



Intent	<p>PSHE forms the bedrock of society as the subject in which children learn how to function as helpful, kind and productive members of a society which is ever-changing. Without the support of PSHE, children may find it difficult to learn how to manage their emotions, how to form strong and appropriate relationships, and how our world works. Over the course of the PSHE curriculum at Talavera Junior School, children progress from exploring the basics of life in the twenty-first century (for example, how to keep themselves safe in healthy relationships in year 3 and how to respond in an emergency situation in year 4) to challenging themselves with difficult questions which encourage them to become open-minded citizens of the world (for example, how they must both stay true to themselves and support their community in year 5 and how some cultural practices may be against British law in year 6). These tricky and philosophical explorations develop children who are accepting, curious and ready to enter secondary school.</p> <p>Yellow = friendship units          Blue = community units          Green = self-esteem and safety          Purple = British Values</p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p><b>Keeping Safe</b>  <b>To explain how to keep myself and others safe (2 lessons)</b>          explain the difference between a danger, a hazard and a risk          understand school rules about health and safety          recognise, predict and assess risks in different situations          understand where and how to get help in these situations          understand school rules about health and safety          recognise, predict and assess risks in different situations  <b>To decide how to manage risks responsibly</b>          explain how to minimise risks in different situations including around school and the local environment          understand basic emergency first aid procedures  <b>To develop an awareness of my uh-oh feelings and know who can help keep me safe. describe who is a stranger and why</b></p>	<p><b>I Love Me!</b>  <b>To recognise and celebrate different strengths</b>          recognise different strengths          recognise the strengths in someone else          know my own strengths  <b>To understand that everyone is different (2 lessons)</b>          understand when we might feel new emotions          recognise new experiences can feel strange but can be rewarding          explain how I am different from others          understand why difference is good  <b>Individual Liberty (BV)</b>  <b>To understand that failure is important in our lives</b>          understand the importance of perseverance          understand that hard work and determination can lead to success</p>	<p><b>Maintaining Friendships</b>  <b>To understand what a healthy friendship looks and feels like</b>          understand what is meant by a healthy relationship          understand and draw judgements about qualities of friendship  <b>To know that my actions affect myself and others</b>          identify positive and negative actions          identify positive and negative consequences  <b>To find ways to solve arguments using compromise</b>          understand the concept of compromise          apply the concept of compromise to my own life  <b>To give constructive feedback to others</b>          understand the concept of constructive feedback          practise the skill of giving feedback          explore the effects of giving feedback in a way that is not constructive  <b>To know that friends are not only people I see</b></p>	<p><b>Positive Relationships</b>  <b>To recognise and respond to a wide range of feelings in others</b>          explore what friendship means to different people and how this can affect our behaviour          explore how behaviour and emotions can be closely related, including when behaviour masks an emotion  <b>To recognise what constitutes a healthy relationship</b>          identify elements and qualities of a healthy friendship          understand healthy relationships can have conflict          explore ways to re-build friendships after a conflict  <b>To be aware of different types of relationships</b>          identify types of relationships          explore ways to improve relationships  <b>To understand that marriage is a commitment</b></p>	<p><b>Community I</b>  <b>To identify what being part of a community means</b>          understand the concept of community          understand what community looks like in our own lives          explore the emotions someone may feel if they are left out of a community  <b>To identify what communities I belong to and the impact I can have</b>          identify positive and negative impacts that we can have on our community          apply these understandings to the Covid-19 response  <b>To identify that there are different responsibilities towards the environment</b>          explore the concept of responsibility          explore our responsibility towards the environment          understand the impact that we can make on our community environment  <b>Respect and Tolerance (BV)</b>  <b>To understand difference within the community and</b></p>	<p><b>Right and Wrong</b>  <b>To understand what a human right is</b>          explore the concept of human rights          apply this understanding to the concept of refugees          explain the importance of human rights  <b>To understand the difference between right and wrong</b>          understand the impact or consequences of our choices          explore the concept of morals          apply the idea of morals to our own beliefs  <b>Respect and Tolerance (BV)</b>  <b>To understand the difference between a moral right and a legal right</b>          understand what is meant by both legal and moral rights          explore the difference between legal and moral rights          apply the rights that we have as children to our own lives  <b>To understand how laws are made</b>          explain the concept of a law</p>

	<p>identify people who are responsible for helping me stay safe. explain ways that I can help people to keep me safe <b>To understand how to cross a road safely</b> explain what 'stop, look and listen' means know why we must follow the rules when crossing a road can recognise safe places to cross a road</p>		<p><b>every day and to understand how to stay in contact</b> understand the concept of friendship in a modern world explore how friends may move in and out of our lives apply this understanding to our own lives identify ways to stay in touch with friends</p>	<p>explore the concept of marriage understand the marriages and other relationships are a commitment understand that marriages and serious relationships can exist between many different types of people</p>	<p><b>show acceptance towards others</b> understand differences and similarities within a community practise the skills of enquiring politely <b>To recognise and acknowledge diversity within our community</b> celebrate diversity within our community identify our own strengths and the strengths of others</p>	<p>understand the importance of laws apply the concept of laws to Talavera Junior School <b>Rule of Law (BV)</b></p>
Year 4	<p><b>Facing Emotions</b> <b>To understand different feelings and to be able to explain my feelings to others</b> understand that we have good and not so good feelings extend my vocabulary to enable me to explain my feelings to others <b>To recognise that I can experience conflicting emotions</b> explain the concept of conflicting emotions understand when I might need to listen to my emotions or try to overcome them <b>To understand changing emotions and know who can help</b> understand that emotions should change know that I can and should talk to people when I don't feel good practise asking for help if I am struggling with my emotions</p>	<p><b>Friendships Make Me Feel Good</b> <b>To explore how friendships impact on us</b> philosophy-based discussion: having friends is the most important thing in the world. Do you agree? explore how we behave with our friends identify how friendships make us feel <b>To be reflective about my behaviour with my friends</b> identify when and why we treat our friends in a way that isn't kind or safe explore the concept of empathy <b>To identify when friendships are unsafe (double lesson)</b> identify unsafe behaviour in a friendship identify unkind behaviour in a friendship explore negative messages we give ourselves</p>	<p><b>Healthy Eating</b> This unit follows on/fits around the whole school Healthy Eating unit to provide year 4 with a wider understanding. As such, the unit appears shorter than others. <b>To understand how fast food can be deceptively portrayed in the media</b> identify when marketing is directed at children explore our emotional and physical responses to marketing of fast food draw a judgement on whether we believe marketing to children should be allowed or not <b>To understand the effects of bacteria and viruses and how to prevent germs from spreading</b> understand the terms bacteria, virus and germs understand how to keep ourselves safe from bacteria and viruses</p>	<p><b>Emergency!</b> <b>To identify dangers in order to avoid accidents</b> identify different dangers in my home and at home use my knowledge of these dangers to avoid and prevent accidents <b>identify that the police enforce the Rule of Law (BV)</b> <b>To know how to contact the emergency services</b> <b>explain different types of emergencies</b> know the different emergency services available to us understand that you may play a part in an emergency and the impact that this could have on someone's life know who to call in an emergency and what to say on the phone <b>To explore how emergencies affect emotions</b> explore the different emotions felt in emergencies and how we might feel</p>	<p><b>Our Army</b> <b>To understand some roles and responsibilities of the British Army</b> identify some roles of the British army in the UK and overseas explain how the British army help people in the UK and overseas give an opinion as to whether a country should have an army <b>To understand the core values of the British Army</b> <b>identify the core values of the British army</b> make comparisons between the army's values and our school values <b>To explore moral dilemmas involved in war</b> explore some moral dilemmas caused or made worse by war consider positive and negative impacts of war on children</p>	<p><b>Dealing with Money</b> <b>To explore different attitudes to spending and saving</b> understand that people save and spend their money differently identify the difference between wants and needs make decisions about what is most important to spend money on <b>To know how and why we prioritise spending</b> understand that people save and spend their money differently understand that people have different opinions about what is most important to spend money on and explain my choices <b>To explore payment methods</b> understand that there are different ways to pay</p>

	<p><b>To recognise different emotions and understand that they can change</b>          identify different types of emotions          explore how we can experience multiple emotions at once          understand what can trigger a change in our emotions</p>	<p>discuss how friendship can improve our self-image  <b>To understand how mental wellbeing and friendship are linked</b>          philosophy-based discussion, building a complete person, based on Maslow's hierarchy of needs          identify the most important elements of ourselves to encourage others to be friends with us          explore the responsibility that we have to be kind and respectful  <b>Respect and Tolerance (BV)</b></p>	<p><b>To explore the pressures of keeping healthy in everyday life</b>          explore how the choices we make are part of our <b>Individual Liberty (BV)</b>          understand the impact of the choices we make</p>	<p>understand that we must try to overcome our emotions in order to get help          consider strategies which may help us to manage our emotions in stressful situations  <b>To understand how lack of sleep affects our ability to function safely</b>          identify how lack of sleep affects our minds          understand how sleep helps us to stay safe          suggest ways to help our sleep patterns  <b>To know what first aid is and why it is important</b>  <b>understand the term 'first aid'</b>          understand why first aid is important          identify how we can save lives using some basic first aid          understand when first aid is needed</p>	<p><b>To consider how the army upholds democracy and human rights</b>          explain what a human right is and name some core human rights          consider how the army helps to grant people their human rights and when it may take those rights away and why          explain how the army supports democracy</p>	<p>understand that different payment methods may be better in different circumstances  <b>To explore how and why we save money</b>          understand some different ways to save money          explain the benefits and drawbacks of certain saving methods          understand the benefits of saving as a way to plan for future spending</p>
Year 5	<p><b>Coping with Emotions</b>  <b>To understand our emotions and the effect they have on us (2 lessons)</b>          understand the concept of stress and how we can experience it differently          explore the effects of different emotions on our bodies          identify how school can trigger these emotions in us          consider the importance of resilience  <b>To identify the situations when emotions arise and</b></p>	<p><b>Responsibility and Pressure</b>  <b>To understand what independence is and the responsibility behind independence</b>          define both the concepts of independence and of responsibility  <b>discuss the importance of staying safe as you get older in the context of law - Rule of Law (BV)</b>  <b>To understand peer pressure and how they often create a moral dilemma</b></p>	<p><b>Trust and Loyalty</b>  <b>To understand the terms 'trust' and 'loyalty'</b>          define the terms trust and loyalty          identify how to demonstrate these qualities to someone          understand why trust is important          understand the consequences of breaking trust or of disloyalty  <b>To discuss secrets and secret-keeping</b>          explore the difference between types of secrets</p>	<p><b>Community II</b>  <b>To understand the meaning of community and what it means to be cohesive</b>          revise the concept of Community from year 3          explore what community means to us          understand the positive outcomes of belonging to a community          understand the difference between a cohesive and non-cohesive community  <b>To discuss and understand that consequences can occur</b></p>	<p><b>Personal Safety</b>  <b>To understand how to minimise threats to our personal safety</b>          understand the concept of personal safety          explore how to identify when a stranger poses a threat to us          consider when people we know may pose a threat to us  <b>To be able to explain the purpose and importance of age restrictions for websites, games and activities</b></p>	<p><b>My Life's Journey</b>  <b>To explore the concept of aspiration in my own life</b>          explore target setting          discuss childhood responsibilities          discuss children with jobs          understand the difference between chores versus jobs          discuss if we have a duty to try hardest in school          discuss what's good about being a child  <b>To explore the possibilities my life offers</b>          discuss our hopes for life</p>

	<p><b>the consequences of them (2 lessons)</b>          explore different emotions to the previous lessons in situations which may apply to us          identify positive and negative consequences of our emotions          practise the skills of empathy and giving advice  <b>To identify different strategies for keeping calm and emotionally safe</b>          explore and practise the skills needed to be able to cope with our changing emotions          consider whether Individual Liberty or Mutual Respect and Tolerance are more important in expressing personal emotions (BV)</p>	<p>understand the concept of peer pressure          revise a moral versus legal right from year 4          identify how people should and can make decisions in difficult situations  <b>To develop techniques to help prevent and protect you from peer pressure</b>          apply your understanding of self-esteem to peer pressure to understand why people may put themselves in dangerous situations          identify ways to improve our self-esteem          practise the skills of empathy and support for others          explore how giving in to peer pressure is affecting your Individual Liberty (BV)  <b>To understand where peer pressure can come from that we might not expect</b>          begin to consider how the media can affect our self-esteem or be a source of pressure          consider how our families can affect our self-esteem or be a source of pressure          identify ways to alleviate pressure</p>	<p>and how to keep our friends safe          explore how telling secrets to adults where needed is not breaking trust or loyalty  <b>To identify the impact of dares and their consequences</b>          understand the consequences of dares          explore the difference between healthy and unhealthy choices          understand how choices are our Individual Liberty to make (BV)          to practise saying no to friends  <b>To understand the characteristics of a positive relationship</b>          understand the difference between trust and friendship          reflect on our own strengths and weaknesses as a friend</p>	<p><b>in communities when there is conflict</b>          understand the concepts of conflict and consequence          explore the difference between win-win, win-lose and lose-lose scenarios          practise the skills of empathy and friendship to resolve conflicts  <b>To understand the benefits of physical exercise on yourself and the community</b>          understand how physical exercise can positively impact your mental health          explore the positive impacts of exercise on our community  <b>To understand how to improve our physical and mental health</b>          understand why it is important to improve our physical and mental health          understand and practise different ways to improve our physical and mental health          understanding the concept of self-care</p>	<p>explore the concepts of age restrictions          make connections between concepts of age restrictions to the Rule of Law (BV)  <b>To understand personal safety and who to turn to when I need help</b>          identify safe adults that I can talk to when I need help          practise how to support someone else when they ask for help          explore when risks are justified</p>	<p>explore the options available to us          discuss the meaning of success          discuss whether the present or future is more important  <b>To understand the responsibility I have over my own life</b>          discuss the concept of responsibility          explore the skills, qualities and attributes of successful people          explore when we have shown these          explore the concept of overcoming obstacles  <b>To explain the importance of a job in my life</b>          explore the value of jobs outside of money          discuss our own strengths and weaknesses          understand how to build on these          explore job opportunities</p>
<p>Year 6</p>	<p><b>Democracy</b>  <b>To understand the structure of parliament</b>          understand the structure of parliament          understand the roles of individuals within this structure</p>	<p><b>Healthy Body, Healthy Mind</b>  <b>To recognise that images in the media do not always reflect reality</b>          explore the concept of Photoshop and identify it in images</p>	<p><b>Discrimination</b>  <b>To understand what is meant by discrimination</b>          understand the concept of discrimination          identify types of discrimination          explore the emotions someone may experience if they are discriminated against  <b>To understand the effects of discriminatory views and stereotypes</b></p>	<p><b>Making and Saving Money</b>  <b>To understand the role money plays in my life</b>          explore the importance of money          understand the importance and use of a budget</p>	<p><b>Transition</b>          This unit gives children the opportunity to raise their own concerns about the move to secondary school as well as identifying key areas which we have found children often find difficult,</p>	



	<p>explore the importance of <b>Democracy (BV)</b></p> <p><b>To understand how and why laws are made and enforced</b>          understand the difference between a bill and a law          understand how a bill becomes a law          explain the importance of laws</p> <p><b>To explore how conflicts can be resolved by looking at things fairly</b>          understand the emotions someone else may feel during a concept          practise the skill of empathy          explore how to mediate a conflict</p> <p><b>To understand that there are some cultural practices which are against British law</b>          understand the difference between forced and arranged marriages          understand how a safe adult behaves</p>	<p>explain why someone may want to change their image</p> <p><b>To understand how images in the media can affect people's emotions and self-esteem</b>          understand the concept of self-esteem          identify things that you do and do not like about yourself          explain how images can impact our self-esteem          practise ways to support someone else's self-esteem</p> <p><b>To understand that we are all unique and identify positive aspects of our body and personality</b>          explore how focusing on the positives of our body and personality can have a positive impact on our mental health</p> <p><b>To understand why smoking is now banned from adverts and the influence this has had</b>          understand the negative health impacts associated with smoking</p>	<p>explore stereotypes which we may hold about others without realising          challenge stereotypes</p> <p><b>To understand that in this country people have equal rights within marriage</b>          explore the concept of marriage          understand the marriages and other relationships are a commitment          understand that marriages and serious relationships can exist between many different types of people          understand that the value of Individual Liberty (BV) does not override British law</p> <p><b>To understand discrimination against disabilities</b>          explore the concept of discrimination with regards to disabilities and learning needs          understand how to challenge discrimination when we see it</p> <p><b>To understand what is meant by bullying and its effects</b>          understand the emotions associated with bullying, from both parties          practise how to challenge bullying          explore how bullying goes against the values of Respect and Tolerance (BV)</p> <p><b>To understand how to confront prejudice and discrimination</b>          explore when discrimination may be experienced          practise how to challenge discrimination when it occurs</p>		<p><b>To understand what it means to be a critical consumer</b>          understand the concept of a critical consumer          explore ways in which to be more critical when shopping          assign value to products not based on branding</p> <p><b>To understand the terms "debt" and "savings"</b>          understand and explain the concepts of debt and savings          explore how savings can be created and used          justify spending by the Chancellor of the Exchequer</p> <p><b>To understand the term "loan" and its advantages and disadvantages</b>          explain the concept of a loan          explore the risks of pay day loans          explore the advantages and disadvantages of taking out a loan in context</p> <p><b>To recognise financial scams and identify their consequences</b>          understand and explain the concept of a plan          practise spotting the identifying factors of scams          understand how to protect ourselves from scams online</p>	<p>including: how to be prepared each day; how to safely get to and from school; how to tie a tie; how to make new friends; and how to say good bye to their current school.</p> <p><b>Events: Bikeability</b></p>
<p>All year groups</p>	<ul style="list-style-type: none"> <li>• Dads Versus Kids Rugby</li> <li>• Fijian Day</li> <li>• NSPCC workshops (every year other)</li> <li>• Prefects, School Councillors, Play</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Eating</li> <li>• Flu immunisations</li> <li>• Wellbeing Week</li> <li>• Christmas Cinema</li> <li>• Christmas Jumper Day</li> <li>• Christmas lunches</li> <li>• Talavera Treat</li> </ul>	<ul style="list-style-type: none"> <li>• Nepali Day</li> <li>• Friendship Week</li> <li>• Internet Safety Week</li> <li>• House Event - cross-country</li> <li>• Talavera Treat</li> </ul>	<ul style="list-style-type: none"> <li>• Night of 1000 Smiles</li> <li>• Feeling Safe survey II</li> <li>• Talavera Treat</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Relationships training for all teaching staff</li> <li>• Healthy Relationships survey to parents</li> <li>• House event - spellings</li> <li>• Talavera Treat</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Relationships</li> <li>• Family Camp Out</li> <li>• Moving Up morning</li> <li>• Camo Day</li> <li>• Sports Day</li> <li>• House event - times tables</li> <li>• Talavera Treat</li> </ul>



# Foundation MTP - PSHE

	<ul style="list-style-type: none"><li>Leaders and House Captains appointed</li><li>Feeling Safe survey I</li><li>Talavera Treat</li></ul>	<ul style="list-style-type: none"><li>Pantomime</li></ul>			<ul style="list-style-type: none"><li>British Values Day</li></ul>	
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