

# SPRING HILL PSHRE CURRICULUM

## EYFS



### AUTUMN

**PSED is ongoing throughout EYFS**

#### **Self-Regulation**

To identify and express their feelings  
To explore different coping strategies to help regulate their emotions

#### **Managing Self**

To understand why we have rules  
To understand the importance of persistence

#### **Building Relationships**

To talk about our families  
To understand that all families are valued and special

#### **myHappymind**

#### **Meet Your Brain**

Various printable activities.  
Parent pack to be sent home at the end of the unit.

#### **Celebrate**

Various printable activities.  
Parent pack to be sent home at the end of the unit.

### SPRING

**PSED is ongoing throughout EYFS**

#### **Self-Regulation**

To explore the different adjectives that can be used to describe feelings  
To explore different facial expressions and what

#### **Managing Self**

To work together as a group to overcome challenges  
To learn and practise 'grounding' strategies

#### **Building Relationships**

To talk about people who are special to us  
To understand why it is important to share with others

#### **myHappymind**

#### **Appreciate**

Various printable activities.  
Parent pack to be sent home at the end of the unit.

#### **Relate**

Various printable activities.  
Parent pack to be sent home at the end of the unit.

### SUMMER

**PSED is ongoing throughout EYFS**

#### **Self-Regulation**

To identify different feelings and how to moderate behaviour socially and emotionally

#### **Managing Self**

To learn new skills, showing resilience and perseverance in the face of challenge

#### **Building Relationships**

To see themselves as a valuable individual  
To share their interests with others  
To explore diversity

#### **myHappymind**

#### **Engage**

Various printable activities.  
Parent pack to be sent home at the end of the unit.

# SPRING HILL PSHRE CURRICULUM

## YEAR 1



### AUTUMN

#### RELATIONSHIPS

##### Respecting Ourselves and Others

###### **Lesson 1**

To know why our class has rules.

###### **Lesson 2**

To know why we have rules at home and outside of school.

###### **Lesson 3**

To know why we need to keep ourselves clean  
<https://www.youtube.com/watch?v=dDHJW4r3eIE>

##### Families and Friendships

###### **Lesson 4**

To know there are different types of family

###### **Lesson 5**

To know what our family looks like.

##### Safer Relationships

###### **Lesson 6**

To know how to keep our bodies safe.  
(NSPCC PANTOSAURUS)

##### **myHappyMind**

**Meet the brain** - 5 lessons

**Celebrate** - 4 lessons

### SPRING

#### LIVING IN THE WIDER WORLD

##### Belonging to a community

###### **Lesson 1**

To know how to look after our environment.

##### Media literacy and digital resilience

###### **Lesson 2**

To know what the internet is.

###### **Lesson 3**

To know the basic rules to keep safe online

##### Money and work

###### **Lesson 4**

To understand the Spring Hill values

###### **Lesson 5**

To know about different occupations

###### **Lesson 6**

To know which occupations help us to stay physically healthy

##### **myHappyMind**

**Appreciate** - 3 lessons

**Relate** - 3 lessons

### SUMMER

#### HEALTH AND WELLBEING

##### Physical health and Mental Well-being

###### **Lesson 1**

To know how we can stay healthy

###### **Lesson 2**

To know how to stay safe in the sun.

<https://www.bbc.co.uk/cbeebies/watch/sunsafety-for-kids>

##### Growing and changing

###### **Lesson 3**

To know how our bodies have changed

###### **Lesson 4**

To know how our families can grow and change

###### **Lesson 5**

To know how our lives change

##### Keeping safe

###### **Lesson 6**

To what is meant by keeping Safe

###### **Lesson 7**

To know how to keep safe in the home

###### **Lesson 8**

To know how to keep safe outside

##### **myHappyMind**

**Engage** - 4 lessons



# SPRING HILL PSHRE CURRICULUM

## YEAR 2



### AUTUMN

#### RELATIONSHIPS

##### Respecting Ourselves and Others

###### **Lesson 1**

To understand why we have class rules.

###### **Lesson 2**

To know how we are all different.

##### Families and Friendships

###### **Lesson 3**

To know how to make up after a disagreement.

###### **Lesson 4**

To know what being a friend means to us.

##### Safer Relationships

###### **Lesson 5:**

To understand the term bullying.

###### **Lesson 6**

To understand what a secret is.  
(PANTS puzzle)

##### **myHappyMind**

**Meet the brain** - 5 lessons

**Celebrate** - 4 lessons

### SPRING

#### LIVING IN THE WIDER WORLD

##### Belonging to a community

###### **Lesson 1**

To know our role in the group we belong to

###### **Lesson 2**

To know the places in my community

###### **Lesson 3**

To understand what dental hygiene means.

##### Media literacy and digital resilience

###### **Lesson 4**

To know the importance of staying safe on the internet.

##### Money and work

###### **Lesson 5**

To understand the difference between a need and a want.

###### **Lesson 6**

To know that people spend their money in different ways.  
(Enterprise week)

##### **myHappyMind**

**Appreciate** - 3 lessons

**Relate** - 3 lessons

### SUMMER

#### HEALTH AND WELLBEING

##### Physical health and Mental Well-being

###### **Lesson 1**

To know the different types of feelings we can have.

###### **Lesson 2**

To know some feelings are good and some are bad.

###### **Lesson 3**

To know some feelings are big feelings and how to deal with them

##### Growing and changing

###### **Lesson 4**

To know how to respect my body

###### **Lesson 5**

To know we are all different

###### **Lesson 6**

To know what it means to get old

##### Keeping safe

###### **Lesson 7**

To know what it means to take risks

###### **Lesson 8**

To know how to stay safe with fire.

###### **Lesson 9**

To know about things that go into our bodies and how they make us feel.

# SPRING HILL PSHRE CURRICULUM

## YEAR 3



### AUTUMN

#### RELATIONSHIPS

##### Respecting Ourselves and Others

###### Lesson 1

To know what is meant by the term democracy

###### Lesson 2

To understand the difference between rules, laws and responsibilities

##### Families and Friendships

###### Lesson 3

To know their are different types of families

###### Lesson 4

To know what makes a good relationship

##### Safer Relationships

###### Lesson 5:

To know how to make a new start

###### Lesson 6

To know what it means to work together

##### myHappyMind

Meet the brain - 6 lessons

Celebrate - 5 lessons

### SPRING

#### LIVING IN THE WIDER WORLD

##### Belonging to a community

###### Lesson 1

To understand children's right cards  
(<https://www.youtube.com/watch?v=Dk34uBc6U00>)

##### Media literacy and digital resilience

###### Lesson 2

To understand how to keep ourselves safe using images online  
(<https://www.bbc.com/ownit/its-personal/aj-pritchard-checkyour-selfie?>)

###### Lesson 3

To know if information is true or untrue online  
(<https://www.bbc.co.uk/bitesize/clips/zw8mtfr>)  
To understand the concept of fake news  
(<https://www.bbc.com/ownit/its-personal/flo-and-joan-fakenews-song?collection=safier-internet-day-2019>)

##### Money and work

###### Lesson 4

To know how to challenge stereotypes

##### myHappyMind

Appreciate - 4 lessons

Relate - 4 lessons

### SUMMER

#### HEALTH AND WELLBEING

##### Physical health and Mental Well-being

###### Lesson 1

To know what a healthy diet consists of  
(Year 3 Science unit Healthy Humans)

###### Lesson 2

To know what are classed as everyday feelings

###### Lesson 3

To know how to express feelings

###### Lesson 4

To know how to deal with change and loss  
(Lessons 2-4 PSHE Association Mental Health and Wellbeing lessons Year 3/4)

##### Growing and changing

###### Lesson 4

To know about human reproduction LKS2

###### Lesson 5

To know the changes which happen to boys LKS2

###### Lesson 6

To know the changes which happen to girls LKS2

##### Keeping safe

###### Lesson 7

To understand how to keep safe near water

###### Lesson 8

To know about fire safety

# SPRING HILL PSHRE CURRICULUM

## YEAR 4



### AUTUMN

#### RELATIONSHIPS

##### Respecting Ourselves and Others

###### **Lesson 1**

To understand the term liberty

###### **Lesson 2**

To know what is meant by tolerance and respect

##### Families and Friendships

###### **Lesson 3**

To know the qualities of a good friend

###### **Lesson 4**

To understand the term global internet

##### Safer Relationships

###### **Lesson 5:**

To know how to be considerate

###### **Lesson 6**

To know how to behave when things go wrong

##### **myHappymind**

**Meet the brain** - 6 lessons

**Celebrate** - 5 lessons

### SPRING

#### LIVING IN THE WIDER WORLD

##### Belonging to a community.

###### **Lesson 1**

To understand what immigration means  
(Children in Need /Comic Relief)

###### **Lesson 2**

To know the responsibilities of looking after animals and  
pets (<https://education.rspca.org.uk/compassionateclass>)

###### **Lesson 3**

To know there are different religious places of worship

##### Media literacy and digital resilience

###### **Lesson 4**

To know the importance of safety online.

##### **Money and work**

###### **Lesson 5**

To understand what is meant by a digital footprint

###### **Lesson 6**

To understand how people choose to spend their money  
(<https://www.valuesmoneyandme.co.uk/teachers/doyou-need-it-ks2>)

##### **myHappymind**

**Appreciate** - 4 lessons

**Relate** - 4 lessons

### SUMMER

#### HEALTH AND WELLBEING

##### Physical health and Mental Well-being

###### **Lesson 1**

To recognise when you are well or unwell

###### **Lesson 2**

To know why dental health is so important (PSHE  
Association - Dental Health)

##### Growing and changing

###### **Lesson 3**

To know how our emotions change

###### **Lesson 4**

To know about family relationships

###### **Lesson 5**

To know where I come from

##### Keeping safe

###### **Lesson 6**

To know about the safe use of medicines

###### **Lesson 7**

To know that cigarettes, caffeine, alcohol and vaping  
can affect people's health.

# SPRING HILL PSHRE CURRICULUM

## YEAR 5



### AUTUMN

#### RELATIONSHIPS

##### Respecting Ourselves and Others

###### **Lesson 1**

To know what my identity is

###### **Lesson 2**

To know about the communities I am part of

##### Families and Friendships

###### **Lesson 3**

To be able to express who we feel love for

###### **Lesson 4**

To know it is important to think before you act

##### Safer Relationships

###### **Lesson 5:**

To know which communities I am part of

###### **Lesson 6**

To know how to compromise and collaborate with others

##### **myHappyMind**

**Meet the brain** - 6 lessons

**Celebrate** - 5 lessons

### SPRING

#### LIVING IN THE WIDER WORLD

##### Belonging to a community

###### **Lesson 1**

To know ways we can give help to others

###### **Lesson 2**

To know how we can sustain our community  
(Costing the Earth Book)

###### **Lesson 3**

To understand the term fair trade

##### Media literacy and digital resilience

###### **Lesson 4**

To be aware of our own digital lives and how we keep ourselves happy.

###### **Lesson 5:**

To understand safe online relations

##### Money and work

###### **Lesson 6**

To know the skills and qualities needed to succeed at work  
(<https://primary-careers.careersandenterprise.co.uk/resources/linking-career-related-learning-pshe>)

##### **myHappyMind**

**Appreciate** - 4 lessons

**Relate** - 4 lessons

### SUMMER

#### HEALTH AND WELLBEING

##### Physical health and Mental Well-being

###### **Lesson 1**

To know how correct medicine and vaccinations can keep us healthy.

(PSHE Association – Drug and Alcohol Education)

###### **Lesson 2**

To know what good quality sleep routines look like.  
(<https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>)

##### Growing and changing

###### **Lesson 3**

Changing Bodies UKS2

###### **Lesson 4**

Changing emotions UKS2

##### Keeping safe

###### **Lesson 5**

To know we are responsible for ourselves

###### **Lesson 6**

To know what the risks that I may face are

###### **Lesson 7**

To know the strategies to use to make up my mind up



# SPRING HILL PSHRE CURRICULUM

## YEAR 6



### AUTUMN

#### RELATIONSHIPS

##### Respecting Ourselves and Others

###### **Lesson 1**

To know that we must respect the law

###### **Lesson 2**

To understand the role of the government

##### Families and Friendships

###### **Lesson 3**

To understand secrets and what is meant by a false friend

###### **Lesson 4-5**

To understand the terms love, marriage and civil partnership

##### Safer Relationships

###### **Lesson 5:**

To know how responsibilities need to be shared

##### **myHappymind**

**Meet the brain** - 3 lessons

**Celebrate** - 3 lessons

### SPRING

#### LIVING IN THE WIDER WORLD

##### Belonging to a community

###### **Lesson 1**

To understand diversity and what it means in our community  
(<https://plprimarystars.com/resources/diversity>)

###### **Lesson 2**

To understand the terms inclusion and belonging.

###### **Lesson 3**

To understand stereotypes and know how to challenge them

###### **Lesson 4**

To understand extremism and know how it is addressed

##### Media literacy and digital resilience

###### **Lesson 5**

To know how social media can influence lives

###### **Lesson 6**

To understand the dangers of fake news

##### Money and work

###### **Lesson 7**

To understand the term gambling and the impact it can have  
(<https://www.pshe-association.org.uk/content/gambling>)

###### **Lesson 8**

**To know how to deal with money**

<https://www.valuesmoneyandme.co.uk/teachers/finders-keepers-ks2>

##### **myHappymind**

**Appreciate** - 2 lessons

**Relate** - 2 lessons

### SUMMER

#### HEALTH AND WELLBEING

##### Physical health and Mental Well-being

###### **Lesson 1**

To know how feelings can be managed in difficult times.

(<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint>)

###### **Lesson 2**

To know strategies for managing feelings

##### **Growing and changing**

###### **Lesson 4**

Just the way you are UKS2

###### **Lesson 5**

Relationships UKS2

###### **Lesson 6**

Human Reproduction UKS2

##### Keeping safe

###### **Lesson 7**

To know the impact, negative and positive, drugs can have on your body.

###### **Lesson 8**

To know how to keep safe in the home and outdoors