

PSHE Curriculum

Emotional and Mental Health Education, Relationship Education (including optional Sex Education), Drugs Education, Economic Education and Equality Education

Team 2

At Horn's Mill, children have access to a number of resources to ensure that their personal development needs are met. Teachers use these resources throughout the year to ensure that children's understanding of RSE, Equality and that growing independence is observed in their ability to look after their own well-being and mental health. Some concepts within MyHappyMind are re-visited each year. Children access open ended tasks and discussion at their developmental level at that time, and build on their skills and understanding each year.

The British Values themes are introduced at an age appropriate level within teaching in each class and embedded in the weekly Picture News assemblies.

Circle Time is a weekly activity in each class which provides further enhancement opportunities for personal development.

MyHappyMind – Mental Health Curriculum

Happy Breathing takes place in all year groups on a daily basis

Module 1: Meet Your Brain: Children will learn:

- More about what their brain looks like and that it is fully grown by age 6.
- That our brain helps us to make good decisions and remember what we have learnt.
- That the Amygdala causes them to flight, fight or freeze. Children will be asked to reflect and think of examples of how they use each of Team H-A-P.
- That when we learn something new, our brain remembers it and grows. They'll learn about Neuroplasticity and think of examples of how they can use it to help them.
- How they can use Happy Breathing to help Team H-A-P work as a team, but also how Happy Breathing can help with Neuroplasticity

Module 2: Celebrate: Children will learn:

- About the same 5 character strengths as Year 1, but they will be asked to think about what each strength means and some examples of the strengths in action.
- That when we use our character strengths, we can be our very best selves and that we all have our own unique set of strengths and we are all different.
- What Neuroplasticity is and how we can grow our strengths if we practise using them.
- About how to recognise the strengths in themselves.
- How to think about which strengths they would like to grow or use more of

Module 3: Appreciate: Children will learn:

- That being thankful or having gratitude are other words for appreciating.
- What the Wheel of Gratitude is and that it is important to focus on all parts of the Wheel of Gratitude; themselves, others, and experiences.
- That when we show gratitude to someone it makes them feel good. When we make someone feel good, it makes us feel good too. This is because a special chemical gets released into our brains which makes us feel amazing.
- That Team H-A-P love it when we appreciate ourselves, so it is important to be kind to ourselves and others.
- How being grateful for ourselves can be hard and Happy Breathing can help us

Modules 4: Relate Children will learn:

- That we relate to different people in different ways and that different people relate differently, too.

- How their character strengths can help them get along with other people. They will learn that we all have different strengths, which is okay.
- That it is okay that some people react differently to them and that just because their reaction is different to theirs, it isn't wrong.
- How to spot the characteristics of a good friend and recognise this in themselves.
- How to Actively Listen and why this helps them to get along with others. They will look at what happens if they don't actively listen and how this can affect their ability to get along with others.
- That Team H-A-P feels happy when we Actively Listen because we are using all parts of the team.
- How to 'Stop, Understand and Consider' and why it is important to do this before responding.
- How Happy Breathing can help them with friendship issues by keeping them calm

Module 5: Engage Children will learn:

- When they feel good, they do good.
- Goal setting is a good way to help us achieve what we want. If we set goals, we are more likely to achieve them.
- The 3 steps to set a goal and practice setting goals as a class.
- How Happy Breathing can help when goals are tricky

End point: I know how to keep my brain healthy

MyHappyMind – Relationship Curriculum

Lesson 3 – Fabulous Friendships

Identify what makes a good friendship
 Identify when friendships feel good
 Identify when friendships go through a wobble and know what to do when this happens

Lesson 4 – Keeping Safe

Identify situations that are safe and not safe in real life
 Know where to go if they are not sure of what is safe or unsafe

Christopher Winter – Relationship and Sex Education

Horn's Mill Governors have agreed that in addition to legal requirements, out of respect for some groups' cultural beliefs, families will be given the informed opportunity to excuse their children from the lessons in red.

Lesson 1: Differences

Learning Intention

To introduce the concept of gender stereotypes
 To identify differences between males and females

Learning Outcomes

Understand that some people have fixed ideas about what boys and girls can do
 Describe the difference between male and female babies

Lesson 2: Male and Female Animals

Learning Intention

To explore some of the differences between males and females and to understand how this is part of the lifecycle

Learning Outcomes

Describe some differences between male and female animals
 Understand that making a new life needs a male and a female

Lesson 3: Naming Body Parts

Learning Intention

To focus on sexual difference and name body parts

Learning Outcomes

Describe the physical differences between males and females

Name the different body parts

RSE Key Vocabulary

• Similar • Different • Sex • Gender roles • Stereotypes • Boy • Girl • Male • Female • Body parts • Penis • Vagina

End Point: I can describe differences between male and females

No Outsiders – Equality Curriculum

"The Great Big Book of Families" Mary Hoffman and Ros Asquith *LO: to understand what diversity is*

"Can I join your club?" John Kelly and Steph Laberis *LO: to welcome different people*

"How to be a lion" Ed Vere *LO: To know what makes a good friend*

"Amazing" Steve Anthony *LO: To have self confidence*

"Blown Away" Rob Biddulph *LO: To be able to work with everyone in my class*

"The first Slodge" Jeanne Willis *LO: To understand how we share the world*

"The Great Big Book of Families" Mary Hoffman *LO: To understand what diversity is*

"The Odd Egg" Emily Gravett *LO: To understand what makes someone feel proud*

"Just Because" Rebecca Elliot *LO: To feel proud of being different*

"What the Jackdaw Saw" Julia Donaldson *LO: To communicate in different ways*

"All are Welcome" by Alexandra Penfold and Suzane Kauffman *LO: To know I belong*

Christopher Winter – Drugs and Alcohol

Lesson 1: Risk

Learning Intention

To explore substances that are safe and unsafe

Learning Outcomes

To know what is safe and unsafe

To know when something is too risky

Lesson 2: Hazardous Substances

Learning Intention

To be able to identify hazardous substances

Learning Outcomes

To know that some things we put in our bodies can harm us

To know some rule about keeping safe

Lesson 3: Safety Rules

Learning Intention

To consider safety rules for at home and at school

Learning Outcomes

To be able to follow safety instructions and rules and home and at school

End Point: I can give examples of things that are safe and unsafe in real life

Money and Me! – Finance Curriculum

https://schools.beano.com/lesson_plan_category/moneyandme/

All About Money

- **Challenge:** Identify why money is important and what we did before it was invented.
- **More Challenging:** Describe different uses for money and how currency has changed over time.
- **Mega Challenge:** Explain why currency has changed over time and why modern currency is more useful.

End Points – The teacher will design appropriate opportunities for the children to demonstrate:

	End of EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	I can talk confidently about my brain	That our brain helps us to control our body, manage our emotions and help solve problems	I know how to keep my brain healthy	I know what character strengths are and how they make us unique and special	the benefits of neuroplasticity	I know how to make informed choices about health and wellbeing and to recognise sources of help	I know what my strengths are and can give an explanation about how they can help me
Relationships + Sex	I can give examples about how to be kind	I can draw and label basic parts of the human body	I can describe differences between male and females	I can talk about what privacy means.	I can talk about puberty as part of the human life cycle	I can talk about changes in puberty and explain how to keep by body clean	I can explain the physical and emotional changes that occur during puberty, with reference to the reproductive system.
Living In The Wider World	I can demonstrate that it is OK to like different things	Demonstrate kindness and respect towards themselves and others	I can give examples of things that are safe and unsafe in real life	To be able to give an example of stereotype and give views on this	I know what a healthy relationship looks like	Identify different ways we can all be successful with money and how can we use decisions wisely to make money grow	I can talk about some of the risks around drugs and alcohol