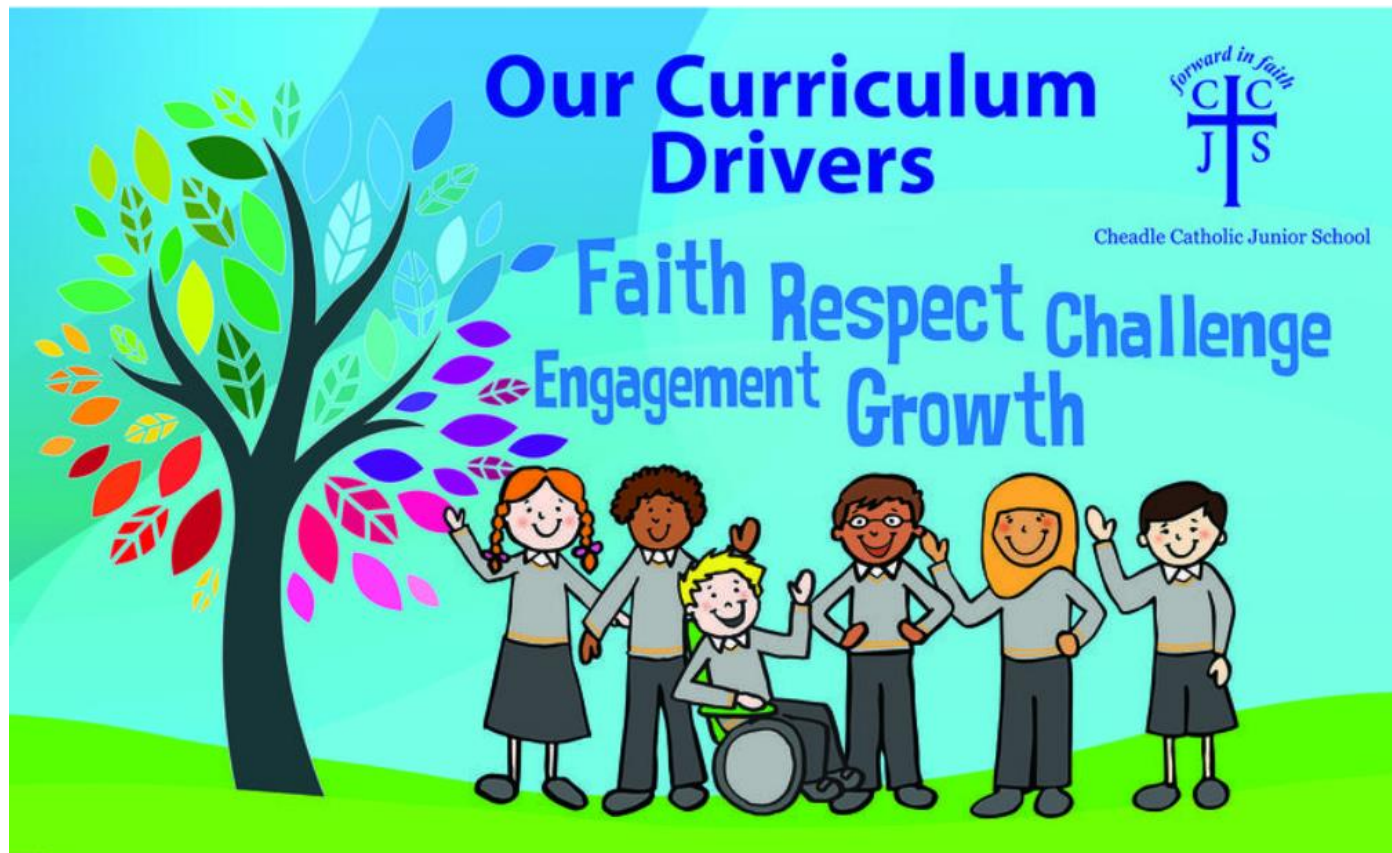


PSHE - One Voice





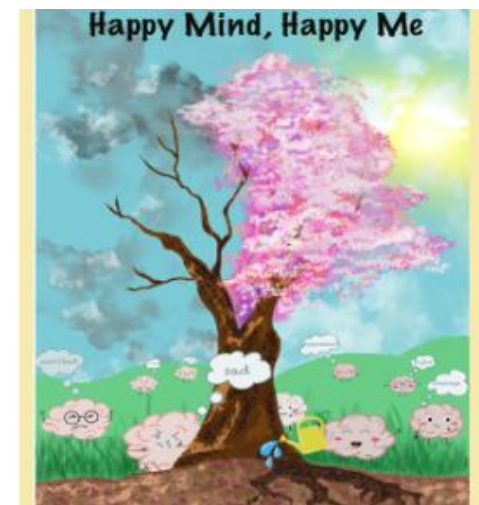
Ten:Ten
Resources



A sequenced, spiral programme that builds on prior learning as pupils progress through the school. A curriculum that utilises a range of resources to deepen and broaden the way we think.



Silver Accreditation Visit



Fully and broadly develop our children



through which pupils develop the knowledge, skills and attributes they need to **manage their lives, now and in the future.**

PSHE education helps pupils to **stay healthy, safe and prepared for life** – and work – in modern Britain. When taught well, PSHE also helps pupils to **achieve their academic potential.**” -PSHE association



How is learning across school sequenced?

Progression mapping and overview of coverage* PSHE

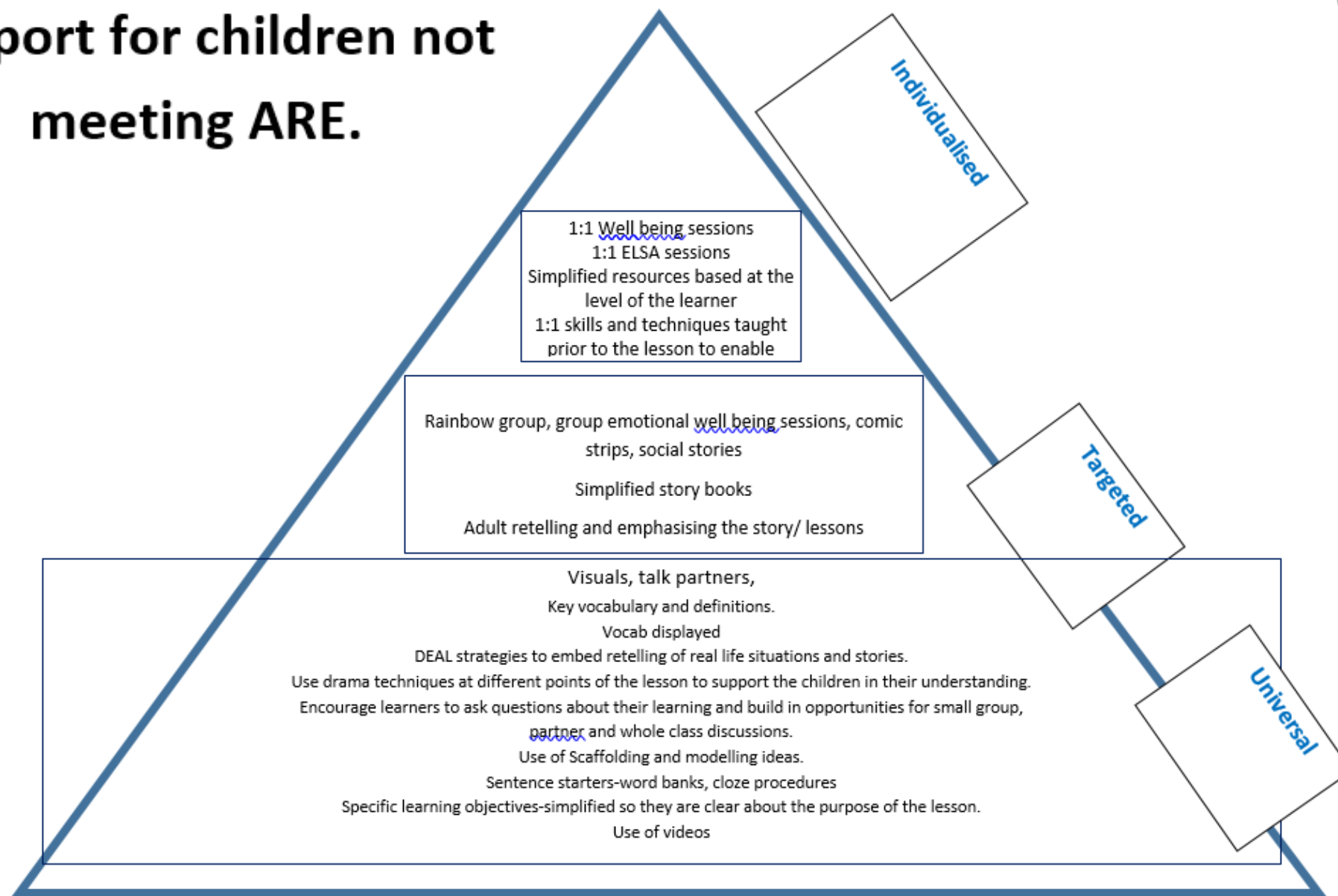
	British Values	Circle Times/Mental Health/Emotional-Wellbeing	Relationships (Feelings and Emotions, Healthy Relationships including online)	Health and Wellbeing (Healthy Lifestyles, DATE)	Living in the Wider World (Keeping safe, Rights and Responsibilities, Environment, Money)
Year 3	Respect and Tolerance including self-respect and being polite and courteous.	<ul style="list-style-type: none"> Managing and expressing feelings Sensitivity Independence Learning Styles Self-esteem Well-being, emotional regulation and Mental Health 	<ul style="list-style-type: none"> God's Holy Trinity and the Church Family Spreading Love to others Forgiveness and Reconciliation Maintaining and developing trusting relationships. Different types of relationships including acquaintances, family, relatives and friends What makes a good friend and what to do if friendships go wrong? Trusting others Acceptable/unacceptable physical contact and personal space. Basic First aid and how to respond quickly in an emergency. Anti-Bullying-Physical and emotional abuse and different types of bullying including cyberbullying. E-Safety-Using Technology safely, how the media influences us, how to report when you come across inappropriate material. 	<ul style="list-style-type: none"> Healthy Eating including healthy choices and habits. Growth Mind-set. Personal strengths and achievements. Dangers of smoking Looking at labels and designs on bottles and where to store harmful items at home. Medicines and prescriptions, over the counter medicines, dosage instructions. Drugs can have harmful and positive effects. Recognise if scenarios are safe/unsafe/unsafe. 	<ul style="list-style-type: none"> Keeping safe in dark and at home Boatfire Safety Stranger/danger Value of rules and laws. Rights, freedoms and responsibilities. Different jobs and skills, job stereotypes and setting personal goals. Risks and hazards staying safe in local environment and unfamiliar places. Money-Ways to save/budget, look after money. Jobs-Different types and transferable skills. E-Safety-Being Share Aware, Standing up to others online.
Year 4	Individual Liberty	<ul style="list-style-type: none"> Communication skills Different Perspective Conflict/Resolution Diversity and Uniqueness Teamwork Well-being, emotional regulation and Mental Health 	<ul style="list-style-type: none"> Holy Trinity and Church's Family Harmfulness of tobacco and Alcohol Medicines are drugs but not all medicines are drugs. Puberty-What is it, naming genitalia, changes that happen for boys and girls. Looking after our bodies. Thankfulness and Resilience. Activities that link to positive emotional well-being. Anti-Bullying- Celebrating differences and exploring 	<ul style="list-style-type: none"> Fitness and exercise Oral hygiene and dental care and personal hygiene routines. Dangers of Obesity Safety at home and storage of legal drugs common to everyday life. Understand effects, facts, myths and risks of Alcohol and Tobacco. Peer pressure and saying 'no' 	<ul style="list-style-type: none"> Fire Safety Recycling and Saving Energy Jobs What makes a community and shared responsibilities? Using and keeping money safe. E-Safety-How data is shared and used. Recognising risks online, Keeping things
Year 5	Democracy	<ul style="list-style-type: none"> Trust Empathy and Tolerance Benevolence and Less Media and Stereotypes Problem Solving Well-being, emotional regulation and Mental Health 	<ul style="list-style-type: none"> Trinity, power of the Holy Spirit, Principles of Catholic Social Teaching Contributing to our local community. First Aid-Recovery position and DR ABC. Thoughts and feelings and how they affect actions. Body consent and autonomy. Substances that have positive and negative effects on our bodies. Conception and birth-How a baby grows and develops. Types of pressure including peer pressure and how to resist it. Anti-Bullying-Types of abuse, including sexual. Online relationships-What to share online, cyber-bullying. 	<ul style="list-style-type: none"> Body Image Perception Eating Disorders Healthy sleep habits, sun safety. Medicines, vaccinations, immunisations and allergies. Negative and beneficial views of drugs in society. Recognise risks and make judgements about behaviour and personal safety and things that affect our decisions. Positive and negative role models and their influences in the media. Know about laws and what is legal and not with different drugs. Alcohol-effects, laws and calculating units. 	<ul style="list-style-type: none"> Water Safety Responsibilities and Duties Recognise prejudice and discrimination. Job interests and aspirations. Money E-Safety- Building a strong password, keeping things private How information online is targeted, different media types, their role and impact.
Year 6	Rule of the Law	<ul style="list-style-type: none"> Moral Reasoning Resilience Mental Health Managing Money Leadership Styles Well-being, emotional regulation and Mental Health 	<ul style="list-style-type: none"> Trinity and Catholic Social Teaching Changes in puberty Strong emotions and hormones Taking responsibility for action Menstruation Babies-Conception and intercourse Personal hygiene and sleep. Positive body image and the role of the media. Anti-Bullying- Celebrating differences and overcoming insecurities. Online relationships-Indecent images online, including pornography. 	<ul style="list-style-type: none"> Mental Health Attitudes and beliefs about drug use and misuse. Peer pressure resistance techniques and consequences of risks and choices and confidentiality and consent. Rules and Responsibilities in making decisions. Where can people go for help and support with drugs. Transition and independence. 	<ul style="list-style-type: none"> Bike and Road Safety Extremism/Refugees Jobs Economic Well-being (Financial) and debt and associated risks. E-Safety- Evaluating media sources and sharing things online. How do others see us?

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Circles: Communication skills	Circles: Different Perspectives	Circles: British Values-Individual Liberty	Circles: Conflict/Resolution	Circles: Diversity and Uniqueness	Circles: Teamwork
RSE-What is a church What am I feeling (Link to DATE)	RSE: Get Up- Story of Jaijous. A community of Love	RSE: We don't have to be the same. Drugs, Alcohol and tobacco (year 3 links to DATE) What am I looking at? Links to E-Safety.	RSE: How do I love others? Respecting our Bodies-Link to healthy Lifestyles.	RSE: What is puberty? I am Thankful (Link to DATE)	RSE: Changing Bodies I am Thankful (Link to DATE)
DATE: Identify & name some feelings. Express positive and negative qualities	DATE: Harmful aspects of some household products & medicines. Keeping safe at home.	DATE: understand the effects of alcohol & tobacco	DATE: Simple choices about health and well-being. DATE	DATE: Describe ways of staying safe.	DATE: Unwanted influences and
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Circles: Trust	Circles: Empathy and Tolerance	Circles: British Values- Democracy	Circles: Benevolence and Loss	Circles: Media and Stereotypes	Circles: Problem Solving
RSE-The Trinity	RSE: Giving First Aid	RSE: Is God calling you? Catholic: Social Teaching. Under Pressure-Links to DATE. Sharing isn't always caring-Link to E-Safety.	RSE: Do you want a piece of cake? Cyber-Bullying (Anti-Bullying Focus) Self-Talk-Links to DATE.	RSE: Types of Abuse	RSE: Life Cycles (Year 4) Impacted Life Styles- Links to DATE Making good choices Links to DATE Reaching out-Links to Living in the Wider World
DATE: Beliefs & stereotyping. DATE peer pressure-activity 1	DATE: Legal & illegal substances and drugs. DATE activity 5	DATE: Make own judgements & decisions - resisting negative peer pressure. DATE peer pressure- activity 2	DATE: Express own views & respect others. DATE - activity 3- diamond	DATE: Legal & illegal substances & their effects.	DATE: Alcohol units and basic first aid. DATE- activity 7
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Circles: Trust	Circles: Empathy and Tolerance	Circles: British Values- Democracy	Circles: Benevolence and Loss	Circles: Media and Stereotypes	Circles: Problem Solving
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E SAFETY: Be Internet Sharp Activity 4-Keeping it private and plenary.	LIVING IN THE WIDER WORLD: Water Safety Jobs- Visitors.	E SAFETY: Be Internet Secure Activity 1- Build a strong password.	HEALTHY LIFESTYLES: Body image perception and eating disorders.	E SAFETY: Be Internet Kind-Activity 3 Mixed Messages.	LIVING IN THE WIDER WORLD: Extra: Responsibilities and duties. Money (Project Week)



PHSE:

Support for children not meeting ARE.



Year 4

Friday 25th 4th March 2022

WALT: Fight Resilience and a Restorative Approach

We will all face different types of conflicts at different points in our lives but we have to handle these conflicts and learn from them that matters.


The right way to handle a conflict is walking away and talking someone calmly!

The wrong way to handle a conflict is fighting back. It doesn't make a right.


Restorative Approaches

- Promotes healthy and positive relationships
- Promotes a culture of listening
- Promotes people feeling valued


Step 1: Unique perspectives
Ask each person what happened?




Step 2: Feelings
How to each person feeling?



Step 3: Harm and affect
Who has been affected? How?



Step 4: Assessing needs
What do you need to feel better?



Next time we are stuck in a conflict, we try to resolve the situation by:

- Walking down
- Let some space
- Talk a teacher

Thursday 3rd February 2022

WALT: We don't be the SAME

Similarities

Lewis

I play piano

Lewis being with family

Difference

I have to learn to swim

Plays the piano

Scared of the dark

Loves being with his family

Secret: Never learned to swim

When I get good marks

When my friends are here

Dear God

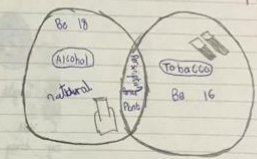
Thank you for making us all different and special. It's exciting to know there's not another me anywhere in the world! Help me get my self - Confident

Friday 4th January 2022


WALT: Learn about Drugs, Alcohol and Tobacco

My body is a temple

1 Corinthians 6:19



Today we created a group poster about the legal choices we go through




Wednesday 9th February 2022

WALT: Mental Health Week: Growing Together

Our new School poster

Happy Mind, Happy Me



When I feel something 'challenging' and it takes a while to click to help I think as good starts.

My targets get better

I will work towards by doing good

This poster represents Mental Health because we are growing in the tree



Learn

ME AS A BABY

Help

Parents

ME NOW

Two diamond-shaped posters with various drawings and text. One is labeled 'Fighting' and the other 'PASTOR'.

forward in faith

CLC

JTS

Friday 16th February 2022

Mental health week - Growing together

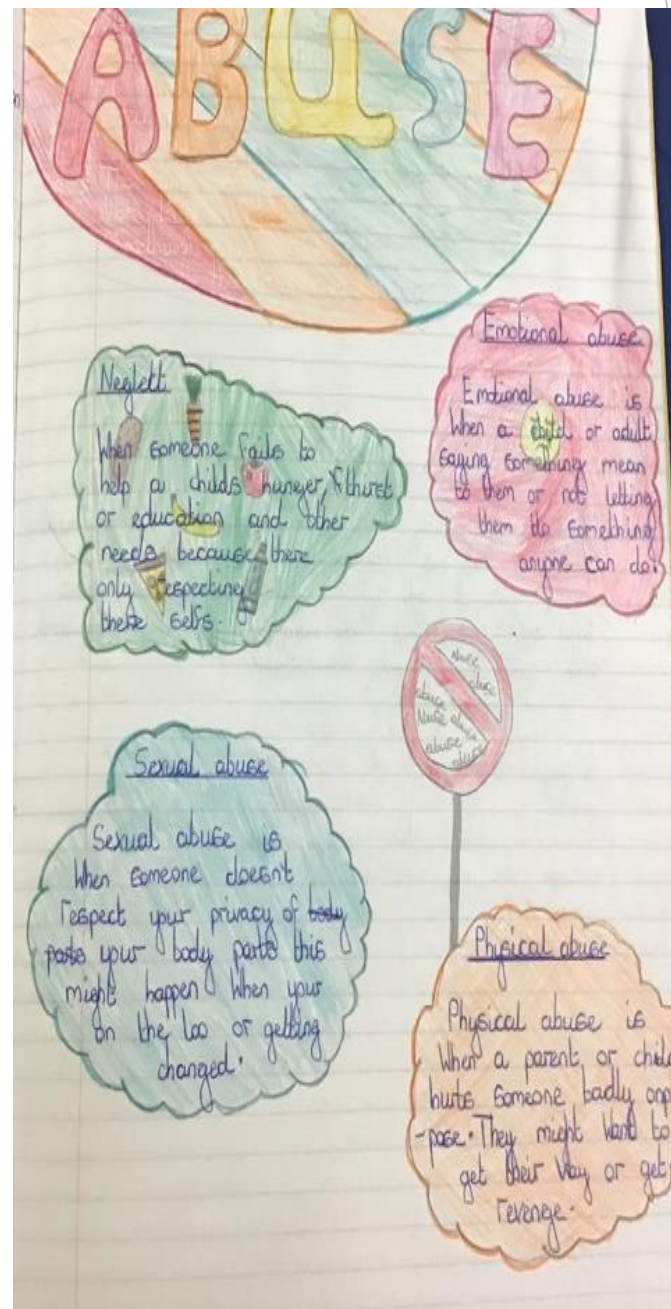
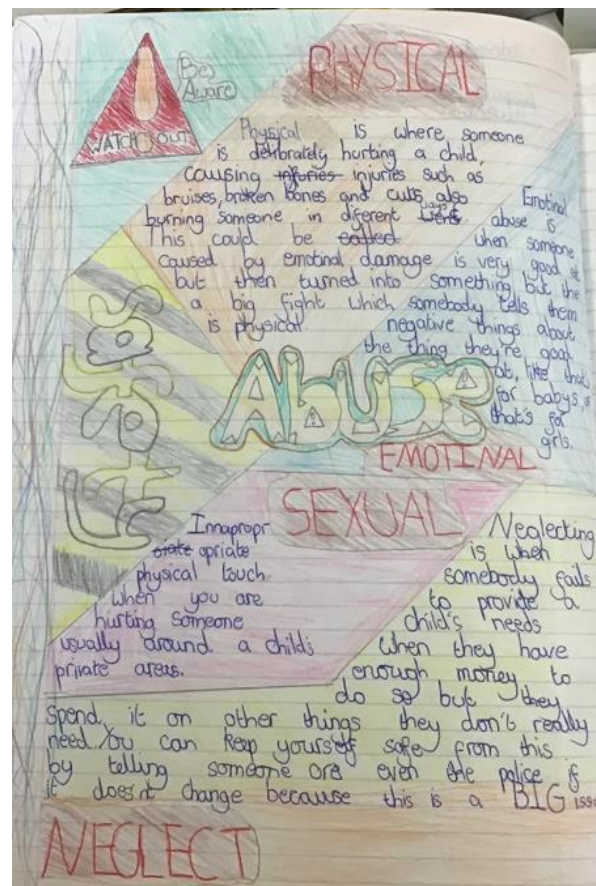


In this year I have learned that if you lose something you can't ever give up on finding it. You have to challenge yourself to become great.

What a super message!



Year 5



forward in faith
CLC
JTS

WALT: Developing Independence

Moving forward
will make friends
get high school
remember to pay
my bag for a

- Strategies I can use to help me are:
- Making a planner to remember my homework.
 - Doing a practice walk to school so I know how long it takes.

Dame Kelly Holmes

BLACK BRITONS

Lenny Henry

Lenny was born in 1958 in Worcester
to Jamaican parents. His
first television
appearance was
in 1975 on
He then
a comedy
mainly black
1985 Lenny
writer found
Lenny was
BBC personality of the year in 1993
and he was knighted in 2015 Queen's
Birthday Honours for his services to drama
Maggie Aderin-Pocock

Maggie was born on the 9th March 1968 in Islington in London. Her parents were Nigerian immigrants and were not wealthy. Her father wanted her to have a good education which is why she attended Imperial College. Maggie was famous for being the manager director of Science Innovation And teaching people about Science.



Great stick
file
Ditto 2 pages
you need and
why?

Pupil Leadership



Restorative
ambassadors



Measuring progress in PSHE at Cheadle Catholic Junior School?

- Pupil voice
- Book looks
- Lesson observations
- Learning walks and use of working walls
- Reflection
- 'Feel'/'Atmosphere' of the school
- CPOMS behaviour data
- Planning is informed by pupils
- Performance in other subjects – do the pupils feel safe and mentally ready to learn?

