

# PSHE Curriculum

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

## Team 3

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 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

- How to focus their mind to help them train their brain.
- Learn about Team H-A- P and their roles in more detail.
- How our emotions impact Team H-A- P and how to support their brains to relax when feeling sad, stressed or worried.
- Why our Amygdala behaves the way it does and how evolution has shaped how it works.
- How we can use Happy Breathing during times of stress and how our Hippocampus stores the memory of this when we practice.
- About Neurons and Neural pathways and the role they play in learning.
- How to look after their brains to help them to be at their best.

**Module 2: Celebrate:** Children will learn

- That scientists discovered that we all have 24 character strengths but in different amounts.
- We all have 24 strengths but focus on the 5 main categories of character strengths and think about them like a pick and mix bag of sweets.
- That half of our character is set by genetics and the other half from our experiences.
- That our character can grow based on our experiences, just like their brains do with Neuroplasticity.
- Why it is important to spot strengths in others and how they can be used.
- That strengths can help them to approach difficult situations.
- When they use their character strengths, they can be their best selves because they are feeling happy, safe, and calm, and this makes Team H-A- P happy

**Module 3: Appreciate** Children will learn:

- That we can forget to appreciate what is around us and that Happy Breathing can help us appreciate the little things we may forget.
- That the more they show gratitude, the easier it is -like Neuroplasticity.
- How to develop an Attitude of Gratitude, what happens when we give gratitude and how the giver and receiver feel.
- That Dopamine gets released in their brain when they give gratitude and that this helps Team H-A- P work together
- How Dopamine can especially help the Amygdala stay calm and that even the thought of gratitude can release Dopamine.
- How when they appreciate themselves and feel good about their strengths, they will use them even more. They can use characters' strengths as a way to appreciate others too

**Modules 4: Relate** Children will learn:

That their strengths can be really helpful in friendships by helping them to accept other people's differences and how this is a good thing.

- That when they face differences in opinions or challenges with friendships, it can be hard to remember we all have differences. They will learn how the skill 'Stop, Understand and Consider' can help them with friendships.
- That everyone sees things differently and that this is a positive thing. Children will learn they can ask 'what do you think about that?' to help them better understand and relate to others.
- That the more they practice seeing other perspectives, the more the brain will remember it. Children will learn Neuroplasticity works with relating to others too.
- That we normally choose our friends because of their character.
- That we all see things from different perspectives; friends can help us solve problems by approaching them differently.
- How Active Listening can help their friendships and what happens if they don't Activity Listen with their friendships.
- That when we listen to friends, they will know that we care for them

**Module 5: Engage** Children will learn:

- That to engage means to pay attention and put effort into something.
- How their feelings affect their ability to do well in an activity and learn that they have to feel good to do good.
- What Big Dream Goals are.
- How to use perseverance and resilience to help them not give up on something.
- That they have to Believe to Achieve.
- How to set their own Big Dream Goals.

**End Point: I know what character strengths are and how they make us unique and special**

### MyHappyMind – Relationship Curriculum

#### Lesson 1 – Families in the wider world

Recognise that everyone's family looks a little different

Understand how families come together to celebrate

Understand how families care for each other

#### Lesson 2 – All About Me

Identify those things about them that makes them special and unique

Talk about the things they want to develop

Consider the strengths of others and know how to share those

#### Lesson 3 – Learning to Love Difference

Recognise what a gender stereotype is and isn't

Discuss their views on gender and diversity

Identify when a gender stereotype is being used

**End Point: To be able to give an example of stereotype and give views on this**

### 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: Body Differences

##### Learning Intention

To identify that people are unique and to respect those differences

To explore the differences between male and female bodies

##### Learning Outcomes

Know and respect the body differences between ourselves and others

Name male and female body parts using agreed words

#### Lesson 2: Personal Space

##### Learning Intention

To consider appropriate and inappropriate physical contact and consent

##### Learning Outcomes

Understand that each person's body belongs to them

Understand personal space and unwanted touch

### Lesson 3: Help and Support

#### Learning Intention

To explore different types of families and who to go to for help and support

#### Learning Outcomes

Understand that all families are different and have different family members

Identify who to go to for help and support

#### RSE Key Vocabulary

• Similar • Different • Male • Female • Body parts • Penis • Vagina • Comfortable • Uncomfortable • Body parts • Like • Dislike • Touch • Hug • Kiss • Family • Fostering • Adoption • Relationship • Stereotypes • Gender roles

**End Point: I can talk about what privacy means.**

### No Outsiders – Equality Curriculum

**"Oliver"** Birgitta Sif *LO: To understand how difference can affect someone*

**"We're all wonders"** RJ Palacio *LO: To use my pupil voice*

**"The Hueys in the New Jumper"** Oliver Jeffers *LO: To use strategies to help someone who feels different*

**"Beegu"** Alexis Deacon *LO: To be welcoming*

**"Two Monsters"** David McKee *LO: To find a solution to a problem*

**"This is Our House"** Michael Rosen *LO: To understand what discrimination means*

**"The Truth about Old People"** Elina Ellis *LO: To recognise a stereotype*

**"Planet Omar: Accidental Trouble Magnet"** Zanib Mian *LO: To consider living in Britain today*

### Christopher Winter – Drugs and Alcohol

#### Lesson 1: Why People Smoke

##### Learning Intention

To know what effect smoking has on the lifestyle of a smoker

##### Learning Outcomes

To understand why people smoke

To know how smoking affects people

#### Lesson 2: Physical Effects of Smoking

##### Learning Intention

To know the effects of smoking on the body

To understand the impact of smoking and passive smoking

##### Learning Outcomes

To understand what quitting smoking does to the body

#### Lesson 3: Smoking and Society

##### Learning Intention

To know how society responds to the impact of smoking and passive smoking

##### Learning Outcomes

To know the negative effects of smoking

To be able to make the positive choice not to smoke

## Money and Me! – Finance Curriculum

[https://schools.beano.com/lesson\\_plan\\_category/moneyandme/](https://schools.beano.com/lesson_plan_category/moneyandme/)

### *What is 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
<b>Health and Wellbeing</b>	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
<b>Relationships + Sex</b>	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.
<b>Living In The Wider World</b>	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