

Personal, Social, Health and Citizenship Education (PSHCE)

Curriculum Guide 2018-19

YEAR 4

The PSHCE curriculum is flexible and may be adapted to incorporate and deal with emerging issues both within the school and the wider community. Much of the curriculum is paper free and designed to encourage children to feel confident speaking, expressing and justifying opinions and being open to the views of others.

EMOTIONAL INTELLIGENCE

Relationship Skills

The 3 Cs: Care, Courtesy and Consideration

The Buddy Relationship

The qualities of a good friend

Building friendships: making connections and giving compliments

What is bullying? Different kinds of bullying.

Self-Awareness

What is an emotion? The difference between physical and emotional feelings

Positive and negative emotion

Recognizing and describing emotion

Knowing how to deal with negative emotions - Mental Health First Aid as a concept

Building identity and character

Self-Control

Reading and managing emotion – What do I want to do?/What should I do?

Empathy

Recognizing emotion in others

WELL-BEING (incorporating early Sex and Relationships Education)

Parents can view the school's Sex and Relationships Education (SRE) policy in the policy area of the website. Whilst SRE is covered in its most basic form in all year groups, this is most relevant to parents of children in Years 6-8.

The human life cycle

Growing and changing: Me at age 13. (Understanding *some* of the changes that take place physically and emotionally in adolescence)

Childhood, adolescence, adulthood and old age

Death and dealing with bereavement

Lifestyles

Debate: Would unrestricted access to sweets and television make me happy?

Understanding the importance of personal hygiene

Safety in the home

CITIZENSHIP

What happens at Westminster? - The Houses of Parliament and Prime Minister's Questions

The Queen and the Royal Family

The State Opening of Parliament

Giving and receiving in school and family life

Child carers

History of Money

YEAR 5

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EMOTIONAL INTELLIGENCE

Relationship Skills

The 3 Cs: Care, Courtesy and Consideration

Resolving conflict

Introduction to being a senior buddy – The qualities of a good buddy

Beginning an understanding of passive, aggressive and assertive forms of communication

How *do* teams work?

Understanding and resolving bullying

Self-Awareness:

Recognising and describing emotion

Building character and identity

Negative emotions: Possible triggers and how we react

Mental health and well being

Self-Control:

Managing negative emotions

Modesty, sportsmanship and being gracious in victory and defeat – *Why* and *how*?

Empathy

Recognising emotion in others

Applying empathy skills to everyday life

How to spot emotion in others and what to do

Personal Motivation

Discussing role models

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The human life cycle

An introduction to adolescence and puberty. (Girls will be offered more detailed and practical advice on menstruation in Year 6)

Marriage vows

Different types of family including single parent families and discussion surrounding divorce

Lifestyles

Nutrition: What *is* good for me?

Consolidation of personal hygiene

Personal safety including rights over our own bodies and e-safety

CITIZENSHIP

An introduction to human rights: The Universal Declaration of Human Rights (including racism, sexism and disability issues)

What is the United Kingdom? – The question of Scottish independence

London landmarks

Law and the police

Understanding pre-decimal money: pounds/shillings and pence

YEAR 6

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EMOTIONAL INTELLIGENCE

Relationship skills

Communication and achieving rapport

Courtesy: The roots and reasons for manners

Sustaining friendships
Leading and resisting peer pressure
Bullying awareness and prevention

Self-Awareness

Expansion of emotional vocabulary for self-expression
Triggers for happiness - mental health and wellbeing

Self-Control

Managing negative emotional responses
Delayed gratification (Stanford University's Marshmallow Test)

Empathy

Empathy: Mind reading? Life in someone else's shoes
What should I do next? Soothing other's feelings

Personal Motivation

Positive and constructive self-evaluation
Delayed gratification
Motivating forces: utilising competition

WELL-BEING (incorporating Sex and Relationships Education)

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The human life cycle/Sex and relationships education

The physical changes of puberty. (All boys and girls receive the same education regarding the changes for both genders, however, in Year 6 this will be taught separately in order to allow girls the space and time to ask more questions related to menstruation)
Birth and raising babies
Death, bereavement and some of the causes of death

Lifestyles

Understanding nutrition: What to eat for happiness and well-being
Consumerism: Can an i-phone really make me happy? (Reference mental wellbeing)
Personal safety including e-safety
Road safety

CITIZENSHIP

Heroes of human rights: Emmeline Pankhurst, Mohandas Gandhi, Winston Churchill, Martin Luther King, Nelson Mandela, Aung San Suu Kyi
Democracy
Afghanistan
Terrorism

History of British Currency
Foreign currencies and exchange rates

Year 7

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EMOTIONAL INTELLIGENCE

Relationship Skills

Buddies
Communication and achieving rapport
Resolving conflict
Assertiveness
Bullying awareness and prevention

Self-Awareness

What is Emotional Intelligence?
The Fight or Flight instinct
Expression of emotion through art
Awareness of personal body language

Self-control

Knowing how to express emotion appropriately
Managing the fight/flight instinct
Mental health and emotional wellbeing

Empathy

Anticipating and managing emotion in others
Reading body language in others

Personal Motivation

Recognition of the cumulative nature of achievement
The 10,000 hour theory

WELL-BEING (incorporating Sex and Relationships Education)

Parents can view the school's Sex and Relationships Education (SRE) policy in the policy area of the website. Whilst SRE is covered in its most basic form in all year groups, this is most relevant to parents of children in Years 6-8.

Sex and relationships education

Puberty

Introduction to sex and reproduction within the context of a secure, loving relationship

Different types of loving relationship

Lifestyles

Nutrition: Food and advertising

Drugs, alcohol and tobacco

CITIZENSHIP

Monarchy versus Republic

What happens at Westminster? The UK Government

The United Nations

Taxation systems

Year 8

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EMOTIONAL INTELLIGENCE

Relationship skills

Introduction to new Reception buddies

The qualities of a good buddy

The nature of trust and responsibility

Trust signals

The reciprocal nature of relationships

Courtesy, compliments and connections

Qualities of a good leader and persuasive oratory: Great speeches ([Link to Citizenship](#))

Self-Awareness

What is Emotional Intelligence?

Recognizing emotion

Complicated/confused emotional reactions

Achieving happiness

Self-Control

Managing complicated/confused emotional reactions

Delayed Gratification

Empathy

Reading body language

Personal motivation

Carpe diem

Delayed gratification

Inspiration and motivation

WELL-BEING (incorporating Sex and Relationships Education)

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Sex and Relationships Education

Consolidation of puberty

Consolidation of sex and reproduction within the context of an ideal, loving relationships

Introduction to avoiding the risks associated with sexual intercourse:

(Emotional hurt, unwanted pregnancy, abuse/rape, STDs. Contraception is spoken about but not covered in detail).

The nature of successful, loving relationships of all types

Lifestyles

Junk food and marketing

Perceptions of beauty: Self-image and media pressure

Drugs, alcohol and tobacco

Consumerism: Does it make us happy?

CITIZENSHIP

Qualities of a good leader

Persuasive oratory: Great speeches (Link to Emotional Intelligence)

Introducing political ideologies - Left Wing/Right Wing

Law and justice: Judges, courts and trials

Sentencing criminals and types of punishment

Life on minimum wage project