



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



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



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



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



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



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



The Eliot Bank and Gordonbrock Schools Federation

