

Gothic Mede Academy PSHE Curriculum – 2023-2024

Gothic Mede Academy PSHE Curriculum Personal, Social, Health and Economic (PSHE) education is an important and necessary part of all pupils' education. The government outlined that all schools should teach PSHE, drawing on good practice. At Gothic Mede Academy, we formed our programmes of study based on the programme KAPOW which is based on statutory requirements and advice from the PSHE association. It is taught via the following topics:

	Autumn	Spring	Summer
Year 1	<p><u>Family and Relationships</u> Rules; What is family; What are friendships; Friendship problems; Healthy friendships; Gender stereotypes. Health and wellbeing – emotions, relaxation and mindfulness</p>	<p><u>Safety and the changing body</u> Adults in school; Adults outside school; Making an emergency phone call; Appropriate contact; safety with substances; Similarities and differences in people.</p>	<p><u>Health and wellbeing</u> Ready for bed; Handwashing and personal hygiene; sun safety; allergies; Introduction to money; spending and saving.</p>
Year 2	<p><u>Family and Relationships</u> Different types of families; Unhappy friendships, Manners and courtesy; Experiencing different emotions; Growth mindset.</p>	<p><u>Health and safety</u> Wants and needs; Looking after money; Giving options; Looking after teeth; Healthy diet; staying safe with medicines; Online communities.</p>	<p><u>Changes in the body and citizenship</u> Differences in people; local community; Rules beyond school; Gender stereotypes; careers and jobs; change and loss; Private parts; appropriate touching.</p>
Year 3	<p><u>Family and Relationships</u> Healthy families; Friendship conflicts; communication with others; Bullying; respecting differences; gender; Who to trust.</p>	<p><u>Health and safety</u> Resilience and breaking down barriers; Diet and dental health; First aid emergencies; Influences; Keeping safe.</p>	<p><u>Citizenship</u> Rights of a child; Charity; Local democracy; Ways of paying; Jobs and careers; Transition to year 4.</p>
Year 4	<p><u>Families and Relationships</u> Respect and manners; Healthy friendship; Bullying; Stereotypes; Disability; Change and loss.</p>	<p><u>Health, wellbeing and safety</u> Celebrating mistakes; Happiness and emotions; Mental health; Sharing information; Privacy and security.</p>	<p><u>Changing body and safety</u> Introducing puberty; Tobacco; What are human rights? Diverse communities; Keeping track of money; Influences on career Choices. Transition to middle school.</p>

Purpose of study

Purpose of study Our programme of study identifies the key concepts and skills that underpin PSHE education and helps us to fulfil our statutory responsibility to support pupils' spiritual, moral, social, cultural and physical development and prepare them for the opportunities, responsibilities and experiences of life as set out in the Education Act 2002.

Aims

Our curriculum for PSHE aims to provide pupils with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities

Attainment targets

By the end of each key stage, pupils are expected to have the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives.

Subject content

Key stage 1

Pupils should be taught:

- the importance of rules and the participation in school routines
- the difference between right and wrong and naming feelings by linking to experiences
- acknowledging success by setting simple goals
- looking after the local environment

- the needs of people and living things
- belonging to groups and or communities
- the choices to improve health and well-being and controlling spread of illness
- the growth and progress of how people's needs change
- the dangers of medicines and household products

Key stage 2

Pupils should be taught:

- the importance of rules and the opinions and viewpoints on current issues
- future career aspirations and skill requirements through strengths and weaknesses
- how to debate topical issues and the importance of laws
- how to make and change rules
- the consequences of actions e.g. antisocial, aggressive, bullying, racism on individuals and or communities
- the responsibilities and rights at home, school and within the community
- the spiritual, moral and cultural awareness of others
- the appreciation of a range of regional, religious and ethnic identities in the UK
- the changes in the body and with emotions and strategies to deal with feelings
- risk awareness in different situations
- basic emergency first aid responsibility