

# Mowden Hall School PSHEE Overview

(updated April '2021)

This curriculum overview has taken into account all of the up-to-date PSHEE Association/RSE Statutory Government guidelines

	Autumn Term	Spring Term	Summer Term
Nursery Pre-Prep (L Pemberton)	<b>Making relationships</b>	<b>Self Confidence/Awareness</b>	<b>Managing feelings and behaviour</b>
Reception Pre-Prep (S Milburn)	<b>FAIRNESS: Behaviour + Sharing</b>	<b>RELATIONSHIPS: at school, at home and in the community</b>	<b>CHOICES: being independent and Keeping Healthy</b>
Year 1 Pre-Prep (S Flynn) LCP	<b>WHO AM I?</b>  Meaning of identity Portraits Family names My groups and hobbies Helping hands Dislikes Feelings	<b>FEELINGS AND RELATIONSHIPS</b>  Anger and fear Frustration Managing change Happiness and sadness developing self confidence Happy endings New baby Friendship	<b>HEALTH AND HYGIENE</b>  Human body Germs, cleanliness and personal hygiene Illness Healthy eating Staying healthy How we change
Year 2 Pre-Prep (E Belshaw) LCP	<b>RELATIONSHIPS</b>  <b>Families and Friendships</b> Making friends: feeling lonely and getting help	<b>LIVING IN THE WIDER WORLD</b>  <b>Belonging to a community</b> Roles and responsibilities	<b>HEALTH + WELLBEING</b>  <b>Physical Health and Mental wellbeing</b>

<p><b>Safe Relationships</b>  Managing secrets  Resisting Pressure  Getting help  Recognising hurtful behaviour</p> <p><b>Respecting Ourselves + Others</b>  Respect for others  Recognising things in common + differences  Playing and working cooperatively  Sharing opinions  Meaning of rules  Class and home rules</p>	<p>Being the same + different in a community</p> <p><b>Media literacy + Digital Resilience</b>  The Internet in everyday life; online content and information</p> <p><b>Money + Work</b>  What money is; needs and wants; looking after money</p>	<p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p><b>Growing and changing</b>  Growing older; naming body parts; moving class or year</p> <p><b>Keeping Safe</b>  Safety in different environments; risk and safety at home; emergencies</p>
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<p><b>Year 3  Prep  (E Belshaw and  N Johnson -  Summer  Term 2021)  LCP</b></p>	<p><b>IDENTITY</b></p> <p><b>RIGHT to be an INDIVIDUAL</b></p> <p>Who am I?  Thinking about me  Making + maintaining friendships;  Similarities and differences  I am unique  Heroes  I am a special person  Growing and Changing  Dilemas and Influences</p> <p><b>Emotional wellbeing</b>  Expressing + managing everyday feelings  Seeking support for self and others</p>	<p><b>STAYING SAFE</b></p> <p><b>RIGHT to make a CHOICE</b></p> <p>Trusted people and feeling safe  Keeping secrets  Breaking confidentiality  Recognising and reporting  Feeling unsafe  Fear  Loneliness  Teasing and bullying  Community and belonging to a community</p>	<p><b>PHYSICAL HEALTH</b></p> <p><b>RIGHT to Mental Health and Emotional Wellbeing</b></p> <p>Healthy lifestyles  Impact of physical health on mental well being  Balanced diets and making choices  Sun safety  Talking about worries  Easing stress  The worry dolls of Guatemala</p> <p><b>Rules and Laws</b>  Why do we have rules  Responsibility for local environment  Safety in different environments  Safety at home  The need for rules - road safety  The need for rules - inventing a game  The need for school rules and security  The 'Golden' rule</p>
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<p><b>Year 4</b> <b>Prep</b> <b>(E Belshaw)</b></p>	<p><b>FAMILIES</b></p> <p><b>RIGHT to an Identity, Home + a Family</b> Different types of relationships Characteristics of healthy family relationships Feeling safe and cared for Who am I? What makes me me? Working together as a 'Family' Living in the UK/Abroad Homelessness Developed and the Developing World</p> <p><b>COMMUNITIES</b></p> <p><b>RIGHT to a Safe Environment</b> What makes a safe community Oil Disaster in Gulf Mexico Refugee's Tsunami Copper Miners Rubbish Climate Change</p>	<p><b>ECONOMIC WELL BEING</b></p> <p><b>RIGHT to know how to manage your finances</b> <b>Experian - Values, Money and Me</b> <b>Stories</b> Budgeting Saving Spending decisions Charity How managing money makes us feel How spending choices affect others</p>	<p><b>RIGHTS + RESPONSIBILITIES</b></p> <p><b>RIGHT to Friendship</b> Making friends Respect Goal Setting Jealousy – 'Green Eyed Monster' Resolving Conflict Peer Pressure Scapegoat Turning problems around</p> <p><b>Growing and changing</b></p> <p><b>RIGHT to good health and cleanliness</b> Growing up Body changes Sleep Dental Health Hygiene Germs Basic First Aid Early signs of illness and seeking help</p>
<p><b>Year 5</b> <b>Prep</b> <b>(E Belshaw)</b></p>	<p><b>DEMOCRACY</b></p> <p><b>RIGHT to a voice + to be heard</b> Debate (links to English/Debate Team) Democracy Government Brexit Justice Opinion Education Resilient Learner</p>	<p><b>STAYING SAFE</b></p> <p><b>RIGHT to travel</b> Privacy and personal boundaries Acceptable and unacceptable contact Permission - seeking and giving Personal safety Road Safety (Police) Migration Diversity</p>	<p><b>KEEPING ACTIVE</b></p> <p><b>RIGHT to food, health and clean water</b> Science Nutrition Exercise Staying Healthy Obesity- how physical activity affects well being Environmental Issues – Farming Water – our most precious resource Microorganisms – staying clean</p>

## **RESPECT and PEER PRESSURE**

### **RIGHT to good Mental Wellbeing**

Mutual respect  
Sharing points of view  
Stereotypes  
Types of bullying and how to get help  
Discrimination  
Disability  
Managing challenges  
Seeking support for themselves and others  
'Sticks and Stones'

## **CAREER BEGINNINGS**

### **RIGHT to Work**

Career Types  
Challenging career stereotypes  
Enterprise project  
(Cross Group with Year 8)

Drugs common to everyday life

**Year 6  
Prep  
(E Belshaw)**

## **PERSONAL IDENTITY**

### **Right to opportunity**

What contributes to who we are  
Personal strengths and interests  
Setting goals  
Managing setbacks  
New opportunities and responsibilities

### **RIGHT to be PROTECTED from PREDJUDICE and DISCRIMINATION**

Peer Pressure  
Enquire  
Martin Luther King  
Protecting Local Habitats  
Justice  
Magna Carta  
Florence Nightingale  
Police/Army/Emergency Services

## **PUBERTY + REPRODUCTION**

**(cross-curricular with Science lessons had in Year 5)**

Menstrual wellbeing

## **HEALTH + HYGIENE**

### **RIGHT to the best healthcare**

Making informed choices regarding a healthy lifestyle; including nutrition  
Hygiene and bacteria and viruses  
Allergies and getting help in an emergency  
Vaccination and immunisation  
Personal Hygiene  
The NHS  
Understanding Illness

## **COPING with CHANGE**

### **RIGHT to no discrimination**

Developing friendship skills  
Changing and ending friendships  
Managing change; loss and bereavement  
Sources of support

## **MEDIA LITERACY**

### **RIGHT to freedom and choice**

How data is shared and used online  
Evaluating reliability of sources  
Misinformation and targeted information  
Choosing age appropriate TV, Games, and online content  
Influences; such as gambling

### **RIGHT to stay safe and be protected**

Slavery  
Kidnapping  
Debate  
Artificial Intelligence  
Individual Liberty – Rules + Laws  
Nelson Mandela  
Working for Peace

Managing the changes of puberty  
Developing independence  
Feelings and Managing Emotional Change  
Privacy

**Year 7  
Prep  
(E Belshaw)**

### **RELATIONSHIPS + SEX ED (RSE)**

**Right to healthy relationships**  
**DOVE CONFIDENCE WORKSHOPS**  
**Health and Hygiene Booklet given to pupils/borders**

Expectations and stereotypes in relationships  
Body Image  
Confidence  
Self-Esteem  
Managing strong feelings; The concept of consent  
Healthcare/Personal Hygiene  
Periods (also covered by the school nurse to Yr 7 girls in Autumn Term)  
Power of Laughter  
Online Safety/Relationships

### **HEALTHY lifestyles**

**Right to good health + self respect**

Physically and mentally healthy lifestyle  
Healthy sleep habits  
Dental Health  
Managing stress  
Accessing health services

### **CAREERS**

**Right to work**  
**Barclay Life Skills**  
**Bank of England - 'econoME'**

Developing enterprise skills  
The world of work  
Young people's employment rights  
Enterprise project and Team work ('Duck Production')  
Consumerism  
Young people's employment rights  
Leadership roles and consider how to give fair and appropriate opportunities

### **ECONOMIC WELL BEING**

**Right to managing own finances**

Evaluating value for money  
Debt, fraud and personal values around finance  
Financial exploitation  
Philanthropy  
Stereotypes  
Sustainability

### **DIVERSITY**

**Right to individuality and opinion**

Respectful relationships  
Discovering resolution to conflict  
Consent  
Online safety  
Equality  
Diversity  
Tackling prejudice  
Bullying  
Online bullying  
Radicalisation

**Year 8  
Prep  
(E Belshaw)**

## **FRIENDSHIPS + MANAGING INFLUENCES**

**Right to be SAFE and protected from HARM**

Digital resilience  
Managing Social Media Online Relationships  
Cyber Crime  
Peer pressure and peer approval  
Pressure to conform within a group  
Healthy and unhealthy coping strategies  
Basic First aid and keeping safe - including CPR and defibrillator use

## **RSE (Relationships and Sex Education)**

**Right to Friendship and Healthy Intimacy**

RESPECT

Healthy and unhealthy relationships

Bullying/Cyber Bullying

Loyalty and Trust

Peer Pressure

CONSENT to intimate situations

Introduction to contraception and sexual health

Sharing explicit images - 'Sexting'

Body image and Stereotyping from the Media

Managing Online Relationships

**(Nurse Laura delivers main areas of RSE to both boys and girls in a pre-planned workshop alongside Mrs Belshaw Other select areas are delivered separately. Parental letter given with right to withdraw)**

## **REVISION STRATEGIES**

**Right to an Education**

Revision Strategies -  
aid Common Entrance Exams

1. All about you and your brain
2. Getting ready for revision
3. Active learning
4. Revision techniques
5. Advice about exams

## **CAREERS**

**Right to an education**

Exam Stress + Anxiety  
Life and career aspirations  
Personal strengths and skills for employment  
How to write a CV  
Career Paths  
Leavers Programme - speakers etc.  
'Universitree' Northumbria University

## **MOVING FORWARD**

Celebrating successes and setting goals  
Moving onto a new school  
Managing and coping with changes  
Transition into Secondary Education  
(Invaders and Settlers – what it is like to be a newcomer)

**(Areas of study will alter according to current affairs such as;  
Covid-19, worldwide issues and .Gov RSE requirements etc)**