

PICKHURST ACADEMY

PSHE MEDIUM TERM PLAN

WHERE EVERY CHILD COUNTS

OUR CORE VALUES

We want all of our children to BE **P.I.C.K.H.U.R.S.T**

Proud

Inquisitive

Confident

Kind

Healthy

Understanding

Respectful

Successful

Trustworthy

INTENT

At Pickhurst we strongly believe that PSHE equips pupils for the wider world. Our well-planned curriculum linked to statutory DFE requirements ensures that children at Pickhurst develop these skills. The main objective of PSHE teaching at Pickhurst Academy is that children leave us and transition into secondary school successfully and feel comfortable with who they are. Our school ensures that the RHE elements of the PSHE education programme are relevant to all pupils; whatever their gender identity. All pupils learn together about all the changes that someone may experience as they go through puberty to help develop empathy and understanding and to reduce incidences of teasing or stigma. Our scheme acknowledges different ethnic, religious and cultural attitudes, as well as recognising that pupils may come from a variety of family situations and home backgrounds. These different families are acknowledged through our teaching and the use of resources that promote diversity and inclusion in Relationships Education.

Research shows that, on average, about 4% of pupils will go on to define themselves as gay, lesbian, bi-sexual or pansexual (GLBP). It is possible that some pupils will also have GLBP parents/carers, brothers or sisters, other family members and/or friends. Our PSHE education acknowledges this through scenarios, in a sensitive, honest and balanced consideration of sexuality. This helps create a safe environment for all pupils and staff. The public sector equality duty, created under the Equality Act, requires schools and other public authorities to eliminate discrimination and to advance equality in its everyday business, in the design of its policies and curriculum. Schools have a legal responsibility for eliminating discrimination; to do this, schools are required to raise pupils' awareness of diversity and promote respectful relationships with those who are different from them.

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Year 3

Term

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Autumn 1

Me and My Relationships

- To understand why we have rules.

Me and My Relationships

- To know who I have special relationships with.

Me and My Relationships

- To resolve conflict.

Me and My Relationships

- To recognise when pressure from others may make me feel uncomfortable or unsafe.

Me and My Relationships

- To express opinions and respect those of others.

Me and My Relationships

Autumn 2	Valuing Difference To reflect on listening skills.	Valuing Difference To recognise that there are many different types of family	Valuing Difference To know what it means to belong to a community.	Valuing Difference Identify similarities and differences between a diverse range of people.	Valuing Difference To celebrate our differences.	Life Education Visit
Spring 1	Keeping Myself Safe To understand what is meant by safe and unsafe	Keeping Myself Safe To understand what is meant by danger and risk.	Keeping Myself Safe To understand that some situations contain risk.	Keeping Myself Safe To understand how to browse the internet safely.	Keeping Myself Safe Understand that medicines are drugs and suggest ways that they can be helpful or harmful	Keeping Myself Safe To understand some effects of cigarettes and alcohol.
Spring 2	Rights and Responsibilities To identify people who keep us safe.	Rights and Responsibilities Understand the difference between 'fact' and 'opinion'	Rights and Responsibilities To understand what a volunteer is.	Rights and Responsibilities To understand that sometimes we spend money and sometimes we save money.	Rights and Responsibilities To understand that people earn money from doing their job.	Rights and Responsibilities To understand some ways to help the environment.
Summer 1	Being My Best To understand what a balanced diet is.	Being My Best To understand how some illnesses can spread and how simple hygiene routines can help prevent the spread of infectious illnesses.	Being My Best To name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain)	Being My Best To show an understanding of health and wellbeing issues that are relevant to me.	Being My Best To identify my achievements and areas of development.	Being My Best To understand what talents and skills are.
Summer 2	Growing and Changing To identify different types of relationships.	Growing and Changing To understand what is meant by the term personal or body space.	Growing and Changing To know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens	Growing and Changing To know what the words secret and surprise mean.	Growing and Changing To recognise that babies come from the joining of an egg and sperm	Growing and Changing Big Finish

Year 4

Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Me and My Relationships To describe good and not so good feelings.	Me and My Relationships To explain what we mean by a positive, healthy relationship.	Me and My Relationships To recognise and describe appropriate assertive strategies.	Me and My Relationships To describe 'good' and 'not so good' feelings and how feelings can affect our physical state	Me and My Relationships To identify a wide range of feelings.	Me and My Relationships To give examples of strategies to respond to being bullied, including what people can do and say
Autumn 2	Valuing Difference To define the terms 'negotiation' and 'compromise'.	Valuing Difference To recognise potential consequences of aggressive behaviour and suggest strategies for dealing with someone who is behaving aggressively.	Valuing Difference To understand that people are different.	Valuing Difference To understand and identify stereotypes, including those promoted in the media	Valuing Difference To recognise some of the ways in which people are different to each other.	Valuing Difference To recognise that they have different types of relationships.
Spring 1	Keeping Myself Safe To define the terms 'danger', 'risk' and 'hazard'.	Keeping Myself Safe - To define what is meant by the word 'dare'. - To identify images that are safe/unsafe to share online.	Keeping Myself Safe To describe stages of identifying and managing risk,	Keeping Myself Safe To understand that we can be influenced both positively and negatively.	Keeping Myself Safe To know and explain strategies for safe online sharing.	Keeping Myself Safe To understand that medicines are drugs.
Spring 2	Rights and Responsibilities To explain how different people in the school and local community help us stay healthy and safe.	Rights and Responsibilities To understand that humans have rights and also responsibilities.	Rights and Responsibilities To understand the reason we have rules.	Rights and Responsibilities To understand what influence means.	Rights and Responsibilities To explain the role of the bystander.	Rights and Responsibilities To understand some of the ways that national and international environmental organisations work.
Summer 1	Being My Best To identify ways in which everyone is unique.	Being My Best To understand make choices and others make choices for us.	Being My Best To understand what keeps my body healthy.	Being My Best To understand the ways in which they can contribute to the care of the environment.	Being My Best To know what 'community' means.	Being My Best To understand the concepts of basic first-aid.
Summer 2	Growing and Changing To describe some	Growing and Changing To name some	Growing and Changing To identify parts of	Growing and Changing To know the key	Growing and Changing To define the terms	Growing and Changing To understand what

	of the changes that happen to people during their lives.	positive and negative feelings.	the body that males and females have in common and those that are different.	facts of the menstrual cycle.	'secret' and 'surprise'.	marriage means.
Year 5						
Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Me and My relationships To recognise basic emotional needs and understand that they change according to circumstance.	Me and My relationships To work collaboratively with peers.	Me and My relationships To identify what makes a good friendship and relationship.	Me and My relationships To identify what makes a relationship unhealthy	Me and My relationships To know what is meant by the terms negotiation and compromise.	Me and My relationships To identify characteristics of passive, aggressive and assertive behaviours
Autumn 2	Valuing Differences - To explore the qualities of friendship. - To explore the benefits of living in a diverse society.	Valuing Differences - To demonstrate respectfulness in responding to others. - To explore how discriminatory behaviour can be challenged.	Valuing Differences - To develop an understanding of discrimination and its injustice, and describe this using examples - To identify the consequences of positive and negative behaviour on themselves and others.	Valuing Differences To explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this	Valuing Differences To understand that the information we see online is not always true or accurate.	Valuing Differences To recognise that some people can get bullied because of the way they express their gender
Spring 1	Keeping Myself Safe To demonstrate strategies to deal with both face-to-face and online bullying	Keeping Myself Safe To consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private	Keeping Myself Safe To explore risky situations.	Keeping Myself Safe To describe some of the health risks caused by vaping	Keeping Myself Safe To identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks	Keeping Myself Safe To explore addictions such as drugs and smoking.

Spring 2	Rights and Responsibilities To identify, write and discuss issues currently in the media concerning health and wellbeing	Rights and Responsibilities To understand the difference between facts and opinions.	Rights and Responsibilities To know what it means to volunteer.	Rights and Responsibilities To explore people's rights, responsibilities and duties.	Rights and Responsibilities To state the costs involved in producing and selling an item	Rights and Responsibilities To know the terms loan, credit, debt and interest.
Summer 1	Being My Best To identify people who are responsible for helping them stay healthy and safe.	Being My Best To know how to keep my body healthy.	Being My Best To explore the four systems.	Being My Best To explore my own strengths and talents.	Being My Best To explore what it means to have 'star' quality.	Being My Best To understand the importance of being part of a community.
Summer 2	Growing and Changing To use a range of words and phrases to describe the intensity of different feelings.	Growing and Changing To identify people who can be trusted	Growing and Changing To explain the difference between a safe and an unsafe secret	Growing and Changing To identify some products that they may need during puberty and why	Growing and Changing To discuss some of the myths associated with puberty	Growing and Changing To recognise how our body feels when we're relaxed
Year 6						
Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Me and My Relationships Demonstrate a collaborative approach to a task.	Me and My Relationships Explain what is meant by the terms 'negotiation' and 'compromise'.	Me and My Relationships Recognise some of the challenges that arise from friendships.	Me and My Relationships - List some assertive behaviours; - Recognise peer influence and pressure	Me and My Relationships Describe ways in which people show their commitment to each other.	Me and My Relationships Recognise that some types of physical contact can produce strong negative feelings.

Autumn 2	Valuing Differences Recognise what bullying and discriminatory behaviour are.	Valuing Differences Know that all people are unique.	Valuing Differences Demonstrate ways of showing respect to others, using verbal and non-verbal communication	Valuing Differences Understand and explain the term prejudice and discrimination	Valuing Differences Explain the difference between a friend and an acquaintance.	Valuing Differences Define what is meant by the term stereotype.
Spring 1	Keeping Myself Safe Accept that responsible and respectful behaviour is necessary online.	Keeping Myself Safe Explore the risks of sharing photos and films of themselves with other people directly or online.	Keeping Myself Safe Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour.	Keeping Myself Safe Explain how drugs can be categorised into different groups depending on their medical and legal context.	Keeping Myself Safe Understand some of the basic laws in relation to drugs.	Keeping Myself Safe Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these.
Spring 2	Rights and Responsibilities Know what the terms 'fact', 'opinion', 'biased' and 'unbiased'.	Rights and Responsibilities Understand the legal age for having a social media account.	Rights and Responsibilities Explain some benefits of saving money.	Rights and Responsibilities Recognise and explain that different jobs have different levels of pay.	Rights and Responsibilities Explain what is meant by voluntary, community and pressure (action) group.	Rights and Responsibilities Explain what is meant by living in an environmentally sustainable way.
Summer 1	Being My Best - Identify aspirational goals; - Describe the actions needed to set and achieve these. - Explain what the five ways to wellbeing are.	Being My Best Explain what the five ways to wellbeing are.	Being My Best Research and present health and wellbeing issues.	Being My Best Identify risk factors in a given situation;	Being My Best Recognise what risk is;	Being My Best Understand what to do if someone needs basic first aid.

Summer 2

Residential Trip

Growing and Changing

- Understand that fame can be short-lived;
- Recognise that photos can be changed to match society's view of perfect.

Growing and Changing

- Know what is meant by the term stereotype.

Growing and Changing

- Understand the risks of sharing images online.

Growing and Changing

- Know what the word 'puberty' means.

Growing and Changing

- Identify the changes that happen through puberty.