be able to name some body parts</li> <li>• the biological differences between males and female animals and their role in the life cycle</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about keeping safe in the home</li> <li>• about road safety</li> <li>• why medicines are taken</li> <li>• where medicines come from</li> <li>• about keeping themselves safe around medicines</li> <li>• about good and bad computer use</li> </ul>
<b>Being Heathy</b>	<b>Caring for Others</b>	<b>The Wider World</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about food and what it means to eat well</li> <li>• about the importance of physical activity, sleep and rest</li> <li>• about people who help us to stay healthy and well and about basic health and hygiene routines</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about looking after animals</li> <li>• about roles and responsibilities at home and school</li> <li>• respecting and celebrating difference</li> <li>• about what keeps animals safe in their environment</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• Water Aid</li> <li>• to understand that people live different lives in different parts of the world</li> <li>• where money comes from and what it is used for</li> <li>• about the UN - rights, peace, dignity and equality on a healthy planet</li> </ul>

**Year 3 PSHE**

<b>Wellbeing</b>	<b>Changes</b>	<b>Staying Safe</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about celebrating achievements and setting personal goals</li> <li>• about dealing with put-downs</li> <li>• about positive ways to deal with set-backs</li> <li>• to understand the range of feelings they have and how to recognise them in others</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that they are growing and changing</li> <li>• about growing from young to old</li> <li>• about the different types of family</li> <li>• the ways in which their home life is special</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to recognize bullying and understand how it can make people feel</li> <li>• about different types of bullying and how to respond to incidents of bullying</li> <li>• about the effects and risks of smoking tobacco and second-hand smoke</li> <li>• about good and bad use of the internet</li> </ul>
<b>Being Healthy</b>	<b>Caring for Others</b>	<b>The Wider World</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about making healthy choices about food and drinks</li> <li>• about how branding can affect what foods people choose to buy</li> <li>• about keeping active and some of the challenges of this</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• that everyone needs to be cared for</li> <li>• about how they can care for others</li> <li>• about roles and responsibilities at home and school</li> <li>• about being cooperative with others</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about valuing the similarities and differences between themselves and others</li> <li>• about what is meant by community</li> <li>• about belonging to groups</li> <li>• why people choose certain jobs</li> <li>• about the UN - rights, peace, dignity and equality on a healthy planet</li> </ul>

**Year 4 PSHE**

<b>Wellbeing</b>	<b>Changes (RSE/Science)</b>	<b>Staying Safe</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about a wide range of emotions and feelings and how these are experienced in the body</li> <li>• about times of change and how this can make people feel</li> <li>• about the feelings associated with loss, grief and bereavement</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that they are unique and made in the image of God</li> <li>• that the difference between boys and girls is part of God's creative and loving work.</li> <li>• to understand and respect the differences and similarities between people</li> <li>• to take responsibility for their personal hygiene</li> </ul>	<p><b>Pupils learn</b></p> <ul style="list-style-type: none"> <li>• how to be safe in their computer gaming habits</li> <li>• First Aid</li> <li>• Road Safety</li> </ul>
<b>Being Healthy</b>	<b>Caring for Others</b>	<b>The Wider World</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• why people may eat or avoid certain foods (religious, moral, cultural or health reasons)</li> <li>• about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)</li> <li>• about the importance of getting enough sleep</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that there are different rights and responsibilities at home, at school, in the community and towards the environment</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about human rights and the UN Convention on the Rights of the Child</li> <li>• about saving money and why it is important</li> <li>• about the importance of the rainforests</li> <li>• about the careers of others</li> </ul>

**Year 5 PSHE**

<b>Wellbeing</b>	<b>Changes (RSE/Science)</b>	<b>Staying Safe</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> <li>• learn how to solve differences respectfully, make decisions and explain choices</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that physical and emotional growth is common to all of us and a normal part of becoming an adult</li> <li>• to accept and respect themselves</li> <li>• that the difference between boys and girls is part of God's creative and loving work</li> <li>• vocabulary to describe puberty</li> <li>• know the physical changes associated with puberty</li> <li>• about menstrual wellbeing including the key facts about the menstrual cycle</li> </ul>	<p><b>Pupils learn :</b></p> <ul style="list-style-type: none"> <li>• about keeping safe online</li> <li>• that violence within relationships is not acceptable</li> <li>• about the consequences of anti-social behaviour (including gangs and gang related behaviour)</li> <li>• to understand that pressure to behave in an unacceptable or risky way comes from a variety of sources- media, peers (including the impact it has)</li> <li>• about online bullying and how to deal with it</li> </ul>
<b>Being Healthy</b>	<b>Caring for Others</b>	<b>The Wider World</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that messages given on food adverts can be misleading</li> <li>• about role models</li> <li>• about how the media can manipulate images and that these images may not reflect reality</li> <li>• the importance of regular exercise</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about roles and responsibilities at home and school</li> <li>• about being cooperative with others</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about stereotyping, including gender stereotyping</li> <li>• about prejudice and discrimination and how this can make people feel</li> <li>• the importance of reducing our energy waste- including impact on the environment and financial cost</li> <li>• To assess the best price- money matters/wider impact</li> <li>• about the UN - rights, peace, dignity and equality on a healthy planet</li> </ul>

**Year 6 PSHE**

<b>Wellbeing</b>	<b>Changes (SRE/Science)</b>	<b>Staying Safe</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• what mental health is</li> <li>• about what can affect mental health and some ways of dealing with this</li> <li>• about some everyday ways to look after mental health</li> <li>• about the stigma and discrimination that can surround mental health</li> <li>• about how and who to ask for help when we feel stressed</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• the basics of authentic friendship with others and God</li> <li>• what values are important to them in relationships</li> <li>• to appreciate the importance of friendship in loving relationships</li> <li>• about human reproduction in the context of loving relationships - appreciate that life is a precious gift of God</li> <li>• how a baby is made and grows</li> <li>• about roles and responsibilities of carers and parents</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about feelings of being out and about in the local area with increasing independence</li> <li>• about recognising and responding to peer/media pressure</li> <li>• to learn to be able to predict, recognise and assess risk</li> <li>• to understand our right to share a secret when we feel uncomfortable or unsafe- who to tell</li> <li>• about the safe use of mobile phones</li> <li>• about keeping safe on the internet</li> </ul>
<b>Being Healthy</b>	<b>Caring for Others</b>	<b>The Wider World</b>
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about different influences on drug use – alcohol, tobacco and nicotine products</li> <li>• strategies to resist pressure from others about whether to use drugs – smoking, drugs and alcohol</li> <li>• about eating healthily</li> <li>• about factors that affect our perception of a healthy body- social, media, peers</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• how to disagree without falling out- the importance of explaining yourself, understanding others and tolerance</li> <li>• about enterprise and how this can be used to support those in need</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about people who have moved to Lewisham from other places, (including the experience of refugees)</li> <li>• about homelessness</li> <li>• how to budget- what families spend- discuss needs as opposed to wants</li> <li>• about sustainability and consider the human impact on our global community</li> </ul>