

# PSHE Curriculum

Emotional and Mental Health Education, Relationship Education (including optional Sex Education), Drugs Education, Economic Education and Equality Education

## Team 4

At Horn's Mill, children have access to a number of resources to ensure that their personal development needs are met. Teachers use these resources throughout the year to ensure that children's understanding of RSE, Equality and that growing independence is observed in their ability to look after their own well-being and mental health. Some concepts within MyHappyMind are re-visited each year. Children access open ended tasks and discussion at their developmental level at that time, and build on their skills and understanding each year.

The British Values themes are introduced at an age appropriate level in each class and embedded in the weekly Picture News assemblies.

Circle Time is a weekly activity in each class which provides further enhancement opportunities for personal development.

### MyHappyMind – Mental Health Curriculum

**Happy Breathing takes place in all year groups on a daily basis**

**Module 1: Meet your Brain** Children will learn:

- How to train their minds to focus on whatever they want. They will learn that this is Neuroplasticity, and they can do anything they put their mind to.
- How they use each part of Team H-A- P and reflect on when they use them to develop their understanding.
- How the Amygdala reacts to real and perceived danger.
- About what triggers their own Amygdala to fight, flight and freeze and how they can train their brain to calm their Amygdala down.
- About the brain's structure and how neurons carry messages to create neural pathways.
- How neural pathways help us to form habits.
- More about how to look after their brains and what happens if we don't. They will learn how our minds can feel like a Snow globe, leaving us unable to see clearly

**Module 2: Celebrate:** Children will learn:

- That scientists have discovered that we all have 24 character strengths, but in different amounts.
- Why strength spotting is so powerful and how the best way to learn about strengths is by noticing them.
- How when we spot strengths over and over, we will build neuropathways to create a habit.
- That strengths can help them solve problems and that everyone uses different strengths. That strengths can always help them.
- That Team H-A- P loves it when we use our strengths because Dopamine gets released in the brain to help us perform at our best

**Module 3: Appreciate** Children will learn:

- How they can develop an Attitude of Gratitude at home and school.
- How to create a Gratitude Domino Effect -when we notice what makes us feel good, we show more gratitude to others and then that makes them feel good and show more gratitude too.
- That the more time they think about gratitude, the stronger the neural pathways get and the easier it is to give gratitude. This is because of Neuroplasticity, and we need to make it a habit.
- How giving gratitude can help us get through tough times, and when they can see everything they are grateful for it, it makes the problems we face a little easier to manage.

**Modules 4: Relate** Children will learn:

- That when we use Stop, Understand and Consider, it gives them time to pause, understand where others are coming from and consider how to respond best.
- When they see things from different perspectives, their brain will remember and grow; this helps children to build better relationships.
- That friends can help them see things from a different perspective and that's why we should talk to our friends about our problems.
- Why it is important to show gratitude to their friends when they help.
- That the skills needed to listen actively can help them to 'Stop, Understand and Consider'.
- That it is important to listen to your friends and ask about their feelings and opinions to be a good friend. That it is also important for them to talk to friends too.

**Module 5: Engage** Children will learn:

- That the more we focus on feeling good and using the habits, the better we will do in all activities in and out of school.
- That Dopamine gets released in their brain when they set a goal and work towards it.
- Why it is important to think about what they have learnt even if they do not achieve the goal, so the Hippocampus can store this memory and make it easier next time.
- Why perseverance is easier to use on goals they are passionate about, but they can also use this skill on other goals

**End Point: to describe the benefits of neuroplasticity**

**MyHappyMind – Relationship Curriculum**

**Lesson 4 – Getting along with our families**

Identify things that are the same about families and the things that may be different

Explain how they would respond if people are unkind about their family or someone else's.

Understand where to go for help if needed

**Lesson 5 – Friendship ups and downs**

Identify things that make them a good friend

Identify the things that would make them think that someone was not being a good friend.

Know what to do if they are struggling with a friendship

**Lesson 6 – Keeping Safe**

To know what risky means

Be able to discuss risk and be able to share their opinion on what is safe or unsafe

Know where to go for help if they need it

**End Point: I know what a healthy relationship looks like**

**Christopher Winter – Relationship and Sex Education**

Horn's Mill Governors have agreed that in addition to legal requirements, out of respect for some groups' cultural beliefs, families will be given the informed opportunity to excuse their children from the lessons in red.

**Lesson 1: Changes**

**Learning Intention**

To explore the human lifecycle

To identify some basic facts about puberty

**Learning Outcomes**

Understand that puberty is an important stage in the human lifecycle

Know some changes that happen during puberty

**Lesson 2: What is Puberty**

**Learning Intention**

To explore how puberty is linked to reproduction

**Learning Outcomes**

Know about the physical and emotional changes that happen in puberty

Understand that children change into adults to be able to reproduce if they choose to

**Lesson 3: Healthy Relationships**

**Learning Intention**

To explore respect in a range of relationships

To discuss the characteristics of healthy relationships

**Learning Outcomes**

Know that respect is important in all relationships including online

Explain how friendships can make people feel unhappy or uncomfortable.

**RSE Key Vocabulary**

- Puberty • Lifecycle • Reproduction • Physical • Pregnancy • Breasts • Sperm • Egg • Pubic hair • Emotions feelings

**End Point: I can talk about puberty as part of the human life cycle**

### No Outsiders – Equality Curriculum

- "The Flower" John Light *LO: To ask questions*
- "Red: A Crayon's Story" Michael Hall *LO: To be who you want to be*
- "The Way Back Home" Oliver Jeffers *LO: To overcome language as a barrier*
- "King and King" Linda De Hann and Stern Nijland *LO: To understand why people get married*
- "Dogs Don't do Ballet" Anna Kemp and Sara Ogilvie *LO: To know when to be assertive*
- "Along came a Different" Tom McLaughlin *LO: To help someone accept difference*
- "Aalfred and Aalbert" Morag Hood *LO: To find common ground*
- "When Sadness comes to Call" Eva Eland *LO: To look after my mental health*
- "Julian is a Mermaid" Jessica Love *LO: To show acceptance*

### Christopher Winter – Drugs and Alcohol

#### Lesson 1: Effects of Alcohol

##### Learning Intention

To understand the effect alcohol has on the body

##### Learning Outcomes

- To know what alcohol is and how it affects the body
- To understand that everyone will be affected differently by alcohol

#### Lesson 2: Alcohol and Risk

##### Learning Intention

To understand the risks associated with drinking alcohol

##### Learning Outcomes

Be able to make sensible choices about using alcohol

#### Lesson 3: Limits to drinking alcohol

##### Learning Intention

To consider how society limits the drinking of alcohol

##### Learning Outcomes

- To know some laws about drinking alcohol
- To consider ways of persuading people to drink alcohol sensibly
- Know the rules about medicines

### Money and Me! – Finance Curriculum

[https://schools.beano.com/lesson\\_plan\\_category/moneyandme/](https://schools.beano.com/lesson_plan_category/moneyandme/)

#### *What's new with Money*

- **Challenge:** Identify different methods of payment and the security features on banknotes.
- **More challenging:** Describe how we securely make payments today and categorise 21st century money correctly.
- **Mega challenge:** Explain the best payment methods to use, depending on the circumstance, and why our banknotes are so secure

#### *What can I do with Money?*

- **Challenge:** Identify the different ways we can choose to use our money and begin to make informed financial decisions.
- **More challenging:** Make informed financial decisions considering a variety of factors. Categorise luxuries and essentials.
- **Mega challenge:** Explain how we can 'grow' and best spend our money, both in the bank and by making wise spending decisions.

### End Points – The teacher will design appropriate opportunities for the children to demonstrate:

	End of EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Health and Wellbeing</b>	I can talk confidently about my brain	That our brain helps us to control our body, manage our emotions and help solve problems	I know how to keep my brain healthy	I know what character strengths are and how they make us unique and special	the benefits of neuroplasticity	I know how to make informed choices about health and wellbeing and to recognise sources of help	I know what my strengths are and can give an explanation about how they can help me
<b>Relationships + Sex</b>	I can give examples about how to be kind	I can draw and label basic parts of the human body	I can describe differences between male and females	I can talk about what privacy means.	I can talk about puberty as part of the human life cycle	I can talk about changes in puberty and explain how to keep by body clean	I can explain the physical and emotional changes that occur during puberty, with reference to the reproductive system.
<b>Living In The Wider World</b>	I can demonstrate that it is OK to like different things	Demonstrate kindness and respect towards themselves and others	I can give examples of things that are safe and unsafe in real life	To be able to give an example of stereotype and give views on this	I know what a healthy relationship looks like	Identify different ways we can all be successful with money and how can we use decisions wisely to make money grow	I can talk about some of the risks around drugs and alcohol