



PSHCE at Oakfield

At Oakfield Primary School our curriculum for PSHE and citizenship education aims to develop the knowledge, skills and attributes pupils need to keep themselves healthy and safe and prepare for life and work in modern Britain. Our Programme of Study aims to develop the skills and attributes of **self awareness, empathy, motivation, managing feelings and social, spiritual, moral and cultural development** in the context of learning which is grouped into six topics: *Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.*

The sex and relationships aspects of PSHE education, compulsory in all schools from 2020, is delivered to each class by specialists from Big Talk Education. 'Growing Up Safe' is delivered to Foundation Stage and Key Stage 1 pupils, with the 'Sex and Relationships' programme delivered to Key Stage 2 pupils. Ongoing SRE work is delivered by teaching staff using the Jigsaw Scheme of Work for PSHE.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Content 'Being Me In My World'	Content 'Celebrating Difference' including anti-bullying + Big Talk Education	Content 'Dreams and Goals'	Content 'Healthy Me'	Content 'Relationships'	Content 'Changing Me'
F1	<p>Purpose Pupils will..... Play co-operatively, taking turns with others. Take account of one another's ideas about how to organise their activity. Show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. Be confident to try new activities, and say why they like some activities more than others. Be confident to speak in a familiar group, talk about their ideas, and choose the resources they need for their chosen activities. Say when they do or don't need help. Talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. Work as part of a group or class, and understand and follow the rules. Adjust their behaviour to different situations, and take changes of routine in their stride. Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. Manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. Know that other children don't always enjoy the same things, and are sensitive to this. Know about similarities and differences between themselves and others, and among families, communities and traditions.</p> <p>Skills: spiritual, moral, social and cultural development</p>					
F2						

<p>Year 1</p>	<p>Purpose: to understand the rights and responsibilities as a class member, to know I belong to my class, know how to make my class a safe place for everybody to learn, know my views are valued and can contribute to the learning charter, recognise how it feels to be proud of an achievement, understand my choices in following the learning charter</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to identify similarities and differences between people, to tell you what bullying is, to know some people I could talk to if I was feeling unhappy or being bullied, to know how to make new friends, to explain some ways that I am different from my friends.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to be able to set simple goals, to work out how to achieve a goal, to understand how to work well with a partner, to tackle a challenge and understand this might stretch my learning, to identify obstacles and work out how to overcome them, to verbalise who I feel when I succeed.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to understand the difference between healthy and unhealthy, to know how to make healthy lifestyle choices, to understand how to keep myself clean and understand how germs can cause illnesses and disease, to understand how medicines can help me and to use them safely, to know hoe to keep safe when crossing the road, to know the people who can help me to stay safe</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to identify members of my family and understand that there are lots of different types of families, to identify what being a good friend means, to know appropriate ways of physical contact to greet my friends, to know who can help me in my school community, to recognize my qualities as a person and a friend, to explain why I appreciate someone.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to understand the life cycles of animals and humans, to explain some of the things that have changed about me, to say how my body had changed since being a baby, to identify the parts of the body that make boys different to girls and to use correct names for these</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>
<p>Year 2</p>	<p>Purpose: to identify some of my hopes and fears for this year, to understand the rights and responsibilities for me as a member of my class and school, to help to make my class a safe and fair place, to understand how following the learning charter will help me and others learn.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to begin to understand stereotypes (boys and girls) to understand that bullying is sometimes about difference, to recognize what is right and wrong and how to stand up for myself, to know some ways to make new friends, to explain some ways I am different from my friends.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to choose a realistic goals and consider how to achieve it, to persevere when I find tasks difficult, to recognise who I can / cannot work successfully with, to work co-operatively in a group to create an end product, to know how to share success with other people.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to know what I need to keep my body healthy, to show or tell you what relaxed means and know what makes me relaxed / stressed, to understand how medicines work in my body and how to use them safely, to sort foods into food groups, and know which foods my body needs to keep my healthy, to make some healthy snacks.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to identify the different members of my family and understand my relationship with each of them, to explore safe physical contact within a family, to identify some of the things that cause conflict with my friends, to understand good and bad secrets, to recognise and appreciate people how can help me in my family, my school and my community.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to recognize life cycles in nature, to explain the natural process of growing form young to old, to recognize how my body has changed since I was born and where I am on the continuum. To recognize the physical differences between boys and girls and use the correct names, to understand there are different types of touch, to identify what I am looking forward to in my next class.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>

<p>Year 3</p>	<p>Purpose: to identify positive things about myself and my achievements, to set personal goals, to face new challenges positively, to understand why rules are needed and how they related to rights and responsibilities, to understand that my actions affect myself and others, to make responsible choices, to see things from another persons point of view.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to understand that everybody's family is different, to understand that conflicts sometimes happen among family members, to know what it means to be a witness to bullying, to recognise that some words are used in hurtful ways.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to learn about people who have faced difficult challenges and achieved success, to identify a dream or ambition that is important to me to work out the best ways of achieving new learning challenges, to recognise obstacles, to evaluate my own learning process.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to understand how exercise affects my body and know why heart and lungs are such important organs, to develop knowledge and attitude towards drugs, to identify things, people and places to keep safe from and strategies for keeping safe, to understand that medicines and household substance can be harmful if not used correctly, to understand and respect my body.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to identify roles and responsibilities of each family member, to identify and put into practice the skills of friendship, to know and some strategies for keeping myself safe, to explain how some of the actions and work of people around the world help and influence my life. To understand the needs and rights of children around the world. To know how to express my appreciation to my friends and family.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to understand that in animals and humans changes happen between conception and adulthood, to understand how babies grow and develop in them others uterus to understand internal and external body changes in boys and girls that enable them to make babies, to begin to recognise stereotypical ideas about parenting and family roles. To identify what I ma looking forward to when I am in Year 4.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>
<p>Year 4</p>	<p>Purpose: to know that my attitudes and actions make a difference to the class team, to understand who is in my school community and the roles they play, to understand how democracy works through the school council, to care about others feelings and empathise with them, to understand how groups come together to make decisions.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual,</p>	<p>Purpose: to understand that sometimes we make assumptions based on what people look like, to know that sometimes bullying is hard to spot and to know what to do if Ii think it is happening, to identify what is special about me and value the ways in which I am unique.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to talk about my hopes and dreams, to understand that sometimes hopes and dreams don't come true, to know ways to counteract disappointment, to know how to make a new plan and set new goals, to identify contributions made by myself and other to a groups achievement.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral,</p>	<p>Purpose: to recognise how different friendships are formed, to recognise changing dynamics between people in different groups, e.g. leader and follower, to understand facts about smoking and alcohol and their effects on health, to recognise when people are putting me under pressure and explain ways to resist this, to know myself well enough to have a clear picture of what's right and what's wrong.</p>	<p>Purpose: to identify the web of relationships that I am part of, to identify someone I love and express why they are special to me, to tell you about someone Ii no longer see, to explain different points of view on a n animal rights issue, to understand how people feel when they love a special pet.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual,</p>	<p>Purpose: to understand that some of my personal characteristics come from my birth parents, to know the internal and external parts of a male and female body that are necessary for making a baby, to describe how a girls body changes in order for her to have babies when she is an adult, to know how the circle of change works, to identify changes that may be out of my control, to identify what I am looking forward to when I am in Year 5.</p>

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Year 5	<p>Purpose: to face new challenges positively and know how to set personal goals, to understand my rights and responsibilities as a British citizen and as a member of my school, to make choices about my own behavior because I understand how rewards and consequences feel, to understand how an individuals behavior can impact on a group, to understand how democracy and having a voice benefits the school community.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to understand that cultural differences sometimes cause conflict, to understand what racism is, to understand bullying behaviours and direct and indirect bullying, to compare my life with people in the developing world, to enjoy the experience of a culture other than my own.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to understand that I will need money to help me achieve some of my dreams, to know about a range of jobs carried out by people I know, and how much people earn in different jobs, to identify a job I would like to do when I grow up and what motivates me to achieve it, to describe the dreams and goals of young people in a different culture to mine.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to know the health risks of smoking and misusing alcohol, to know and put into practice basic emergency procedures and how to get help in emergency situations, to understand how the media and celebrity culture promotes certain body types, to describe the different roles food can play in peoples lives, to know what makes a healthy lifestyles.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to know who I am in terms of my characteristics and personal qualities, to recognise how friendships change, to understand how it feels to be attracted to someone and what having a boyfriend / girlfriend might mean, to understand how to stay safe when using technology to communicate with my friends.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>Purpose: to be aware of my own self image and how my body image fits into that, the explain how girls and boys bodies change during puberty, to understand that sexual intercourse can lead to conception, to understand that sometimes people need IVF to help them have a baby, to identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities, to identify what I am looking forward to when I am in Year 6.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>
Year 6	<p>Purpose: to develop an understanding of universal rights for children, understand my actions affect others locally and globally, understand how an individuals behavior can impact on a group, understand how democracy benefits the school community</p>	<p>Purpose: to understand that there are different perception of what 'normal' means, to understand how having a disability could affect someone's life, to explain some of the ways one person or group can have power over another, to know some of the reasons why</p>	<p>Purpose: to know my strengths as a learner and to set challenging but realistic goals, to work out the steps I need to reach my goal, to understand how to motivate myself, to identify problems in the world that concern me, to</p>	<p>Purpose: to know the impact of food on the body, to know about different types of drugs and their uses, evaluate when alcohol is being used responsible or irresponsibly, know and put into practice emergency aid</p>	<p>Purpose: to identify significant people in my life, know some of the feelings we can have when we lose someone, understand the different stages of grief, recognise when people are trying to gain power or control,</p>	<p>Purpose: to be aware of own self image and body image, to explain how boys and girls change physically and emotionally during puberty, describe how a baby develops from conception, to understand how begin physically attracted to</p>

	<p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>people use bullying behaviours, to give examples of people with disabilities who lead amazing lives, to explain ways in which difference can be a source of conflict and a cause for celebration.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>understand that we can make the world a better place, to know that some people in the class admire me and can accept their praise.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>procedures, understand what it means to be emotionally healthy, recognise when I feel stressed and triggers</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>including using technology.</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>	<p>someone changes the nature of a relationship, identify what I am looking forward to and what worries me about transition to secondary school</p> <p>Skills: self awareness, social skills, empathy motivation, managing feelings, spiritual, moral, cultural and social development.</p>
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