



# Moretonhampstead Primary School

## PSHE, SEAL, Citizenship Curriculum

Termlets	SEAL	Key Stage 1	
		Year 1	Year 2
1	New beginnings	<b>Safety Education</b> - keeping safe indoors/ outdoors <b>Child Protection</b> - keeping oneself safe	<b>Safety Education</b> - looking out for dangers, dangerous objects, dangerous situations <b>Child Protection</b> - keeping oneself safe and others safe
2	Say no to bullying  Getting on and falling out	<b>Anti-bullying Education</b> - keeping oneself safe - understanding right and wrong <b>Citizenship</b> - Animals and Us - communities	<b>Anti-bullying Education</b> - keeping oneself safe - understanding right and wrong <b>Citizenship (Difference and Diversity)</b> - learning to value myself and others
3	Going for goals	<b>Drugs Education</b> - taking medicines, pills, tonics and plasters	<b>Drugs Education</b> - medication - legal substances
4	Good to be me	<b>Emotional Health and Well-being</b> - playing games and playing with toys - being with special people - visiting or being visited by health professionals <b>Healthy Eating</b> - washing of hands - healthy foods	<b>Emotional Health and Well-being</b> - relationships and responsibility - friends, friendships and influences - what makes me feel good about myself - caring for others <b>Healthy Eating</b> - healthy and not so healthy foods - making choices

5	Relationships	<b>SRE</b> <ul style="list-style-type: none"> <li>- growing and changing</li> <li>- relationships</li> </ul>	<b>SRE</b> <ul style="list-style-type: none"> <li>- growing and changing</li> <li>- growing independence</li> <li>- understanding the changes</li> <li>- relationships and responsibility</li> <li>- being with special people e.g. family, playing with best friends, being cared for, being loved, loving and caring for other people, pets, having fun.</li> <li>- what makes me feel good about myself</li> </ul>
6	Changes	<b>PSHE</b> <ul style="list-style-type: none"> <li>- exercise</li> <li>- keeping warm or cool</li> <li>- making choices</li> <li>- understanding consequences</li> <li>- what does being healthy mean to me?</li> </ul>	<b>PSHE</b> <ul style="list-style-type: none"> <li>- exercise – beginning to understand how exercise affects our bodies and how we look and feel.</li> <li>- teeth, and cleaning ones teeth</li> <li>- sleep</li> <li>- rest</li> <li>- responding to pressure and influences</li> <li>- linking what you know to what you do</li> </ul>



## Moretonhampstead Primary School PSHE, SEAL, Citizenship Curriculum

Termlets	SEAL	Key Stage 2	
		Year 3	Year 4
1	New beginnings	<p><b>Safety Education</b></p> <ul style="list-style-type: none"> <li>- looking out for dangers, dangerous objects, dangerous situations</li> <li>- linking actions to outcomes</li> </ul> <p><b>Child Protection</b></p> <ul style="list-style-type: none"> <li>- what can I do to keep myself safe?</li> <li>- what do I think I have to keep safe from?</li> <li>- who looks after me and my safety?</li> </ul>	<p><b>Safety Education</b></p> <ul style="list-style-type: none"> <li>- road safety</li> <li>- water safety</li> <li>- rail safety</li> </ul> <p><b>Child Protection</b></p> <ul style="list-style-type: none"> <li>- how do I think I keep safe?</li> <li>- taking responsibility for my own safety</li> </ul>
2	<p>Say no to bullying</p> <p>Getting on and falling out</p>	<p><b>Anti-bullying Education</b></p> <ul style="list-style-type: none"> <li>- caring for others</li> <li>- who are the carers?</li> <li>- what can I do when I am bullied?</li> </ul> <p><b>Citizenship</b></p> <ul style="list-style-type: none"> <li>- learning to value the environment</li> </ul>	<p><b>Anti-bullying Education</b></p> <ul style="list-style-type: none"> <li>- what makes me feel confident with people in difficult situations?</li> <li>- what makes me scared sometimes or uneasy?</li> <li>- knowing when to say 'yes', 'no', 'no you can't', 'no I won't', 'don't', 'please stop'</li> </ul> <p><b>Citizenship (Difference and Diversity)</b></p> <ul style="list-style-type: none"> <li>- living in a diverse world</li> <li>- how are we the same how are we different?</li> <li>- personal identity</li> <li>- membership of different groups</li> <li>- dealing with prejudice including racism, and supporting others who encounter it</li> </ul>

3	Going for goals	<p>Drugs Education</p> <ul style="list-style-type: none"> <li>- understanding what goes into my body</li> <li>- understanding what goes on my body</li> <li>- who's job is it to keep me healthy and safe?</li> <li>- how do I recognise and trust these people?</li> </ul> <p>Citizenship (Financial Capability)</p> <ul style="list-style-type: none"> <li>- understanding my money</li> </ul>	<p>Drugs Education</p> <ul style="list-style-type: none"> <li>- what happens when I am ill?</li> <li>- where do things go when they enter my body?</li> <li>- what do we know about drugs?</li> <li>- when do people need drugs?</li> <li>- who handles drugs at work?</li> <li>- are there drugs in our school?</li> <li>- facts about smoking</li> </ul>
4	Good to be me	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> <li>- doing school work, in particular reading and writing</li> <li>- being with special people</li> <li>- understanding how my body and brain is growing and changing</li> <li>- what can I do to keep myself happy?</li> </ul> <p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- what do I eat?</li> <li>- why do I eat?</li> <li>- when do I eat?</li> <li>- where do I eat?</li> <li>- making choices?</li> <li>- who keeps food clean and safe?</li> <li>- what can I do to help?</li> </ul>	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> <li>- what makes me sad or unsure?</li> <li>- how do I feel when I lose special things? break up with friends, or I am separated from people I love because they go away or die.</li> </ul> <p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- who or what are the persuaders?</li> <li>- how do people try to persuade me?</li> <li>- how do advertisements try to persuade me?</li> <li>- how do I know what to believe?</li> <li>- what is persuasion? fact? opinion?</li> </ul>

5	Relationships	<p>SRE</p> <ul style="list-style-type: none"> <li>- growing and changing – changes on the inside, changes on the outside.</li> <li>- relationships – looking at different types of relationships, family and friends – sharing and caring</li> <li>- personal hygiene</li> </ul>	<p>SRE</p> <ul style="list-style-type: none"> <li>- liking and loving</li> <li>- body systems</li> <li>- my outer defence system</li> <li>- my inner defence system</li> <li>- feelings, moods and boredom</li> <li>- personal hygiene</li> </ul>
6	Changes	<p>PSHE</p> <ul style="list-style-type: none"> <li>- exercise</li> <li>- keeping warm or cool</li> <li>- visiting or being visited by healthy professionals e.g. dentist, doctor, school nurse</li> <li>- fresh air, including going out in the sunshine</li> <li>- understanding my healthy lifestyle</li> <li>- understanding different people have different healthy lifestyles from mine</li> <li>- understanding consequences</li> <li>- making choices – saying ‘yes’ and ‘no’</li> <li>- understanding health care provision</li> </ul>	<p>PSHE</p> <ul style="list-style-type: none"> <li>- what happens when I exercise?</li> <li>- what exercise do I take?</li> <li>- what do I need to know to keep healthy?</li> <li>- advertising</li> <li>- whose job is it to keep me healthy?</li> </ul> <p>Physical and Social Environment</p> <ul style="list-style-type: none"> <li>- is our school a health promoting school?</li> </ul>



## Moretonhampstead Primary School PSHE, SEAL, Citizenship Medium Term Plan

Termlets	SEAL	Key Stage 2	
		5	6
1	New beginnings	<p><b>Safety Education</b></p> <ul style="list-style-type: none"> <li>- safety inside and outside</li> <li>- what do I have to keep safe from?</li> <li>- how can I be responsible using my judgements?</li> </ul> <p><b>Child Protection</b></p> <ul style="list-style-type: none"> <li>- taking responsibility for my own safety</li> <li>- safe use of the internet and mobile phones</li> <li>- who are the people I trust?</li> <li>- when is it best to tell secrets?</li> </ul>	<p><b>Safety Education (First Aid)</b></p> <ul style="list-style-type: none"> <li>- using my judgements</li> <li>- what causes accidents?</li> <li>- can I cope in an emergency?</li> <li>- simple first aid</li> <li>- where do most serious accidents occur?</li> </ul> <p><b>Child Protection</b></p> <ul style="list-style-type: none"> <li>- how do my senses help me to keep safe?</li> <li>- who are the people I trust?</li> <li>- what can I do when no one will listen?</li> </ul>
2	<p>Say no to bullying</p> <p>Getting on and falling out</p>	<p><b>Anti-bullying Education</b></p> <ul style="list-style-type: none"> <li>- how do rules and laws affect me?</li> </ul> <p><b>Citizenship</b></p> <ul style="list-style-type: none"> <li>- respect for property</li> </ul>	<p><b>Anti-bullying Education</b></p> <ul style="list-style-type: none"> <li>- what is bullying?</li> <li>- who gets bullied?</li> <li>- my network of friends</li> </ul> <p><b>Citizenship (Difference and Diversity)</b></p> <ul style="list-style-type: none"> <li>- different communities including family and school.</li> <li>- recognising and respecting diversity within communities.</li> <li>- similarities and differences between communities in other parts of the world and our own country</li> </ul>

3	Going for goals	<p>Drugs Education</p> <ul style="list-style-type: none"> <li>- what happens when I take pills and medicines that are prescribed for me?</li> <li>- who and what are the persuaders?</li> <li>- what do I need to know about tobacco, alcohol, tea, coffee, and other mood changing substances</li> </ul> <p>Citizenship (Financial Capability)</p> <ul style="list-style-type: none"> <li>- looking after my money</li> </ul>	<p>Drugs Education</p> <ul style="list-style-type: none"> <li>- being aware of pressures and influences on me</li> <li>- alcohol</li> <li>- what does it mean to be hooked?</li> <li>- how do drugs affect us?</li> </ul> <p>Careers</p> <ul style="list-style-type: none"> <li>- what does being grown up mean?</li> <li>- how do I feel about growing up?</li> <li>- what is involved in growing up?</li> <li>- careers</li> </ul>
4	Good to be me	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> <li>- loss and separation</li> <li>- how do we make each other happy?</li> <li>- what's it like to feel high or feel low?</li> </ul> <p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- healthy eating to keep healthy</li> <li>- food groups</li> <li>- what do I need to know more about?</li> <li>- making choices about food</li> <li>- understanding labelling and packaging of food</li> </ul>	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> <li>- valuing myself</li> <li>- images of me</li> <li>- what gives me confidence?</li> <li>- coping with group pressure</li> </ul> <p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- taking responsibility for my choices</li> <li>- children as health educators</li> <li>- making sense of the media</li> </ul>

5	Relationships	<p>SRE</p> <ul style="list-style-type: none"> <li>- physical and emotional changes at puberty</li> <li>- how to access support for questions about puberty</li> <li>- timelines, my changing body</li> <li>- growing up</li> <li>- valuing myself</li> <li>- coping with my emotions</li> <li>- personal hygiene</li> </ul>	<p>SRE</p> <ul style="list-style-type: none"> <li>- physical and emotional changes at puberty</li> <li>- how to access support for questions about puberty</li> <li>- timelines, my changing body</li> <li>- growing up</li> <li>- valuing myself</li> <li>- coping with my emotions</li> <li>- personal hygiene</li> <li>- how do I feel about growing up?</li> <li>- what worries me about growing up?</li> <li>- taking responsibility for my feelings</li> <li>- coping with change and emotions</li> <li>- stereotypes</li> </ul>
6	Changes	<p>PSHE Physical and Social Environment</p> <ul style="list-style-type: none"> <li>- developing our school grounds</li> </ul>	<p>PSHE</p> <ul style="list-style-type: none"> <li>- stereotypes</li> <li>- gaining support and help - accessing information</li> </ul>