

St Thomas of Canterbury Catholic Primary School



Where every child is special



Making **S=P+A+C+E** for learning

PSHE Scheme of Work

EYFS
KS1 / KS2
PSHE

Drug
Education

SRE

Financial
Capability

EHWB

Healthy
Living

Staying Safe

Citizenship

Drug Education

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graph TD; A[Drug Education] --> B[EYFS]; A --> C[Year 1]; A --> D[Year 2]; A --> E[Year 3]; A --> F[Year 4]; A --> G[Year 5]; A --> H[Year 6];
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EYFS

Know that household products, including medicines, can be harmful if not used properly.

Year 1

Know about the role of drugs as medicines.

Year 2

Learn that all medicines are drugs but not all drugs are medicines.

Year 3

Understand which commonly available substances and drugs are legal and illegal, their effects and risks. Become aware of substances that harm the body. Become aware of choices they can make to protect their bodies.

Year 4

Investigate ways that harmful substances can enter the body. Continue the awareness of ways to protect their body from harmful substances. Know which commonly available substances and drugs are legal and illegal and their effects and risks.

Year 5

Know which commonly available substances and drugs are legal and illegal and their effects and the associated risks.

Year 6

Develop appropriate techniques to resist pressure from friends and others with regard to tobacco, alcohol and drugs. Learn which commonly available substances and drugs are legal and illegal, their effects and risks.

Sex & Relationships Education (SRE)

EYFS

Know that they are unique and their body is a gift from God; that he loves them unconditionally. Hear about babies growing into children and adults and that babies have special needs. Hear about the different types of families and explore the roles of individuals in the family. Explore the rituals that mark and celebrate birth. Recognise how their behaviour affects other people and how to play and work co-operatively.

Year 1

Recognise they are created by God and He cares for each person. Know that humans move, eat, grow and reproduce. Name the main body parts. Be aware of the process of growing from young to old and the changes that brings. Know that there are different types of families and understand the importance of secure loving relationships. Know they belong to various groups and communities. Recognise how their behaviour affects others and how to play and work co-operatively.

Year 2

Learn that humans can produce babies that grow into children and then adults. Recognise themselves as male and female. Reflect on their contributions to building up a loving family. Learn that family and friends should care for each other. Hear about the ideal of loving and sharing in a Christian marriage. Be able to talk about how their behaviour and feelings can affect the behaviour and feelings of others. Recognise that every individual has special needs.

Year 3

Learn to value themselves as children of God. Be aware that death leads to a 'New Life' with God. Explore the sacrament of marriage as an expression of love. Investigate why parents need to care for their families. Investigate what is meant by relationships within families. Explore aspects of friendship. Explore ways in which their actions can spoil loving family relationships.

Year 4

Develop the awareness of life cycle from conception to birth. Continue to develop the understanding that families can be places of love and joy. Continue to explore the sacrament of marriage as an expression of love. Explore and develop strategies to maintain good relationships. Explore aspects of friendship. Learn that their feelings affect themselves and others, and to try and see things from their point of view.

Year 5

Learn about bodily and emotional changes during puberty. Explore the meaning of friendship, trust and loyalty and how to seek advice from significant adults. Recognise that actions have consequences for themselves and others. Know what skills are needed to be effective in relationships. Understand that differences and similarities between people arise from a number of factors. Appreciate the changing roles and responsibilities of family members.

Year 6

Know the basic biology of human reproduction within the context of marriage. Hear about the commitment of Christian parents in bringing up their children. Consider the necessity for family rules. Develop skills needed to form and to end relationships. Reflect on their deepening role within the family. Recognise and value the importance of forgiveness in relationships. Reflect on the importance of God's unconditional love.

Financial Capability

EYFS

Understand some areas where they can be responsible for themselves. Know the different forms that money takes. Understand that people exchange money for goods and services. Understand that we can keep our money in different places and some places are safer than others. Begin to be aware of their own needs and be sensitive to the needs of others. Understand how their choices affect them and other people.

Year 1

Know that money comes from both regular and irregular sources. Consider the ways the children can use money in their own lives. Understand why we need money. Know some of the essentials that must be paid for. Become aware that our feelings and actions have an impact on others and vice versa. Know that we can have a range of feelings about money. Understand that choices the children make will affect them and others.

Year 2

Consider the way that the children can use money for different purposes. Understand the difference between needs and wants. Know that there are different ways to save money. Know what charities are for and what some might do. Know where money goes if it is given to a charity.

Year 3

Consider saving, spending and budgeting in known contexts. Understand that individuals and families may need or choose to spend their money in different ways. Know about different ways to gain money, including earning it through work. Know money can make things different for other people here and in other countries.

Year 4

Consider saving, spending and budgeting in known contexts. Understand that individuals and families may need or choose to spend their money in different ways. Begin to understand risk in relation to finances. Know that you plan for future spending and how to save. Know that making comparisons between costs is important in managing your money.

Year 5

Know what is deducted from earnings and why. Consider degrees of risk and the possible consequences of taking financial risks. Differentiate between manageable and unmanageable debt. Know about fair trade and what it means. Consider the needs of the global environment and the impact of consumer choices.

Year 6

Know there are a range of salaries for different jobs. Know what is deducted from earnings and why. Consider degrees of risk and the possible consequences of taking financial risks. Understand 'value for money'. Recognise that resources are limited and we need to make choices. Know that individual and community rights and responsibilities need to be taken into account when making decisions.

Emotional Health & Wellbeing (EHWB)

EYFS

Recognise, name and deal with their feelings in a positive way. Be aware that loss is part of life. Learn to say sorry. Experience forgiveness.

Year 1

Set simple personal goals. Recognise, name and deal with their feelings in a positive way. Become aware of what makes them feel uncomfortable and develop simple strategies for dealing with this. Be aware that loss and change are part of life. Learn how to say sorry and experience forgiveness. Learn from their experiences. Recognise their likes, dislikes and preferences and to express and justify a personal opinion.

Year 2

Learn how to set simple goals. Recognise what they are good at. Know how they learn best. Share their opinions on things that matter to them and explain their views. Explore church and family rituals of loss, death and change and reflect on their own experiences. Begin to develop an understanding of the need for forgiveness and reconciliation.

Year 3

Investigate the unique qualities of each person made in the image and likeness of God. Explore rituals celebrated in Church, marking birth, marriage and death. Understand the importance of honesty and self-discipline. Explore changes that loss brings to themselves and others. Explore ways in which feelings affect and are affected by actions. Explore the place of the sacrament of Reconciliation in their lives.

Year 4

Learn to see mistakes, make amends and set personal goals. Know that each person has special qualities and gifts. Develop the understanding of honesty and self-discipline. Appreciate that there are many feelings and emotions associated with grieving and loss. Be aware that death leads to New Life with God. Deepen their appreciation of the place of the sacrament of Reconciliation in their lives.

Year 5

Recognise their work as individuals by expressing positive things about themselves. Explore the ways in which church rituals help people deal with loss. Learn about sources of help and support for individuals, families and groups. Understand that grieving is a process. Explore ways to reflect God's unconditional love in their lives.

Year 6

Know that the Church has rituals and ways of dealing with death. Know that there are helping agencies to support families and individuals in times of their loss. Appreciate the healing grace that is available through the sacrament of Reconciliation.

Healthy Living

EYFS

Explore what is needed for growth – love, food, shelter etc. Develop an awareness of the need for exercise and rest and make simple choices that improve their health and well-being

Year 1

Learn how to make simple choices which improve their health and well-being. Learn how to maintain personal hygiene.

Year 2

Investigate the ways in which exercise and rest help develop healthy bodies. Learn how to make simple choices that improve their health and well-being. Appreciate that some diseases spread and can be controlled. Understand that their bodies are special and develop ways to protect and respect them.

Year 3

Learn about what makes a healthy lifestyle, including the benefits of healthy eating, and how to make informed choices. Learn that bacteria and viruses affect health and that following simple safe routines can reduce their spread. Find out what happens to their bodies during periods of rest and exercise.

Year 4

Explore how to maintain a healthy body by a balanced diet. Understand what makes a healthy lifestyle; exercise, healthy eating and how to make informed choices.

Year 5

Learn about options for a healthy lifestyle, including benefits of exercise, healthy eating and what affects positive mental health.

Year 6

Be aware that a balanced diet, exercise, hygiene and rest are necessary for maintaining a healthy body and healthy mind.

Staying Safe

EYFS

Know who to go to when help is needed. Know about people who can keep them safe. Agree to and follow rules for their group and classroom and understand how rules help them. Learn about firework safety.

Year 1

Agree and follow rules for their group and classroom and understand how rules help them. Learn about rules that are made to keep us safe. Recognise choices they can make and recognise the difference between right and wrong.

Year 2

Recognise that there are different types of teasing and bullying is wrong, and how to get help to deal with bullying. Understand how to treat themselves and others with respect and dignity. Learn basic road safety rules. Learn how rules (water safety code and fire safety) help them and how to follow rules for the group or class. Develop an awareness of right and wrong.

Year 3

Explore why and how rules and laws are made and enforced and why different rules are needed in different situations. Become aware of school rules about health and safety. Explore ways in which they are responsible for their own environment, including the development of sensible road use. Know how to make an emergency phone call.

Year 4

Explore why and how rules and laws are made, enforced and needed. Become aware of school rules about health and safety. Become aware of right and wrong choices and their consequences. Become aware of the consequences of antisocial behaviour, such as bullying, teasing, racism. Know how to respond to aggressive behaviour and how to ask for help.

Year 5

Know that pressure to engage in unacceptable or risky behaviour can come from a variety of sources, including people they know, and to exercise basic techniques for resisting pressure. Realise the nature and consequences of racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help. Explore safety issues when using a bike on the road. Revise basic first aid.

Year 6

Recognise that actions have consequences for themselves, others, recognise others feelings. Realise the nature and consequences of racism, teasing, bullying and aggressive behaviour. Develop ways to deal with the consequences of wrong choices. Revise basic first aid including the recovery position.

Citizenship

EYFS

Know that they belong to various groups
Recognise right and wrong and learn to take responsibility.
Recognise what they like and dislike, what is fair and unfair
Identify and respect the similarities and differences between people.
Know what harms and improves their local, natural and built environment and about some of the ways people look after them.
Recognise and appreciate growing things.

Year 1

Share their opinions on things that matter to them.
Recognise that people and other living things have needs, and that they have responsibilities to meet them.
Become aware of taking responsibility for words and actions.
Recognise what makes something fair or unfair.
Know what improves and harms the local environment.
Become aware of the rich variety of different cultures in our society.
Hear about different forms of communication media.

Year 2

Recognise the need to respect the rights and properties of others including people with specific disabilities.
Provide opportunities to explore celebrations in different cultures.
Appreciate that advertising is part of contemporary life and its effects on our way of life.
Investigate things, which improve or harm the local and national environment and the things people do to care for it.
Begin to appreciate their responsibility for the world.

Year 3

Recognise the role of community, voluntary and pressure groups.
Understand what democracy is.
Explore how the media present information.
Explore ways in which people affect the environment.
Appreciate the range of national, regional, religious and ethnic identities in the UK.
Realise the consequences of anti-social behaviours.
Be aware of the importance of working together as part of a community.

Year 4

Know that there are different kinds of responsibilities, rights and duties at home, school and in the community.
Understand what democracy is.
Learn that differences and similarities between people arise from a number of factors.
Explore the qualities that make a good community.
Identify ways in which people in our world depend on each other.
Explore how their actions affect the environment.
Think about the lives of people living in other places and times.

Year 5

To express and justify a personal opinion of issues of personal and social concern.
Know why and how rules and laws are made and enforced.
Explore the meaning of prejudice and how it can be expressed.
Develop an awareness of the way the media influences our choices.
Explore the concept that resources can be allocated in different ways.
Develop an understanding and respect for the beliefs and cultures of others.

Year 6

Explore groups they belong to and the commitment made to groups.
Investigate the effects of stereotyping on the community and develop strategies for minimising this.
Reflect on the ways they can support people in their community.
Develop sensitivity and respect of the rights and needs of others regardless of differences.
Deepen awareness of current environmental issues in the context of God's creation including allocation of resources.