**Hartley Brook PSHRE Education Core Curriculum Overview – Whole school**

At Hartley Brook Primary Academy, PSHRE (Personal, Social, Health, Relationships and Economic) education enables our children to develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. Regardless of how long pupils are with us, be it their full primary years or just two or three, we intend for our pupils to:

* develop a healthy and safe lifestyle;
* build self-assurance and strong emotional resilience so that they are ready to engage with life and learning;
* build positive relationships with each other and all members of the school and wider community;
* develop an understanding of, and respect, differences between people;
* be confident in who they are as individuals and make the most of their abilities;
* play an active, positive role as citizens in a democratic society;
* make informed choices regarding personal and social issues – being responsible members of the school community;
* promote fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs;
* promote tolerance and respect of all faiths and beliefs, cultures and lifestyles through effective spiritual, moral, social and cultural development

How the Curriculum is personalised for our pupils:

Feedback from pupil surveys has highlighted low pro-social skills across school and it has been recognised that the development of the following skills must be a priority; to be considerate of other people’s feelings, to share readily with other children, to empathise towards others and to volunteer to help others.

The core knowledge of our PSHRE curriculum uses the Jigsaw scheme as a starting point but is personalised to the context and needs of our school community and as such we prioritise: building positive relationships; showing tolerance of others; safe use of technology; articulating views and opinions; and personal safety. We also supplement the core curriculum with focused input on aspects such as bullying; safety in the community; building key skills.

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| **Year group** | **Being Me In My World**  **Autumn 1** | **Celebrating Difference**  **Autumn 2** | **Dreams and Goals**  **Spring 1** | **Healthy Me**  **Spring 2** | **Relationships**  **Summer 1** | **Changing Me**  **Summer 2** |
| **Nursery Reception** | Self-identity  Understanding feelings  Being in a classroom  Being gentle  Rights and responsibilities  **World mental health day 10/10/22**  **Black History month (October)** | Identifying talents  Being special  Families  Where we live  Making friends  Standing up for yourself  **Black History month (October)**  **Anti-bullying week 14-18th Nov**  **Road safety week 14th-18th Nov**  **Children in Need 18/11**  **International day for disabilities 3/12**  **Human rights day 10/12**  **Eat smart to coffee morning 22/12**  **Fire Drill 5th October**  **PCSO, emergency services, nurse visit**  **360 Online toolkit risk assessment November** | Challenges  Perseverance  Goal-setting  Overcoming obstacles  Seeking help  Jobs  Achieving goals  **World religion day 6/1/22**  **Family learning team in coffe morning 10/1**  **Mehgen educational health and mental health practitioner 25/1**  **Time to talk day 2/2/22**  **Children’s mental health week 6th-12th feb**  **Online safety day 3rd March**  **Stranger danger**  **Fire Drill 1st March** | Exercising bodies  Physical activity  Healthy food  Sleep  Keeping clean  Safety  Online safety week 25/2  **Comic relief 18/3**  **Zones of regulation – red zone**  **Rules and values**  **It Stops Now behaviour initiative**  **Nurse Team- Vision tests April 4th** | Family life  Friendships  Breaking friendships  Falling out  Dealing with bullying  Being a good friend  **National walking month (May)**  **Local community history month (May)**  **Bike to school 3/5**  **Zones of regulation – yellow zone**  **21st April Lockdown Drill**  **360 Online toolkit risk assessment 15th May** | Bodies  Respecting my body  Growing up  Growth and change  Fun and fears  Celebrations  **Pride month (June)**  **Zones of regulation – blue zone**  **Jobs for Everyone project**  **NSPCC Childhood Day Mile 9th June**  **Online Safety Day 9th June** |
| **Y1** | Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud  Consequences  Owning the Learning Charter  **World mental health day 10/10/22**  **Black History month (October)**  **China Confuscius**  **Black History Month**  **World Mental Health Day**  **Diwali** | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends  Celebrating the differences in everyone  **Black History month (October)**  **Anti-bullying week 14-18th Nov**  **Road safety week 14th-18th Nov**  **Children in Need 18/11**  **International day for disabilities 3/12**  **Human rights day 10/12**  **Eat smart to coffee morning 22/12**  **Speak Out Stay Safe**  **Fire Drill 5th October**  **360 Online toolkit risk assessment November**  **Remembrance**  **Road Safety**  **Behaviour 4 learning**  **International day for persons with disabilities**  **Human rights day** | Setting goals  Identifying successes and achievements  Learning styles  Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles  Feelings of success  **World religion day 6/1/22**  **Family learning team in coffe morning 10/1**  **Mehgen educational health and mental health practitioner 25/1**  **Time to talk day 2/2/22**  **Children’s mental health week 6th-12th feb**  **Martin Luther King Jr Day**  **Energy Saving week**  **Chinese new year**  **LGBTQ+**  **Time to Talk**  **Online safety day 3rd March**  **Fire Drill 1st March** | Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  Medicine safety/safety with household items  Road safety  Linking health and happiness  Online safety week 25/2  **Comic relief 18/3**  **Zones of regulation – red zone**  **Rules and values**  **St David’s Day**  **Holi Festival**  **Science week**  **World poetry day**  **Behaviour for learning**  **It Stops Now behaviour initiative** | Belonging to a family  Making friends/being a good friend  Physical contact preferences  People who help us  Qualities as a friend and person  Self-acknowledgement  Being a good friend to myself  Celebrating special relationships  **National walking month (May)**  **Local community history month (May)**  **Bike to school 3/5**  **Zones of regulation – yellow zone**  **21st April Lockdown Drill**  **360 Online toolkit risk assessment 15th May** | Life cycles – animal and human  Changes in me  Changes since being a baby Differences between female and male bodies (correct terminology)  Linking growing and learning  Coping with change  Transition  **Pride month (June)**  **Online Safety Day 9th June**  **Zones of regulation – blue zone**  **Jobs for Everyone project**  **NSPCC Childhood Day Mile** |
| **Y2** | Hopes and fears for the year  Rights and responsibilities  Rewards and consequences Safe and fair learning environment  Valuing contributions  Choices  Recognising feelings  **World mental health day 10/10/22**  **Black History month (October)**  **China Confuscius**  **Black History Month**  **World Mental Health Day**  **Diwali** | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others  Making new friends  Gender diversity  Celebrating difference and remaining friends  **Black History month (October)**  **Anti-bullying week 14-18th Nov**  **International day for disabilities 3/12**  **Road safety week 14th-18th Nov**  **Children in Need 18/11**  **Human rights day 10/12**  **Eat smart to coffee morning 22/12**  **Speak Out Stay Safe**  **Fire Drill 5th October**  **360 Online toolkit risk assessment November**  **Remembrance**  **Road Safety**  **Behaviour 4 learning**  **International day for persons with disabilities**  **Human rights day** | Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group co-operation  Contributing to and sharing success  **World religion day 6/1/22**  **Family learning team in coffee morning 10/1**  **Fire Drill 1st March**  **Mehgen educational health and mental health practitioner 25/1**  **Time to talk day 2/2/22**  **Children’s mental health week 6th-12th feb**  **Online safety day 3rd March**  **Martin Luther King Jr Day**  **Energy Saving week**  **Chinese new year**  **LGBTQ+**  **Time to Talk** | Motivation  Healthier choices  Relaxation  Healthy eating and nutrition Healthier snacks and sharing food  Online safety week 25/2  **Comic relief 18/3**  **Zones of regulation – red zone**  **Rules and values**  **St David’s Day**  **Holi Festival**  **Science week**  **World poetry day**  **Behaviour for learning**  **It Stops Now behaviour initiative** | Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation  Expressing appreciation for special relationships  **National walking month (May)**  **Local community history month (May)**  **Bike to school 3/5**  **Zones of regulation – yellow zone**  **21st April Lockdown Drill**  **360 Online toolkit risk assessment 15th May** | Life cycles in nature  Growing from young to old  Increasing independence Differences in female and male bodies (correct terminology)  Assertiveness  Preparing for transition  **Pride month (June)**  **Online Safety Day 9th June**  **Zones of regulation – blue zone**  **NSPCC Childhood Day Mile** |

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| **Y3** | Setting personal goals  Self-identity and worth  Positivity in challenges Rules, rights and  responsibilities  Rewards and consequences  Responsible choices Seeing things from others’ perspectives  **World mental health day 10/10/22**  **Black History month (October)**  **School council/ambassador elections**  **China Confuscius**  **Black History Month**  **World Mental Health Day**  **Diwali** | Families and their differences  Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it  Recognising how words can be hurtful  Giving and receiving compliments  **Black History month (October)**  **Anti-bullying week 14-18th Nov**  **Road safety week 14th-18th Nov**  **Children in Need 18/11**  **International day for disabilities 3/12**  **Human rights day 10/12**  **Eat smart to coffee morning 22/12**  **Speak Out Stay Safe**  **Fire Drill 5th October**  **360 Online toolkit risk assessment November**  **Remembrance**  **Road Safety**  **Behaviour 4 learning**  **International day for persons with disabilities**  **Human rights day**  **Police dark nights presentation 19th October** | Difficult challenges and achieving success  Dreams and ambitions  New challenges  Motivation and enthusiasm Recognising and trying to overcome obstacles  Evaluating learning processes  Managing feelings  Simple budgeting  **World religion day 6/1/22**  **Family learning team in coffee morning 10/1**  **Fire Drill 1st March**  **Mehgen educational health and mental health practitioner 25/1**  **Time to talk day 2/2/22**  **Children’s mental health week 6th-12th feb**  **Online safety day 3rd March**  **PSCO speak to certain children regarding behaviour. (criminal damage, violence)**  **Martin Luther King Jr Day**  **Energy Saving week**  **Chinese new year**  **LGBTQ+**  **Time to Talk** | Exercise  Fitness challenges  Food labelling and healthy swaps  Attitudes towards drugs Keeping safe and why it’s important online and off line scenarios  Respect for myself and others  Healthy and safe choices  Online safety week 25/2  **Comic relief 18/3**  **Zones of regulation – red zone**  **Rules and values**  **St David’s Day**  **Holi Festival**  **Science week**  **World poetry day**  **Behaviour for learning**  **It Stops Now behaviour initiative** | Family roles and responsibilities  Friendship and negotiation  Keeping safe online and who to go to for help  Being a global citizen  Being aware of how my choices affect others  Awareness of how other children have different lives  Expressing appreciation for family and friends  **National walking month (May)**  **Local community history month (May)**  **Bike to school 3/5**  **Zones of regulation – yellow zone**  **21st April Lockdown Drill**  **360 Online toolkit risk assessment 15th May** | How babies grow  Understanding a baby’s needs  Outside body changes  Inside body changes  Family stereotypes  Challenging my ideas  Preparing for transition  **Pride month (June)**  **Online Safety Day 9th June**  **NSPCC Childhood Day Mile**  **Zones of regulation – blue zone** |

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| **Age Group** | **Being Me In My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Y4** | Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences  Group decision-making  Having a voice  What motivates behaviour  **World mental health day 10/10/22**  **Black History month (October)**  **School council/ambassador elections**  **China Confuscius**  **Black History Month**  **World Mental Health Day**  **Diwali** | Challenging assumptions Judging by appearance  Accepting self and others  Understanding influences  Understanding bullying  Problem-solving  Identifying how special and unique everyone is  First impressions  **Black History month (October)**  **Anti-bullying week 14-18th Nov**  **Road safety week 14th-18th Nov**  **Children in Need 18/11 International day for disabilities 3/12**  **Eat smart to coffee morning 22/12**  **Speak Out Stay Safe**  **Fire Drill 5th October**  **360 Online toolkit risk assessment November**  **Human rights day 10/12**  **Remembrance**  **Road Safety**  **Behaviour 4 learning**  **International day for persons with disabilities**  **Human rights day**  **Police dark nights presentation 19th October** | Hopes and dreams  Overcoming disappointment  Creating new, realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes  **World religion day 6/1/22**  **Family learning team in coffee morning 10/1**  **Fire Drill 1st March**  **Mehgen educational health and mental health practitioner 25/1**  **Time to talk day 2/2/22**  **Children’s mental health week 6th-12th feb**  **Online safety day 3rd March**  **Police Online Safety Cyber bullying 17th March**  **Martin Luther King Jr Day**  **Energy Saving week**  **Chinese new year**  **LGBTQ+**  **Time to Talk** | Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Celebrating inner strength  Online safety week 25/2  **Comic relief 18/3**  **Police engagement team 17/3**  **It Stops Now behaviour initiative**  **Zones of regulation – red zone**  **Rules and values**  **St David’s Day**  **Holi Festival**  **Science week**  **World poetry day**  **Behaviour for learning** | Jealousy  Love and loss  Memories of loved ones  Getting on and Falling Out  Girlfriends and boyfriends  Showing appreciation to people and animals  **National walking month (May)**  **Local community history month (May)**  **Bike to school 3/5**  **Zones of regulation – yellow zone**  **21st April Lockdown Drill**  **360 Online toolkit risk assessment 15th May**  **Fire and Rescue team visit 21st April** | Being unique  Having a baby  Girls and puberty  Confidence in change  Accepting change  Preparing for transition  Environmental change  **Pride month (June)**  **Online Safety Day 9th June**  **Zones of regulation – blue zone**  **NSPCC Childhood Day Mile** |
| **Y5** | Planning the forthcoming year  Being a citizen  Rights and responsibilities  Rewards and consequences  How behaviour affects groups Democracy, having a voice, participating  **World mental health day 10/10/22**  **Black History month (October)**  **School council/ambassador elections**  **China Confuscius**  **Black History Month**  **World Mental Health Day**  **Diwali** | Cultural differences and how they can cause conflict  Racism  Rumours and name-calling  Types of bullying Material wealth and happiness  Enjoying and respecting other cultures  **Black History month (October)**  **Anti-bullying week 14-18th Nov**  **Road safety week 14th-18th Nov**  **Children in Need 18/11**  **International day for disabilities 3/12**  **Human rights day 10/12**  **Online safety from PCO**  **Eat smart to coffee morning 22/12**  **Speak Out Stay Safe**  **Fire Drill 5th October**  **360 Online toolkit risk assessment November**  **Police dark nights presentation 19th October** | Future dreams  The importance of money  Jobs and careers  Dream job and how to get there  Goals in different cultures  Supporting others (charity)  Motivation  **Cutlers program/ better learner’s better workers – cutlers hall.**  **World religion day 6/1/22**  **Family learning team in coffee morning 10/1**  **Fire Drill 1st March**  **Mehgen educational health and mental health practitioner 25/1**  **Time to talk day 2/2/22**  **Children’s mental health week 6th-12th feb**  **Online safety day 3rd March**  **PSCO speak to certain children regarding behaviour. ((running away, respect, violence)**  **Martin Luther King Jr Day**  **Energy Saving week**  **Chinese new year**  **LGBTQ+**  **Time to Talk** | Smoking, including vaping  Alcohol  Alcohol and anti-social behaviour  Emergency aid  Body image  Relationships with food  Healthy choices  Motivation and behaviour  Online safety week 25/2  **Comic relief 18/3**  **Zones of regulation – red zone**  **Rules and values**  **Cutlers program/ better learner’s better workers – uniform day**  **St David’s Day**  **Holi Festival**  **Science week**  **World poetry day**  **Behaviour for learning**  **It Stops Now behaviour initiative** | Self-recognition and self-worth  Building self-esteem  Safer online communities  Rights and responsibilities online  Online gaming and gambling  Reducing screen time  Dangers of online grooming  SMARRT internet safety rules  **National walking month (May)**  **Local community history month (May)**  **Bike to school 3/5**  **Zones of regulation – yellow zone**  **Police visit- knife/weapon crime 19th April**  **Amber Project Visit 25th May**  **21st April Lockdown Drill**  **360 Online toolkit risk assessment 15th May** | Self- and body image  Influence of online and media on body image  Puberty for girls  Puberty for boys  Conception (including IVF)  Growing responsibility  Coping with change  Preparing for transition  **Pride month (June)**  **Online Safety Day 9th June**  **Zones of regulation – blue zone**  **NSPCC Childhood Day Mile** |
| **Y6** | Identifying goals for the year  Global citizenship  Children’s universal rights  Feeling welcome and valued Choices, consequences and rewards Group dynamics  Democracy, having a voice  Anti-social behaviour  Role-modelling  **World mental health day 10/10/22**  **Black History month (October)**  **School council/ambassador elections**  **China Confuscius**  **Black History Month**  **World Mental Health Day**  **Diwali** | Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion Differences as conflict,  difference as celebration  Empathy  **Black History month (October)**  **Anti-bullying week 14-18th Nov**  **Road safety week 14th-18th Nov**  **Children in Need 18/11**  **International day for disabilities 3/12**  **Human rights day 10/12**  **Eat smart to coffee morning 22/12**  **Speak Out Stay Safe**  **Fire Drill 5th October**  **360 Online toolkit risk assessment November**  **Remembrance**  **Road Safety**  **Behaviour 4 learning**  **International day for persons with disabilities**  **Human rights day**  **Police dark nights presentation 19th October**  **Nursing team weight and measurements 26th March** | Personal learning goals, in and out of school Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments  **World religion day 6/1/22**  **Family learning team in coffee morning 10/1**  **Fire Drill 1st March**  **Mehgen educational health and mental health practitioner 25/1**  **Time to talk day 2/2/22**  **Children’s mental health week 6th-12th feb**  **Online safety day 3rd March**  **PSCO speak to certain children regarding behaviour. (being out in the community)**  **Martin Luther King Jr Day**  **Energy Saving week**  **Chinese new year**  **LGBTQ+**  **Time to Talk** | Taking personal responsibility  How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health  Managing stress  Online safety week 25/2  **Comic relief 18/3**  **Year 6 green extra lesson on bullying/friendships**  **Zones of regulation – red zone**  **Rules and values**  **St David’s Day**  **Holi Festival**  **Science week**  **World poetry day**  **Behaviour for learning**  **It Stops Now behaviour initiative** | Mental health  Identifying mental health worries and sources of support Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology use  **National walking month (May)**  **Local community history month (May)**  **Bike to school 3/5**  **Zones of regulation – yellow zone**  **Police visit- knife/weapon crime 19th April**  **Amber Project Visit 25th May**  **21st April Lockdown Drill**  **360 Online toolkit risk assessment 15th May** | Self-image  Body image  Puberty and feelings  Conception to birth  Reflections about change  Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition  **Pride month (June)**  **Online Safety Day 9th June**  **Zones of regulation – blue zone**  **NSPCC Childhood Day Mile** |

Key

Jigsaw Core curriculum – This is the core content of subject knowledge for PSHE which incorporates relationships education, safeguarding & British Values

Events/days – These are themed days and activities to deepen understanding of key themes and support SMSC and wider PD input

Assemblies/whole school - Assemblies allow whole school matters to be supported and re-enforced

Visitors - are selected to support core curriculum priorities

Local community needs – links made with community partnerships to support the core curriculum