



# The Eliot Bank and Gordonbrock Schools Federation



## Personal, Social and Health Education (PSHE) Expectations Eliot Bank Primary School

Year 1		
Autumn 1	Spring 1	Summer 1
<p><b>Physical health and wellbeing:</b> <i>Fun times</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about food that is associated with special times in different cultures</li> <li>• about active playground games from around the world</li> <li>• about sun-safety</li> </ul>	<p><b>Relationships and Sex Education:</b> <i>Growing and caring for ourselves</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to understand some basic hygiene principles</li> <li>• to introduce the concept of growing and changing</li> <li>• to explore different types of families</li> </ul>	<p><b>Mental health and emotional wellbeing:</b> <i>Feelings</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> <li>• about change or loss and how this can feel</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Keeping safe and managing risk:</b> <i>Feeling safe</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about safety in familiar situations</li> <li>• about personal safety</li> <li>• about people who help keep them safe outside the home</li> </ul>	<p><b>Drug, alcohol and tobacco education:</b> <i>What do we put into and on to bodies?</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what can go into bodies and how it can make people feel</li> <li>• about what can go on to bodies and how it can make people feel</li> </ul>	<p><b>Careers, financial capability and economic wellbeing:</b> <i>My money</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about where money comes from and making choices when spending money</li> <li>• about saving money and how to keep it safe</li> <li>• about the different jobs people do</li> </ul>



# The Eliot Bank and Gordonbrock Schools Federation



## Personal, Social and Health Education (PSHE) Expectations Eliot Bank Primary School

Year 2		
Autumn 1	Spring 1	Summer 1
<p><b>Physical health and wellbeing:</b> <i>What keeps me healthy?</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about eating well</li> <li>• about the importance of physical activity, sleep and rest</li> <li>• about people who help us to stay healthy and well and about basic health and hygiene routines</li> </ul>	<p><b>Relationships and Sex Education:</b> <i>Differences</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to introduce the concept of male and female and gender stereotypes</li> <li>• to identify differences between males and females</li> <li>• to explore some of the differences between males and females and to understand how this is part of the lifecycle</li> </ul>	<p><b>Keeping safe and managing risk:</b> <i>Indoors and outdoors</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about keeping safe in the home, including fire safety</li> <li>• about keeping safe outside</li> <li>• about road safety</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Mental health and emotional wellbeing:</b> <i>Friendship</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the importance of special people in their lives</li> <li>• about making friends and who can help with friendships</li> <li>• about solving problems that might arise with friendships</li> </ul>	<p><b>Identity, society and equality:</b> <i>Me and others</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about roles and responsibilities at home and school</li> <li>• about being co-operative with others</li> </ul>	<p><b>Drug, alcohol and tobacco education:</b> <i>Medicines and me</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• why medicines are taken</li> <li>• where medicines come from</li> <li>• about keeping themselves safe around medicines</li> </ul>



# The Eliot Bank and Gordonbrock Schools Federation



## Personal, Social and Health Education (PSHE) Expectations Eliot Bank Primary School

Year 3		
Autumn 1	Spring 1	Summer 1
<p><b>Drug, alcohol and tobacco education:</b> <b>Tobacco is a drug</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• the definition of a drug and that drugs (including medicines) can be harmful to people</li> <li>• about the effects and risks of smoking tobacco and second-hand smoke</li> <li>• about the help available for people to remain smoke free or stop smoking</li> </ul>	<p><b>Relationships and Sex Education:</b> <b>Valuing difference and keeping safe</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to explore the differences between males and females and to name the body parts.</li> <li>• to explore different types of families and who to go to for help and support.</li> </ul>	<p><b>Identity, society and equality:</b> <b>Celebrating difference</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• Pupils learn about valuing the similarities and differences between themselves and others</li> <li>• Pupils learn about what is meant by community</li> <li>• Pupils learn about belonging to groups</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Keeping safe and managing risk:</b> <b>Bullying – see it, say it, stop it</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to recognise bullying and how it can make people feel</li> <li>• about different types of bullying and how to respond to incidents of bullying</li> <li>• about what to do if they witness bullying</li> </ul>	<p><b>Mental health and emotional wellbeing:</b> <b>Strengths and challenges</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about celebrating achievements and setting personal goals</li> <li>• about dealing with put-downs</li> <li>• about positive ways to deal with set-backs</li> </ul>	<p><b>Physical health and wellbeing:</b> <b>What helps me choose?</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about making healthy choices about food and drinks</li> <li>• about how branding can affect what foods people choose to buy</li> <li>• about keeping active and some of the challenges of this</li> </ul>



# The Eliot Bank and Gordonbrock Schools Federation



## Personal, Social and Health Education (PSHE) Expectations Eliot Bank Primary School

Year 4		
Autumn 1	Spring 1	Summer 1
<p><b>Identity, society and equality:</b> <i>Democracy</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about Britain as a democratic society</li> <li>• about how laws are made</li> <li>• learn about the local council</li> </ul>	<p><b>Relationships and Sex Education:</b> <i>Growing up</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to explore the human lifecycle</li> <li>• to identify some basic facts about puberty</li> <li>• to explore how puberty is linked to reproduction</li> </ul>	<p><b>Physical health and wellbeing:</b> <i>What is important to me?</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• why people may eat or avoid certain foods (religious, moral, cultural or health reasons)</li> <li>• about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)</li> <li>• about the importance of getting enough sleep</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Drug, alcohol and tobacco education:</b> <i>Making choices</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them</li> <li>• about the effects and risks of drinking alcohol</li> <li>• about different patterns of behaviour that are related to drug use</li> </ul>	<p><b>Careers, financial capability and economic wellbeing:</b> <i>Saving, spending and budgeting</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what influences people's choices about spending and saving money</li> <li>• how people can keep track of their money</li> <li>• about the world of work</li> </ul>	<p><b>Keeping safe and managing risk:</b> <i>Playing safe</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• how to be safe in their computer gaming habits</li> <li>• about keeping safe near roads, rail, water, building sites and around fireworks</li> <li>• about what to do in an emergency and basic emergency first aid procedures</li> </ul>



# The Eliot Bank and Gordonbrock Schools Federation



## Personal, Social and Health Education (PSHE) Expectations Eliot Bank Primary School

Year 5		
Autumn 1	Spring 1	Summer 1
<p><b>Physical health and wellbeing:</b> <i>In the media</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that messages given on food adverts can be misleading</li> <li>• about role models</li> <li>• about how the media can manipulate images and that these images may not reflect reality</li> </ul>	<p><b>Relationships and Sex Education:</b> <i>Puberty</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to explore the emotional and physical changes occurring in puberty</li> <li>• to understand male and female puberty changes in more detail</li> <li>• to explore the impact of puberty on the body and the importance of physical hygiene</li> <li>• to explore ways to get support during puberty</li> </ul>	<p><b>Drug, alcohol and tobacco education:</b> <i>Different influences</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> <li>• about different influences on drug use – alcohol, tobacco and nicotine products</li> <li>• strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Identity, society and equality:</b> <i>Stereotypes, discrimination and prejudice (including tackling homophobia)</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about stereotyping, including gender stereotyping</li> <li>• about prejudice and discrimination and how this can make people feel</li> </ul>	<p><b>Mental health and emotional wellbeing:</b> <i>Dealing with feelings</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about a wide range of emotions and feelings and how these are experienced in the body</li> <li>• about times of change and how this can make people feel</li> <li>• about the feelings associated with loss, grief and bereavement</li> </ul>	<p><b>Keeping safe and managing risk:</b> <i>When things go wrong</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about keeping safe online</li> <li>• that violence within relationships is not acceptable</li> <li>• about problems that can occur when someone goes missing from home</li> </ul>



# The Eliot Bank and Gordonbrock Schools Federation



## Personal, Social and Health Education (PSHE) Expectations Eliot Bank Primary School

Year 6		
Autumn 1	Spring 1	Summer 1
<p><b>Drug, alcohol and tobacco education:</b> <i>Weighing up risk</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs</li> <li>• about assessing the level of risk in different situations involving drug use</li> <li>• about ways to manage risk in situations involving drug use</li> </ul>	<p><b>Relationships and Sex Education:</b> <i>Puberty, relationships and reproduction</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to consider puberty and reproduction</li> <li>• to consider physical &amp; emotional behaviour in relationships</li> <li>• to explore the process of conception and pregnancy</li> <li>• to consider when it is appropriate to share personal/private information about yourself</li> </ul>	<p><b>Mental health and emotional wellbeing:</b> <i>Healthy minds</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• what mental health is</li> <li>• about what can affect mental health and some ways of dealing with this</li> <li>• about some everyday ways to look after mental health</li> <li>• about the stigma and discrimination that can surround mental health</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><b>Identity, society and equality:</b> <i>Human rights</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about people who have moved to Islington from other places, (including the experience of refugees)</li> <li>• about human rights and the UN Convention on the Rights of the Child</li> <li>• about homelessness</li> </ul>	<p><b>Careers, financial capability and economic wellbeing:</b> <i>Borrowing and earning money</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that money can be borrowed but there are risks associated with this</li> <li>• about enterprise</li> <li>• what influences people's decisions about careers</li> </ul>	<p><b>Keeping safe and managing risk:</b> <i>Keeping safe - out and about</i> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about feelings of being out and about in the local area with increasing independence</li> <li>• about recognising and responding to peer pressure</li> <li>• about the consequences of anti-social behaviour (including gangs and gang related behaviour)</li> </ul>



# The Eliot Bank and Gordonbrock Schools Federation

