

# Christ the King Catholic Primary Whole School PSHE Curriculum Overview 2023-2024

	KS1	LKS2	UKS2	
<b>AUTUMN TERM 1</b>	<p><b>Mental health and emotional wellbeing</b></p> <p><b>Feelings</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> <li>• about change or loss and how this can feel</li> </ul> <p><i>Life to the Full:</i></p> <p><b>Spring 1: KS1 Module 1, Unit 3:</b></p> <p><b>Session 1: Feeling, Likes &amp; Dislikes</b></p> <p><b>Session 2: Feeling Inside Out</b></p> <p><b>Session 3: Super Susie Gets Angry</b></p> <p><b>Spring 1: KS1 Module 1, Unit 4:</b></p> <p><b>Session 1: The Cycle of Life</b></p> <p><b>World Mental Health Day – 10<sup>th</sup> October 2023</b></p>	<p><b>Mental health and emotional wellbeing</b></p> <p><b>Strengths and challenges</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about celebrating achievements and setting personal goals</li> <li>• about dealing with put-downs</li> <li>• about positive ways to deal with setbacks</li> </ul> <p><b>World Mental Health Day – 10<sup>th</sup> October 2023</b></p>	<p><b>Mental health and emotional wellbeing</b></p> <p><b>Healthy minds</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• what mental health is</li> <li>• about what can affect mental health and some ways of dealing with this</li> <li>• about some everyday ways to look after mental health</li> <li>• about the stigma and discrimination that can surround mental health</li> </ul>	<p><b>5P – ARSENAL SOCIAL ACTION PROJECT</b></p>

				<b>World Mental Health Day – 10<sup>th</sup> October 2023</b>	
<b>AUTUMN TERM 2</b>	<p><b><u>Year 1:</u></b></p> <p><b>Keeping safe and managing risk</b></p> <p><b>Feeling safe</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• safety in familiar situations</li> <li>• about personal safety</li> <li>• about people who help keep them safe outside the home</li> </ul> <p>Life to the Full:</p> <p><b>Summer I: KS1 Module 2, Unit 3:</b></p> <p><b>Session 5: Can You Help You?</b></p>	<p><b><u>Year 2:</u></b></p> <p><b>Sex and relationship education</b></p> <p><b>Boys and girls, families</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to understand and respect the differences and similarities between people</li> <li>• about the biological differences between male and female animals and their role in the life cycle</li> <li>• the biological differences between male and female children</li> <li>• about growing from young to old and that they are growing and changing</li> <li>• that everybody needs to be cared for and ways in which they care for others</li> </ul>	<p><b>Keeping safe and managing risk</b></p> <p><b>Bullying – see it, say it, stop</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to recognise bullying (including online) and how it can make people feel</li> <li>• about different types of bullying and how to respond to incidents of bullying</li> <li>• about what to do if they witness bullying</li> </ul> <p><i>Life to the Full:</i></p> <p><b><i>Spring II: LKS2 Module 2, Unit 2:</i></b></p> <p><b><i>Session 2: When Things Feel Bad</i></b></p> <p><b><u>Additional Recommended Lessons:</u></b></p> <ul style="list-style-type: none"> <li>- How to make a clear and efficient call to emergency services</li> <li>- Concepts of basic first-aid</li> </ul>	<p><b>Keeping safe and managing risk</b></p> <p><b>Making Safer Choices</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about keeping safe online</li> <li>• how to keep safe when communicating with other people online</li> <li>• that violence within relationships is not acceptable</li> <li>• about problems that can occur when someone goes missing from home</li> </ul>	<b>5G – ARSENAL SOCIAL ACTION PROJECT</b>

		<ul style="list-style-type: none"> <li>• about different types of family and how their home-life is special</li> </ul> <p><i>Life to the Full:</i></p> <p><b>Autumn II: KS1 Module 1, Unit 2:</b></p> <p><b>Session 1: I am Unique</b></p> <p><b>Session 2: Girls and Boys</b></p> <p><b>Session 3: Clean &amp; Healthy</b></p>	<p>e.g. dealing with common injuries, including head injuries</p> <p><b>BITES AND STINGS</b></p>	<p><i>Life to the Full:</i></p> <p><b>Summer 1: LKS2 Module 2, Unit 3:</b></p> <p><b>Session 1: Sharing Online</b></p> <p><b>Session 2: Chatting Online</b></p> <p><b>Summer 1: UKS2 Module 2, Unit 3:</b></p> <p><b>Session 1: Sharing Isn't Always Caring</b></p> <p><b>Session 2: Cyberbullying</b></p>	
<b>SPRING TERM 1</b>	<p><b><u>Year 1:</u></b></p> <p><b>Physical health and wellbeing</b></p> <p><b>Fun times</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about food that is associated with special times, in different cultures</li> </ul>	<p><b><u>Year 2:</u></b></p> <p><b>Sex and relationship education</b></p> <p><b>Boys and girls, families</b></p> <ul style="list-style-type: none"> <li>• to understand and respect the differences and</li> </ul>	<p><b>Physical health and wellbeing</b></p> <p><b>What helps me choose?</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about making healthy choices about food and drinks</li> <li>• about how branding can affect what foods people choose to buy</li> </ul>	<p><b><u>Year 5:</u></b></p> <p><b>Sex and relationship education</b></p> <p><b>Growing up and changing</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the way we grow and</li> </ul>	<p><b><u>Year 6:</u></b></p> <p><b>Sex and relationship education</b></p> <p><b>Healthy relationships / How a baby is made</b></p> <p><b>Pupils learn:</b></p>

	<ul style="list-style-type: none"> <li>• about active playground games from around the world</li> <li>• about sun-safety</li> </ul>	<p>similarities between people</p> <ul style="list-style-type: none"> <li>• about the biological differences between male and female animals and their role in the life cycle</li> <li>• the biological differences between male and female children</li> <li>• about growing from young to old and that they are growing and changing</li> <li>• that everybody needs to be cared for and ways in which they care for others</li> <li>• about different types of family and how their home-life is special</li> </ul>	<ul style="list-style-type: none"> <li>• about keeping active and some of the challenges of this</li> </ul>	<p>change throughout the human lifecycle</p> <ul style="list-style-type: none"> <li>• about the physical changes associated with puberty</li> <li>• about menstruation and wet dreams</li> <li>• about the impact of puberty in physical hygiene and strategies for managing this</li> <li>• how puberty affects emotions and behaviour and strategies for dealing with this</li> <li>• to answer each other's questions about puberty with confidence, to seek</li> </ul>	<ul style="list-style-type: none"> <li>• about the changes that occur during puberty</li> <li>• to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</li> <li>• what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships</li> <li>• about human reproduction in the context of the human lifecycle</li> <li>• how a baby is made and grows (conception and pregnancy)</li> <li>• about roles and responsibilities of parents and carers</li> <li>• to answer each other's questions about sex and</li> </ul>
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<p><b>SPRING TERM 2</b></p>	<p><b>Identity, society and equality</b></p> <p><b>Me and others</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about roles and responsibilities at home and school</li> <li>• about being co-operative with others</li> </ul> <p><i>Text Ideas: Beegu: how do we/ should we respond to others who are 'different'? Who gets left out &amp; why?</i></p> <p><b>Red Nose Day – 17<sup>th</sup> March 2024</b></p>	<p><b>Identity, society and equality</b></p> <p><b>Celebrating difference</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• Pupils learn about valuing the similarities and differences between themselves and others</li> <li>• Pupils learn about what is meant by community</li> <li>• Pupils learn about belonging to groups</li> </ul> <p><i>Life to the Full:</i></p> <p><b>Summer 1: LKS2 Module 2, Unit 3:</b></p> <p><b>Session 4: Drugs, Alcohol &amp; Tobacco</b></p> <p><i>Text ideas: Something Else: how do we/ should we treat others who are or seem 'different'?</i></p> <p><b>Red Nose Day – 17<sup>th</sup> March 2024</b></p>	<p><b>Identity, society and equality</b></p> <p><b>Human rights</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about people who have moved to Islington from other places, (including the experience of refugees)</li> <li>• about human rights and the UN Convention on the Rights of the Child</li> <li>• about homelessness</li> </ul> <p><b>British Red Cross: Empathy and Migration Workshop</b></p> <p><b>Red Nose Day – 17<sup>th</sup> March 2024</b></p>	

<p><b>SUMMER TERM 1</b></p>	<p><b>Drug, alcohol and tobacco education</b>  <b>What do we put into and on to bodies?</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what can go into bodies and how it can make people feel</li> <li>• about what can go on to bodies and how it can make people feel</li> </ul> <p><i>Summer 1: KS1 Module 2, Unit 3:</i>  <i>Session 4: Harmful Substances</i>  <i>Session 5: Can You Help Me?</i></p>	<p><b>Drug, alcohol and tobacco education</b>  <b>Tobacco is a drug</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• the definition of a drug and that drugs (including medicines) can be harmful to people</li> <li>• about the effects and risks of smoking tobacco and second-hand smoke</li> <li>• about the help available for people to remain smoke free or stop smoking</li> </ul> <p><b>Asthma lesson for Year 2, 3 or 4</b></p> <ul style="list-style-type: none"> <li>• that medicines can be used to manage and treat medical conditions such as asthma, and that it is</li> </ul> <p>Life to the Full:</p> <p><i>Summer 1: LKS2 Module 2, Unit 3:</i>  <i>Session 4: Drugs, Alcohol &amp; Tobacco</i></p> <p><b><u>Additional Recommended Lessons:</u></b>  <b>ASTHMA</b></p>	<p><b>Drug, alcohol and tobacco education</b>  <b>Different influences</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> <li>• about different influences on drug use – alcohol, tobacco and nicotine products</li> <li>• strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol</li> </ul> <p><i>Summer 1: UKS2 Module 2, Unit 3:</i>  <i>Session 5: Making Good Choices</i></p>
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<p><b>SUMMER TERM 2</b></p>	<p><b>Careers, financial capability and economic wellbeing</b>  <b>My money</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about where money comes from and making choices when spending money</li> <li>• about saving money and how to keep it safe</li> <li>• about the different jobs people do</li> </ul> <p><b>Additional Resources: Natwest Money Sense</b></p>	<p><b>Careers, financial capability and economic wellbeing</b>  <b>Saving, spending and budgeting</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what influences people's choices about spending and saving money</li> <li>• how people can keep track of their money</li> <li>• about the world of work</li> </ul> <p><b>Additional Resources: Natwest Money Sense</b></p>	<p><b>Year 6 Transition</b></p> <p><b>BASIC LIFE SUPPORT – FIRST AID</b></p> <p><i>Summer 1: UKS2 Module 2, Unit 3:</i></p> <p><i>Session 6: Giving Assistance</i></p>	<p><b>5P - Mental health and emotional wellbeing</b></p> <p><b>Healthy minds (Aut 1)</b></p> <p><b>5G - Keeping safe and managing risk</b></p> <p><b>Making Safer Choices (Aut 2)</b></p>
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