



## Key Stage 2 PSHE Curriculum Year 3 and 4

The Personal, Social, Health & Economic curriculum provides one of the mechanisms for promoting the Social, Moral, Spiritual, & Cultural development of the pupils. Lessons and activities promote the health and well-being of the children and enable the development of skills and understanding for living in the wider world.

PSHE should be delivered in the following order of core themes.

1. Health and well-being
2. Relationships
3. Living in the wider world

Without health and well-being one cannot develop healthy relationships and without healthy relationships one cannot live in the wider world effectively.

### Health and Well-being

- Healthy lifestyles physical well-being
- Mental health
- Ourselves growing and changing
- Keeping safe
- Drugs, alcohol and tobacco

### Relationships

- Families and close positive relationships
- Friendships
- Managing hurtful behaviour and bullying
- Safe relationships
- Respecting self and others

### Living in the Wider World

- Shared responsibilities
- Communities
- Media literacy and digital resilience
- Economic well being, money
- Economic well being, aspirations, work and career

## Cycle A

### Term 1

Health and Well-being – It's My Body

Health and Well-being – Safety First

LKS2

It's my body – how to look after your body, safer choices with sleep, exercise, diet, cleanliness and substances. Facts about each area and strategies to manage each area, how to get help from a trusted adult when necessary.

Safety First – how to take responsibility for their own safety, how to stand up to peer pressure, everyday risks, dangerous situations, road, water and rail safety, dangerous substances like drugs including medicines, cigarettes and alcohol, first aid, common injuries and how to respond in emergencies.

### Term 2

Relationships – Digital Well-being

Relationships – VIP

LKS2

Digital Well-being – digital well-being is important, consider what we use the internet for, benefits and risks of online activities, healthy balanced screen time with offline activities, online relationships, cyberbullying, online stranger danger, privacy issues, passwords, personal information, sharing, forwarding, pressures of social media.

VIP – friendships and how friendships are formed, maintained, qualities of a good friend, disputes, bullying and strategies for coping with these.

### TERM 3

Living in the Wider World – Aiming High

Living in the Wider World – Diverse Britain

LKS2

Aiming High – discuss achievements they have accomplished, what attitudes help us to achieve, how to apply a growth mindset, resilience, consider different goals and employment, difficulties faced by stereotyping.

Diverse Britain – a diverse multicultural democratic society is important, we must be respectful of differences, British people, rules, law, liberty and what living in a democracy means. The importance of tolerance.

## Cycle B

### Term 1

Health and Wellbeing - Think Positive

Health and Wellbeing – Growing Up

LKS2

Think Positive – building on comfortable and uncomfortable feelings, attitude to life can affect our mental health, thinking positively and remaining calm, taking responsibility for our actions and growth mindset.

First Aid Training for schools from St Johns Ambulance. Calling the emergency services, basic first aid, bites and stings, asthma, choking, basic life support.

### Term 2

Relationships – Be Yourself

Relationships – Very Important People

LKS2

Be Yourself – important to have confidence in yourself, children identify strengths, recognise emotions, express thoughts and feelings respectfully, be assertive in uncomfortable situations, explore the influence of the media in how we view ourselves, how to fix things when we make mistakes.

Team – the class team works well together, we can identify the impact their actions have on the team, successful teamwork skills, resolve conflicts, individual responsibilities in teams, starting a new school year.

### Term 3

Living in the Wider World – Money Matters

Living in the Wider World – One World

LKS2

Money Matters – understand where money comes from, how we use it, how we spend money, why people borrow money, consequences of borrowing, environmental considerations of spending money, keeping track of spending.

One World – explore different aspects of life from a different country, our actions can have both positive and harmful effects on people living in different countries, inequality and stereotypes. How can we make the world a fairer place? Climate change and its effects, fair trading practices and how to be a good global citizen.