

## **Rygaards International Primary School PHSE Curriculum**

The PSHE Curriculum follows guidelines laid down in the English National Curriculum. It addresses all aspects of personal, social and health education and also covers curriculum guidance for Citizenship. The Key Stage 1 Curriculum begins in Reception Class where children learn primarily about personal development, “All about me,” but also cover aspects of citizenship, lifestyle and relationships. These are developed further in Year 1 and Year 2, moving from looking at “Ourselves” to placing emphasis on looking at our place in society as a “Young Citizen”. The Key Stage 2 curriculum is also divided into the broad headings of; Personal Development, Citizenship, Lifestyle and Relationships. Personal Development covers aspects of feelings and growing independence; Citizenship covers rules and responsibilities towards the community and environmental issues; Lifestyle covers Health and Safety and the skill of resisting external pressures; Relationships deals with friendships, resolving conflicts and celebrating the diversity of people.

### **Key Stage 1**

#### **Reception Class**

What do you like?

What don't you like?

What makes you happy?

What makes you sad?

What do you think is unfair?

Who are your special people?

What are your special things?

What can you do?

What would you like to do?

How do you keep yourself safe?

Year 1

## **Personal Development**

Your special Qualities

Playing Fair

Doing the right thing

Different views

Feeling good and feeling bad

Learning from experience

Setting targets

## **Lifestyle**

What should we eat?

Clean choices

Exercise

Growing and changing

Medicines

Thinking of Safety

## **Relationships**

The things you do

Getting on with others

The people you meet

Caring for family and friends

Teasing

Year 2

### **Discussion and Debate**

What do you think?

Voting

### **Making Choices**

Right and Wrong

Teasing

Is it fair?

Rules

### **Taking Responsibility**

The things around you

Other People's Needs

Being Responsible for yourself

### **Community**

Your community

The School Community

People in the local Community

### **The Environment and Resources**

The School environment

The Local Environment

Using Money Responsibly

## Key Stage 2

		Year 3	Year 4	Year 5	Year 6
Personal Development	Self	Who am I?	Recognising Feelings	Individual Worth	Growing independence
	Development	My Abilities	Causes of Feelings	Setting Goals Learning from Mistakes	New Skills
	Other People	Similarities and Differences	Points of View	Expressing Feelings	Respecting others
	Preparing for the future	Using Abilities	New Challenges	Handling Emotions	Saving for the future
Citizenship	Rules	Right and Wrong Need for Rules	Different Viewpoints	Telling the truth	Interpreting right and wrong Why laws are needed
	Responsibilities	My responsibilities	Antisocial Behaviour Accepting Responsibility	Consequences of actions Sharing responsibilities	Individual and common rights Antisocial behaviour
	Communities	Caring Communities	Social Choices	Community Services Group Decisions	Choices
	Environment	Looking after the Environment	Making the Difference	Environmental Issues	Pressure groups Making a difference
Lifestyle	Growing and Changing	How we change	Changing Bodies and Lifestyle A baby's development	Choosing to be clean	Preparing for change New Responsibilities
	Health	Emergencies	Work and Leisure Exercise Coping with Stress	Harmful Substances	Mental health Avoiding harmful substances Avoiding illness
	Safety	Keeping Safe and Safe Choices	Personal Safety	Acting Responsibly	Personal Safety
	Skills	Dealing with Persuasion	Resisting Pressure	Interpreting Information	Coping with Pressure
Relationships	Friends	Togetherness Being a Friend	Changing Friendships Keeping in Touch	Different kinds of love	Keeping good friends

	Feelings	Thinking of Others	When to keep secrets	Respecting others	Resolving Differences
	Conflict	Arguments and Bullying	Family Fall-outs	Teasing and offensive behaviour	Dealing with bullying
	Other People	Different Customs	Judging by appearances Accepting Differences	Belonging to different groups	Celebrating variety