



CURRICULUM SUMMARY PSHRE – Years 3-6 Overview

	Year 3	Year 4	Year 5	Year 6
PSHRE	<p>Health and Wellbeing Goal setting, boundaries and being safe, mental health, relationship between physical and mental health, explore self-talk, self-care strategies, resolving conflict, what is dementia and memory, defining bullying, benefits of exercise, diet, oral hygiene, identify drugs, understanding passive smoking, sun protection, immunisation, how to call emergency services.</p> <p>Living in the Wider World Planning and fundraise for a charity, consumer choices, needs and wants, staying safe online, democracy, life in other countries, fire safety.</p> <p>Relationships Importance of a healthy and happy family, types of families, healthy relationships, marriage, qualities of a good friend, trust, dealing with conflicts, respecting diversity, manners, online relationships, gender stereotypes, peer pressure, naming male and female body parts, bad touch.</p>	<p>Health and Wellbeing Goal setting, boundaries and being safe, mental health, relationship between physical and mental health, growth mindset, self-care strategies, resolving conflict, defining bullying, bullies and bystanders, benefits of exercise, diet, oral hygiene, identify drugs, understanding passive smoking, sun protection, immunisation.</p> <p>Living in the Wider World Plan and fundraise for a charity, how to save and benefits of saving money, staying safe online, trustworthiness of online sources, democracy.</p> <p>Relationships Importance of a healthy and happy family, types of families, healthy relationships, marriage, qualities of a good friend, responsibilities in friendship, trust, dealing with conflicts, respecting diversity, manners, online relationships, gender stereotypes and labels, how dementia affects the family, assistive technologies, physical and emotional puberty body changes, menstrual wellbeing and menstrual cycle.</p>	<p>Health and Wellbeing Goal setting, boundaries and being safe, mental health, relationship between physical and mental health, grow mindset, self-care strategies, self-respect, resolving conflict, defining bullying, bullies and bystanders, benefits of exercise, importance of hydration, amounts of energy in food, interpreting food labels, oral hygiene, identify drugs, understanding passive smoking, immunisation, recognising signs of ill-health, types of difficulties experienced with dementia, personal hygiene.</p> <p>Living in the Wider World Plan and fundraise for a charity, payslips, tax deductions, budgeting, migration, staying safe online, online pressures, appropriate/inappropriate content to share online, using games and apps safely, age restrictions online, differences between culture and religion.</p> <p>Relationships Importance of a healthy and happy family, types of families, healthy relationships, marriage, qualities of a good friend, responsibilities in friendship, trust, dealing with conflicts, peer pressure, respecting diversity, manners, online relationships, challenging gender stereotypes, physical and emotional puberty body changes, menstrual wellbeing and menstrual cycle.</p>	<p>Health and Wellbeing Goal setting, boundaries and being safe, mental health, relationship between physical and mental health, positive self-talk, self-care strategies, self-respect, resolving conflict, managing anxiety around transition, defining bullying, bullies and bystanders, benefits of exercise, diet, oral hygiene, identify drugs, understanding passive smoking, effects of alcohol, risks of cannabis and substance abuse, immunisation, sun protection, how to call emergency services, basic first aid, dementia and community support.</p> <p>Living in the Wider World Plan and fundraise for a charity, hidden homelessness, homeless stereotypes, staying safe online, trustworthiness of online sources, cycling safety, how beauty is portrayed around the world, parliamentary debate, similarities and differences between people.</p> <p>Relationships Importance of a healthy and happy family, types of families, healthy relationships, marriage, qualities of a good friend, responsibilities in friendship, trust, dealing with conflicts, respecting diversity, manners, online relationships, risky behaviour, challenging gender stereotypes, physical and emotional puberty body changes, menstrual wellbeing and menstrual cycle.</p>

Our rationale for sequencing the subject in this way

Whitehall Junior School has adopted the Ealing Scheme of Work for PSHE. Our diverse school community is similar to that of schools within the London Borough of Ealing and upon reviewing the scheme it was agreed that the majority of the content was relevant to the children in our school. Where this was not the case, these topics and lessons have been removed and substituted in order to tailor the scheme fully to the needs of our children.

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The scheme is split into three main themes, one for each term: Autumn - Health and Wellbeing; Spring - Living in the Wider World and Summer - Relationships. These three themes were selected as they link to the PSHE Association's guidance. Each theme begins with a whole school assembly and ends with a concluding whole school assembly. The curriculum is designed in this way to create a whole school approach to PSHE and, as each year group covers the same theme at the same time, it provides children with the opportunity to be able to share their learning with their peers. The curriculum is progressive in the way that, despite covering the same topic at the same time, in each year group, the learning within that topic is expanded upon and previous learning is revisited and built upon. Themed weeks that occur throughout the school year, such as anti-bullying week, are also embedded within the planning.

Safeguarding is the golden thread throughout the scheme of work as so many topics link to this; teaching pupils the skills to keep themselves safe in all areas of their lives.

The curriculum is rich, in the way that it covers a variety of topics within the three themes. It is relevant, not only to the demographic of the school but also in its coverage of the objectives from the recent Relationships and Health Education statutory guidance. The curriculum is imaginative; lessons are planned to incorporate drama and utilise a range of teaching approaches to ensure high engagement.