**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** |

 **Page 2/2**

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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 behaviourOnline 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