

Brackenwood Junior School



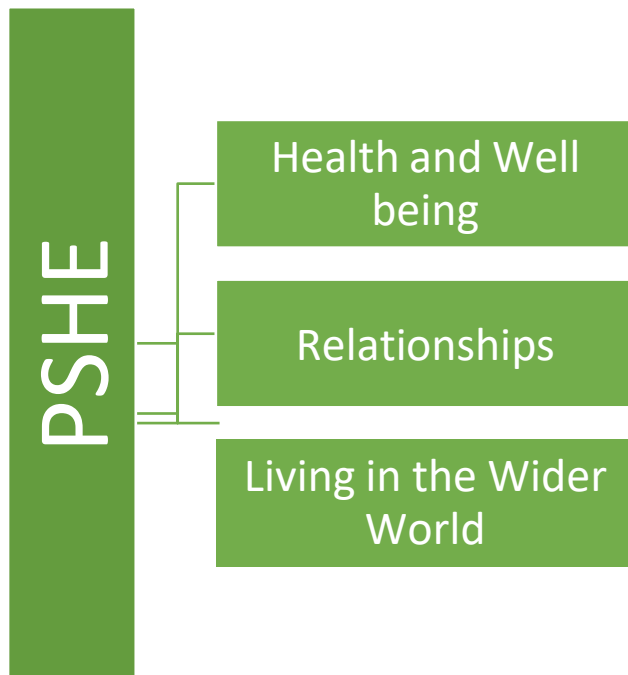
PSHE
Long Term Plan
2022-23

Whole School Intent

	Autumn	Spring	Summer
Year 3	<p>Kapow: Family and Relationships Kapow: Health and Wellbeing</p> <p>First Aid</p>	<p>Kapow: Health and Wellbeing Kapow: Safety and the Changing Body Kapow: Citizenship</p> <p>First Aid</p>	<p>Kapow: Citizenship Kapow: Economic Wellbeing Kapow: Transition Lesson</p> <p>PANTS Lesson</p>
Year 4	<p>Kapow: Family and Relationships Kapow: Health and Wellbeing</p> <p>First Aid</p>	<p>Kapow: Health and Wellbeing Kapow: Safety and the Changing Body</p> <p>First Aid</p>	<p>Kapow: Citizenship Kapow: Economic Wellbeing Kapow: Transition Lesson</p> <p>Speak Out, Stay Safe</p>
Year 5	<p>Kapow: Family and Relationships Kapow: Health and Wellbeing</p> <p>First Aid</p>	<p>Kapow: Health and Wellbeing Kapow: Safety and the Changing Body Kapow: Citizenship</p> <p>First Aid</p>	<p>Kapow: Citizenship Kapow: Economic Wellbeing Kapow: Transition Lesson</p> <p>Next stop, Puberty! (including Speak Out, Stay Safe lesson)</p>
Year 6	<p>Kapow: Family and Relationships Kapow: Health and Wellbeing</p> <p>First Aid</p>	<p>Kapow: Health and Wellbeing Kapow: Safety and the Changing Body Kapow: Citizenship</p> <p>First Aid</p>	<p>Kapow: Citizenship Kapow: Economic Wellbeing Kapow: Identity Kapow: Transition Lesson</p> <p>Puberty and Consent lessons (including Speak Out, Stay Safe lesson)</p>

Personal, Social and Health Education

Our key driving themes are:



Why should children learn this subject?	PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.
What will children learn to do in this subject?	<p>At Brackenwood Junior School, children will:</p> <ul style="list-style-type: none"> • Recognise and apply the British Values • Be able to recognise, understand and manage their own emotions • Understand who they can rely on and ask for support. • Look after their own mental health and ask for support where necessary. • Be on their way to maintaining a healthy lifestyle. • Recognise differences and have an understanding of diversity. • Apply learnt skills in real life situations • Demonstrate self-confidence and self-esteem. • Have developed and maintained healthy relationships with peers and adults. • Understand the physical aspects involved in the teaching of RSE at the level appropriate to them as an individual. • Show respect to themselves and others.
How will we inspire them?	<ul style="list-style-type: none"> • Set ground rules • Consider the individuals • Pose intriguing questions • Allow time for discussions and questioning • Encourage children to think for themselves • Solve problems together

Year 3

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.	Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers.

Transition lesson: Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this.

Year 4

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.

Transition lesson: Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings.

Activate Windows
Go to Settings to activate Windows

Year 5

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.

Transition lesson: Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.

Year 6

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.
				Identity
				Two lessons on the theme of personal identity and body image.

Transition lesson: Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.

Activate Windows
Go to Settings to activate Windows

PSHE Purpose of Study

“Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their academic potential. “

PSHE Association

(<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%93935>)

Attainment Targets

During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils’ increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities

PSHE Association

(<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%93935>)