



Offord Primary School-PSHE Curriculum

Autumn 1-Our kind community: Healthy, happy relationships
 Autumn2-Our courageous community: Similarities and differences
 Spring 1-Our safe, curious community-Caring and responsibility
 Spring 2- Celebrating difference in our community-Families & committed relationships
 Summer 1-Celebrating our curiosity by exploring being part of a wider world.-health bodies and healthy minds
 Summer 2-Celebrating being kind to ourselves in our healthy community-coping with change.

Assembly Timetable

Monday: Whole school assembly-led by leadership team

Tuesday: KS2 assembly-Mrs Williams

Wednesday: KS1 assembly-Mrs Cornelius

Thursday: KS1/2 Singing assembly

Friday: Celebration assembly

KS1 Assembly Themes			KS2 Assembly Themes		
Autumn 1 Healthy happy relationships	Our Kind Community-healthy & happy relationships What makes our community unique and special? What are our Offord values and how do we promote these? What is kindness? How do we express and manage our feelings? What do we do when friendships go wrong? What is bullying behaviour? What do we do if we're feeling lonely, sad or bullied? How do we promote personal well-being and effective learning behaviours?		Our Kind Community-healthy & happy relationships What makes our community unique and special? What are our Offord values and how do we promote these? What is kindness? How do we express and manage our feelings? What constitutes a positive healthy friendship? (mutual respect, trust loyalty, kindness, generosity, sharing interests, experiences, support with problems) What do we do when friendships go wrong? How can we resolve conflicts? What is bullying behaviour and how can it impact us? What do we do if we're feeling lonely, sad or bullied? How do we promote personal well-being and effective learning behaviours?		
	Year 1	Year 2	Year 3	Year 4	Year 5

	Forming friendships and how kind or unkind behaviours impact other people.	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations.	Being a good friend and respecting personal space. Strategies for resilience. Zones of regulation programme	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries. Zones of regulation programme	Identify peer pressure-off & online for positive emotional health and well being.	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.
Autumn 2-Similarities & differences	Our Courageous Community-similarities & differences What is special & unique about you? What are our individual goals? What does an awesome attitude look like? Why is safe risk-taking so important? How can we stretch & challenge ourselves? How do we build resilience?			Our Courageous Community-similarities & differences What is courage? What is special & unique about you? What are our individual aspirations and values? What does an awesome attitude look like? How do we develop an open mind set? Why is safe risk-taking so important? How can we stretch & challenge ourselves?		
	Year 1 Similarities and differences between people and how to respect and celebrate these.	Year 2 Explore different strengths and abilities. Understand and challenge stereotypes.	Year 3 Respect and value differences. Explore shared community values.	Year 4 Identify diversity-seeing different people's perspectives and not making judgements based on appearance.	Year 5 Celebrate strengths, setting goals and keeping ourselves safe on line.	Year 6 Identify behaviour online. Reflect on how people feel when they 'don't fit in.'
Spring 1 Caring and responsibility	Our Safe, Curious Community-Caring & responsibility What is safe, curious behaviour? How do we keep everyone safe in the playground? (playground guidance, first aid) How do we keep everyone safe in our local environment? (stranger danger, road safety)			Our Safe, Curious Community-Caring & responsibility How do we create a safe and curious school? What is safe, curious behaviour? How do we keep everyone safe in the playground? (playground guidance, first aid)		

	<p>How do I keep safe online? What are the PANTS rules? *Guests: police, fire service, NSPCC</p>			<p>How do we keep everyone safe in our local environment? (stranger danger, road safety) How do I say no politely? What is online safety? How should we behave online? What is the difference between secrets and breaking confidence? What are the PANTS rules? *Guests: police, fire service, NSPCC</p>		
	<p>Year 1 Identifying who our special people are and how they keep us safe.</p>	<p>Year 2 The different communities and groups we belong to and how we help and support one another with these.</p>	<p>Year 3 Our responsibilities and ways we can care and show respect for others.</p>	<p>Year 4 Rights and responsibilities within families and wider society, including UN Convention on the Rights of the Child.</p>	<p>Year 5 How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in our community.</p>	<p>Year 6 How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.</p>
<p>Spring 2 Families & Committed Relationships</p>	<p>Celebrating Difference In Our Curious Community-Families & Committed Relationships What is great about our community? What are the similarities and differences in our community? How do we celebrate our community successes and differences? What do all families have in common? How can families be different? What is a stereotype? How can we challenge these views politely but assertively? What basic rights should everyone have in the world? What is prejudice? How can we challenge prejudice politely but assertively?</p>			<p>Celebrating Difference In Our Curious Community-Families & Committed Relationships What is great about our community? What are the similarities and differences in our community? How do we celebrate our community successes and differences? What do all families have in common? How can families be different? What is a stereotype? How can we challenge these views politely but assertively? What basic rights should everyone have in the world? What is prejudice? How can we challenge prejudice politely but assertively?</p>		

	Year 1 What a family is (including diversity between families) and why families are important and special.	Year 2 The different people in our family and how families vary.	Year 3 Different types of committed relationships and the basic characteristics of these.	Year 4 The range of relationships in our everyday lives. How to understand the differences between types of relationship we encounter.	Year 5 The characteristics of healthy, positive and committed relationships and how these develop as people grow older.	Year 6 Human reproduction- including ways to start a family.
Summer 1 Healthy bodies and mind	Celebrating our curiosity-being part of the Wider World What is great about the world we live in? How can the internet keep us connected to the wider world? What injustices are there in the world? What can we do about this? What are the threats to our environment? What can we do about these threats? What are the global threats to our environment? How can we use resources more efficiently?			Celebrating our curiosity- being part of the Wider World. What is great about the world we live in? How can the internet keep us connected to the wider world? What injustices are there in the world? What can we do about this? What are the threats to our environment? What can we do about these threats? What are the global threats to our environment? How can we use resources more efficiently?		
	Year 1 Our bodies are amazing things they can do. Learning the correct names for the different body parts.	Year 2 Ways to stay healthy, including safe and unsafe use of household products and medicines.	Year 3 Maintaining physical and mental well being through healthy eating, sleep and keeping clean.	Year 4 Influences on our health and well being including friends, family and media-awareness of how these can affect personal health choices.	Year 5 Our unique bodies and self-acceptance. Valuing our bodies and minds-lifestyle habits-including tobacco and drugs and their effects on well being.	Year 6 Being the healthiest me_ ongoing self-care of bodies and minds, including ways to prevent mental ill health.
Summer 2	Our Healthy Community-Healthy bodies & healthy minds What is a healthy lifestyle? Mindfulness			Our Healthy Community- Healthy bodies & healthy minds What is a healthy lifestyle?		

<p>Coping with change</p>	<p>What lifestyle choices are important to us? How do we keep ourselves safe in the sun? What should I do in an emergency? What is first aid? What successes have I/we experienced this year? How can we prepare for transition into our new class?</p>			<p>Mindfulness What lifestyle choices are important to us? How do we keep ourselves safe in the sun? What should I do in an emergency? What is first aid? What successes have I/we experienced this year? How can we prepare for transition into our new class?</p> <p>How do we manage money to keep physically, mentally and personally healthy?</p>		
	<p>Year 1 Growing from young to old and how we have changed since we were born.</p>	<p>Year 2 Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.</p>	<p>Year 3 Coping with feelings around the changes in our lives.</p>	<p>Year 4 How our bodies change as we enter puberty, including hygiene and menstruation.</p>	<p>Year 5 How puberty changes can affect our emotions and ways to manage this. Money matters project</p>	<p>Year 6 Ways to manage increasing responsibilities and emotional effects of life changes. Secondary transition project-Go Big.</p>