

## Hitherfield Curriculum Overview: PSHE

### Personal Social Health & Economic Education

Based on The Three Strands of the Thematic Programme Builder/PSHE Association **Health & Wellbeing/Relationships/Living in the Wider World**  
(PSHE Association Content is continually updated in line with National Data/DfE Guidance and includes Statutory Content and Guidance for RSE and Health Education)

Sequence & Content adapted to reflect **Lambeth/Local Data & Pupil/Parent Voice/Teacher Pre-assessments** and **Hitherfield events** (eg. World of Work Week/Term 6)

Year 1 Term 1	Year 1 Term 2	Year 1 Term 3	Year 1 Term 4	Year 1 Term 5	Year 1 Term 6
<p><b>Health &amp; Wellbeing: Growing and Changing</b></p> <ul style="list-style-type: none"> <li>- Understand how we are the same as and different to other people and that we are each unique</li> <li>- Recognise feelings and distinguish uncomfortable feelings</li> <li>- Understand how different feelings affect people differently</li> <li>- Know how we are the same and how we are different from our friends</li> </ul> <p><b>Living in the Wider World: Media Literacy &amp; Digital Resilience</b></p> <ul style="list-style-type: none"> <li>- Identify how and why people use the internet and digital devices to find things out and communicate safely online</li> </ul>	<p><b>Relationships: Friends and Families</b></p> <ul style="list-style-type: none"> <li>- Recognise the people who care for them and understand what it means to be a family</li> <li>- Know that families are different, e.g. single parents, same-sex parents</li> <li>- Know how and who to tell if they are worried about something in their family</li> </ul> <p><b>Living in the Wider World: Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>- Identify different people's needs in a community and recognise rules for different situations (class/home/outside)</li> <li>- Know how we care for people and living things and how to look after the environment, e.g. recycling</li> </ul>	<p><b>Health and Wellbeing: Physical Health and Mental Wellbeing</b></p> <ul style="list-style-type: none"> <li>- Reflect on what we know already about keeping healthy</li> <li>- Identify ways to keep clean</li> <li>- Understand how to eat well</li> <li>- Know the importance of exercise, sleep and a balanced lifestyle</li> <li>- Consider our mental health</li> <li>- Show what we now know about keeping healthy</li> </ul>	<p><b>Relationships: Respecting Ourselves and Others</b></p> <ul style="list-style-type: none"> <li>- Know what kind and unkind behaviour mean and how it can make people feel</li> <li>- Discuss race and racism</li> <li>- Recognise and challenge stereotypes</li> <li>- Know how to be anti-racist in our actions: understand what respect means and recognise the importance of being polite to others, sharing and taking turns</li> <li>- Recognise and challenge some myths</li> </ul>	<p><b>Relationships: Safe Relationships</b></p> <ul style="list-style-type: none"> <li>- Understand privacy and know what is private</li> <li>- Recognise how different contact/touch from others make us feel</li> <li>- Know when and how to ask permission to enter someone's physical space</li> <li>- Know when and how to give consent for someone to enter our physical space</li> <li>- Understand when, how and who to ask for help if touch is making us uncomfortable</li> </ul>	<p><b>Living in the Wider World: Money and Work</b></p> <ul style="list-style-type: none"> <li>- Know that everyone has different strengths and how different strengths and interests are needed to do different jobs</li> <li>- Identify people whose job it is to help us in the community</li> <li>- Know some of the different jobs and work people do</li> </ul> <p><b>Health and Wellbeing: Keeping Safe</b></p> <ul style="list-style-type: none"> <li>- Recognise how rules keep us safe</li> <li>- Understand why TV/ Films/ Games/ Toys/ Play Areas have age restrictions</li> <li>- Know some basic rules for staying safe online and whom to tell if they see something that makes them feel unhappy, worried or scared</li> </ul>

Year 2 Term 1	Year 2 Term 2	Year 2 Term 3	Year 2 Term 4	Year 2 Term 5	Year 2 Term 6
<p><b>Relationships:</b>  <b>Safe Relationships</b>  - Distinguish between happy surprises and uncomfortable secrets  - Recognise hurtful behaviour  - Identify what bullying is  - Know ways we can resist joining in with bullying</p> <p><b>Living in the Wider World: Media Literacy &amp; Digital Resilience</b>  - Recognise the different ways people can access the internet and that some content is factual and some is for entertainment  - Understand that information online might not always be true</p>	<p><b>Relationships:</b>  <b>Friends and Families</b>  - Know how to be a good friend and how to make friends  - Identify ways to positively resolve arguments between friends  - Understand how to recognise, and ask for help, if we are feeling lonely or unhappy and how to help someone else</p> <p><b>Living in the Wider World:</b>  <b>Belonging to a Community</b>  - Recognise the ways in which we are the same and different to others in our community (school/ local area) and know that people are all equal  - Know how a community can help people from different groups feel included and identify the different rights and responsibilities we have in school and the wider community</p>	<p><b>Health and Wellbeing:</b>  <b>Physical Health and Mental Wellbeing</b>  - Reflect on what we know already about keeping physically and mentally healthy  - Understand why sleep is important  - Recognise how medicines help us  - Know how to look after our teeth  - Identify things we can do to stay mentally healthy and recognise when to make changes or ask for help  - Present what we now know about keeping healthy</p>	<p><b>Relationships:</b>  <b>Respecting Ourselves and Others</b>  - Recognise the things we have in common with other people and know how friends can have both similarities and differences  - Recap our understanding of race and racism and racial stereotypes  - Recognise unconscious bias  - Know how to be anti-racist in our actions: how to play and work cooperatively in different groups and situations  - Understand why representation matters</p>	<p><b>Health &amp; Well-being:</b>  <b>Growing and Changing</b>  - Understand the human life cycle/ know people grow from young to old  - Know how responsibilities and bodies (ageing not puberty) change as we grow up  - Recognise and know ways to challenge gender stereotypes  - Identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)  - Reflect on how we feel about change and set goals for next year or when we are older</p>	<p><b>Living in the Wider World: Money and Work</b>  - Identify that people get paid money for the jobs they do  - Know the different forms money can take (coins, notes, debit cards, electronic payments) and that money can be kept and looked after  - Know that people make choices about getting, keeping and spending the money they earn and understand the difference between needs and wants</p> <p><b>Health and Wellbeing: Keeping Safe</b>  - Recognise how to stay safe at home (fire, (electricity, medicines, household products)  - Recognise how to stay safe 'out and about' (including road, water and rail safety)  - Know what to do in potentially unsafe situations, including removing themselves from danger, who to ask for help and how to dial 999 in an emergency</p>

Year 3 Term 1	Year 3 Term 2	Year 3 Term 3	Year 3 Term 4	Year 3 Term 5	Year 3 Term 6
<p><b>Health and Wellbeing: Growing and Changing</b></p> <ul style="list-style-type: none"> <li>- Recognise that everyone is an individual and how our strengths, interests and what we're proud of form part of our identity</li> <li>- Identify some common challenges to self-worth e.g. finding school work difficult, friendship issues</li> <li>- Know some strategies to manage and reframe setbacks e.g. asking for help, learning from mistakes, remembering what we are good at to maintain our self-worth and that of others</li> </ul> <p><b>Living in the Wider World: Media Literacy &amp; Digital Resilience</b></p> <ul style="list-style-type: none"> <li>- Recognise that images and information online can be altered and adapted and have some strategies to recognise whether something they see online is true or accurate</li> <li>- Know how to evaluate whether a game is suitable to play or a website is appropriate for their age-group</li> <li>- Know how to report something seen or experienced online that worries them or is unkind or inappropriate</li> </ul>	<p><b>Relationships: Safe Relationships</b></p> <ul style="list-style-type: none"> <li>- Recognise privacy and know how to safely respond to others if they do not respect our personal boundaries</li> <li>- Recognise hurtful behaviour and bullying</li> <li>- Understand the consequences of bullying and know that hurtful behaviour and that it is unacceptable</li> </ul> <p><b>Living in the Wider World: Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>- Recognise the reasons for rules and laws in wider society</li> <li>- Know what human rights are and understand that with every right there is a responsibility - eg. the right to education and the responsibility to learn</li> </ul>	<p><b>Health and Wellbeing: Physical Health and Mental Wellbeing</b></p> <ul style="list-style-type: none"> <li>- Distinguish between the healthy &amp; unhealthy choices we make</li> <li>- Identify our healthy and unhealthy habits relating to food, sleep and exercise</li> <li>- Consider what affects our feelings</li> <li>- Know how we can express and manage our feelings</li> </ul>	<p><b>Relationships: Respecting Ourselves and Others</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of self-respect and their right to be treated respectfully by others</li> <li>- Discuss race and racism</li> <li>- Define anti-racism</li> <li>- recognise and challenge stereotypes</li> <li>- Know how to be anti-racist in our actions and how to model respectful behaviour in different situations e.g. at home, at school, online</li> <li>- Recognise and challenge some myths</li> </ul>	<p><b>Relationships: Friends and Families</b></p> <ul style="list-style-type: none"> <li>- Understand the positive aspects of being part of a family, such as spending time together and caring for each other</li> <li>- Recognise and respect different types of families, (including single parents, same-sex parents, step-parents, blended families, foster, adoptive parents)</li> <li>- Know the different ways people in a family can care for each other (eg giving support or encouragement)</li> <li>- Know what to do and whom to tell if family relationships are making them feel unhappy or unsafe</li> </ul>	<p><b>Living in the Wider World: Money and Work</b></p> <ul style="list-style-type: none"> <li>- Know some of the different jobs people do and some of the skills needed in the workplace (punctuality, teamwork)</li> <li>- Identify and challenge misconceptions and gender stereotypes about work eg. women in STEM, men in nursing.</li> <li>- Recognise their own interests, skills and achievements and begin to think about how these might link to future jobs.</li> </ul> <p><b>Health and Wellbeing: Keeping Safe</b></p> <ul style="list-style-type: none"> <li>- Know how to identify typical hazards at home and in school and how to predict, assess and manage risk</li> <li>- Understand the importance of following safety rules from parents and other adults</li> <li>- Recognise how to keep themselves safe in the local environment and in unfamiliar places, including road, rail, water and firework safety</li> </ul>

Year 4 Term 1	Year 4 Term 2	Year 4 Term 3	Year 4 Term 4	Year 4 Term 5	Year 4 Term 6
<p><b>Relationships: Safe Relationships</b></p> <ul style="list-style-type: none"> <li>- Identify bullying behaviour</li> <li>- Recognise different types of cyber-bullying</li> <li>- Identify some different forms of peer pressure</li> <li>- Know when, how and why to be assertive and how to ask for help if we are experiencing bullying or cyber-bullying</li> </ul> <p><b>Living in the Wider World: Media Literacy &amp; Digital Resilience</b></p> <ul style="list-style-type: none"> <li>- Recognise how we all have a digital footprint and know how search results are ordered and how this affects the information we access</li> <li>- Understand how organisations use personal information to encourage us to buy things and how to distinguish between factual and advertising content</li> </ul>	<p><b>Relationships: Friends and Families</b></p> <ul style="list-style-type: none"> <li>- Recognise the features of healthy friendships (eg mutual respect, trust and shared interests) and know some strategies to build positive friendships</li> <li>- Understand how knowing someone on-line is different to knowing them face to face and recognise the risks in online relationships</li> <li>- Know when and how to seek support with relationships if we are feeling lonely or excluded and what to do or whom to tell if they are worried about any contact online</li> </ul> <p><b>Living in the Wider World: Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>- Recognise we belong to different communities as well as the school community and understand the meaning and benefits of living in a community</li> <li>- Understand how to show compassion and care towards others in our community and identify individuals and groups that help the local community, including through volunteering and work</li> </ul>	<p><b>Health and Wellbeing: Physical Health and Mental Wellbeing</b></p> <ul style="list-style-type: none"> <li>- Consider how we know when we are ill</li> <li>- Identify things we can do if we are ill</li> <li>- Understand how to look after our teeth</li> <li>- Know how to brush our teeth</li> </ul>	<p><b>Relationships: Respecting Ourselves and Others</b></p> <ul style="list-style-type: none"> <li>- Recognise differences between people such as gender, race, faith and understand the importance of respecting these differences</li> <li>- Discuss race and racism and define anti-racism</li> <li>- Recognise and challenge stereotypes</li> <li>- Recognise unconscious bias</li> <li>- Know how to be anti-racist in our actions and know some vocabulary to sensitively discuss difference and include everyone</li> </ul>	<p><b>Health and Wellbeing: Growing and Changing</b></p> <ul style="list-style-type: none"> <li>- Identify physical differences between the genders (external genitalia and reproductive organs) and recap the different stages of the human life cycle</li> <li>-Identify physical changes to the female body during puberty</li> <li>-Identify physical changes to the male body during puberty</li> <li>-Recognise emotional changes during puberty</li> <li>-Know how and why to keep our bodies clean</li> <li>-Know to discuss the challenges of puberty with a trusted adult and how to get information, help and advice about puberty</li> </ul>	<p><b>Living in the Wider World: Money and Work</b></p> <ul style="list-style-type: none"> <li>- Understand the different ways to pay for things and how people make different spending decisions based on their budget, values and needs</li> <li>- Know how to keep track of money and why it is important to know how much is spent</li> <li>- Recognise how people spend money can have positive or negative effects on others</li> </ul> <p><b>Physical Health, Mental Wellbeing: Keeping Safe</b></p> <ul style="list-style-type: none"> <li>- Know what is meant by the word 'drug' and identify some of the effects and risks related to different drugs</li> <li>- Identify the importance of taking medicines correctly and using household products safely</li> <li>- Understand how drugs common to everyday life affect health and wellbeing and that for some people using drugs can be a habit which is difficult to break</li> </ul>

Year 5 Term 1	Year 5 Term 2	Year 5 Term 3	Year 5 Term 4	Year 5 Term 5	Year 5 Term 6
<p><b>Health and Wellbeing: Growing and Changing</b></p> <ul style="list-style-type: none"> <li>- Understand personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes</li> <li>- Know that for some people their gender identity does not correspond with their biological sex</li> <li>- Know ways to recognise, respect and express their individuality and personal qualities</li> <li>- Identify some strategies (interests, hobbies and community groups) to boost our mood and improve emotional wellbeing</li> </ul> <p><b>Living in the Wider World: Media Literacy &amp; Digital Resilience</b></p> <ul style="list-style-type: none"> <li>- Secure some basic strategies to assess whether content online is based on fact, opinion, or is biased and know how to assess which search results are more reliable than others</li> <li>- Know that some media and online content promote stereotypes and know how to recognise unsafe or suspicious content online</li> </ul>	<p><b>Relationships: Friends and Families</b></p> <ul style="list-style-type: none"> <li>- Understand that friendships can change over time and know some strategies to positively resolve disputes and reconcile differences in friendships</li> <li>- Recognise peer influence and know how it can make people feel or behave</li> <li>- Know some strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication</li> </ul> <p><b>Living in the Wider World: Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of protecting the environment and how everyday actions can support or damage it</li> <li>- Know how to express their own opinions about their responsibility towards the environment</li> </ul>	<p><b>Health and Wellbeing: Physical Health and Mental Wellbeing</b></p> <ul style="list-style-type: none"> <li>- Understand how sleep contributes to a healthy lifestyle and identify some healthy sleep strategies</li> <li>- Know who medicines contribute to our health and how allergies can be managed</li> <li>- Understand that some diseases can be prevented by vaccinations and immunisations</li> <li>- Know that bacteria and viruses can affect health and how we can prevent the spread of bacteria and viruses with everyday hygiene routines</li> </ul>	<p><b>Relationships: Respecting Ourselves and Others</b></p> <ul style="list-style-type: none"> <li>- Understand what discrimination means and identify different types of discrimination e.g. racism, sexism, homophobia</li> <li>- Understand that everyone should be treated equally</li> <li>- Discuss race and racism and extend our definition of racism</li> <li>- Extend our definition of anti-racism</li> <li>- Recognise unconscious bias</li> <li>- Know how to be anti-racist in our actions including how to identify online bullying and discrimination of groups or individuals on-line e.g. trolling and harassment</li> </ul>	<p><b>Relationships: Safe Relationships</b></p> <ul style="list-style-type: none"> <li>- Understand the need to respect each other's personal space</li> <li>- Distinguish between appropriate and inappropriate touch</li> <li>- Consider the emotions of someone whose personal space is not respected</li> <li>- Know some strategies for asking for and giving/not giving consent</li> <li>- Identify healthy and unhealthy friendships and know how and when to ask for help</li> </ul>	<p><b>Living in the Wider World: Money and Work</b></p> <ul style="list-style-type: none"> <li>- Identify jobs that they might like to do in the future and know that there is a variety of routes into work e.g. college, apprenticeships, university</li> <li>- Recognise the role ambition can play in achieving a future career and what might influence people's decisions about a job or career, including pay, working conditions, personal interests, qualities, family, values</li> <li>- Know how or why someone might choose a certain career and recognise the importance of diversity and inclusion to promote people's career opportunities</li> </ul> <p><b>Health and Wellbeing: Keeping Safe</b></p> <ul style="list-style-type: none"> <li>- Differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour and identify when situations are becoming risky, unsafe or an emergency</li> <li>- Understand that female genital mutilation (FGM) is against British law' and know what to do and whom to tell if they think they or someone they know might be at risk of FGM</li> </ul>

					<p>- Know how to deal with common injuries using basic first aid techniques and how to respond in an emergency, including when and how to contact different emergency services</p>
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Year 6 Term 1	Year 6 Term 2	Year 6 Term 3	Year 6 Term 4	Year 6 Term 5	Year 6 Term 6
<p><b>Relationships: Safe Relationships</b></p> <ul style="list-style-type: none"> <li>- Distinguish between healthy and unhealthy friendships</li> <li>- Recognise different forms of peer pressure</li> <li>- Identify some strategies for resisting peer pressure: know what consent means and how to seek and give/not give permission in different situations</li> <li>- Understand different forms of online peer pressure including 'challenges' and 'dares'</li> <li>- Know how and why to make positive choices and friendships online and how to get advice and report concerns about personal safety, including online</li> </ul> <p><b>Living in the Wider World: Media Literacy &amp; Digital Resilience</b></p> <ul style="list-style-type: none"> <li>- Recognise why people choose to communicate through social media and how online content can be designed to manipulate people's emotions and encourage them to read or share things and Know that social media sites have age restrictions and regulations for use.</li> <li>- Identify some of the rules and laws relating to sharing things online and how to recognise what is</li> </ul>	<p><b>Relationships: Friends and Families</b></p> <ul style="list-style-type: none"> <li>- Know what it means to be attracted to someone and that people who love each other can be of any gender, ethnicity or faith</li> <li>- Understand the ways in which couples show their love and commitment to one another and what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults</li> <li>- Know that people have the right to choose whom they marry or whether to get married and that to force anyone into marriage is illegal</li> </ul> <p><b>Living in the Wider World: Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>- Recognise stereotypes in different contexts and the influence they have on attitudes towards and understanding of different groups</li> <li>- Identify how stereotypes are perpetuated and how to challenge this</li> </ul>	<p><b>Health and Wellbeing: Physical Health and Mental Wellbeing</b></p> <ul style="list-style-type: none"> <li>- Recognise mental health is as important as physical health and needs looking after</li> <li>- Know that anyone can be affected by mental ill-health and recognise how changes (including loss and grief) may affect our mental health</li> <li>- Identify positive strategies for managing uncomfortable feelings and no when and how to ask for help</li> <li>- Understand how balancing time online with other activities helps to maintain health and wellbeing</li> </ul>	<p><b>Relationships: Respecting Ourselves and Others</b></p> <ul style="list-style-type: none"> <li>- Understand the link between values and behaviour and know how to be a positive role model</li> <li>- Discuss race and racism and extend our definition of racism</li> <li>- Extend our definition of anti-racism</li> <li>- Recognise unconscious bias</li> <li>- Know how to be anti-racist in our actions and how to constructively challenge points of view we disagree with</li> </ul>	<p><b>Health &amp; Wellbeing: Growing and Changing</b></p> <ul style="list-style-type: none"> <li>- Recognise that growing and changing (and puberty) is part of being human.</li> <li>- Identify the key changes to male and female bodies during puberty.</li> <li>- Know a range of strategies to cope with the emotional changes during puberty</li> <li>- Recognise different forms of healthy loving relationships, marriage and civil partnerships</li> <li>- Know that sex can be part of a loving relationship; to know the law and understand respect and consent</li> <li>- Understand the process of human reproduction</li> </ul>	<p><b>Living in the Wider World: Money and Work</b></p> <ul style="list-style-type: none"> <li>- Understand how money impacts a person's health and wellbeing</li> <li>- Know how companies encourage customers to buy things and understand how to judge value for money</li> <li>- Identify how money can be stolen through scams or lost through gambling and recognise debt</li> </ul> <p><b>Health and Wellbeing: Keeping Safe</b></p> <ul style="list-style-type: none"> <li>- Identify ways to stay safe on-line including dealing with requests for personal information and identifying types of images that are appropriate to share with others</li> <li>- Understand the different age rating systems for social media, T.V, films and games and recognise how age restrictions help people make safe decisions about what to watch, use or play</li> <li>- Know the laws relating to drugs and recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs</li> </ul>

<p>appropriate to share online and how to report inappropriate online content or contact</p>					
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