

PSHE Curriculum and End Points

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

Reception

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

Our brains help us with lots of different jobs

We need to look after our brains for us to be at our best

When we learn something new our brain remembers it for next time

Module 2: Celebrate:

We all have things about us that are special, these are called character strengths

Our character strengths help us to be our best

We feel great when we use our character strengths

Module 3: Appreciate

How being grateful or being thankful make us feel

The different ways to show gratitude or to express our thanks

The importance of taking time out to stop and be grateful or thankful

Module 4: Relate

How to develop good listening skills

The importance of listening to others

What we can learn when we listen to others

Module 5: Engage

What goal setting is

Why goals are important

How to review our goals.

End Point: I can talk about my brain and how it helps me

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: Caring Friendships

Learning Intention

To recognise the importance of friendship

Learning Outcomes

Know that friendships can make us feel happy

Know some ways that we can make new friends feel welcome

Lesson 2: Being Kind

Learning Intention

To recognise the importance of saying sorry and forgiveness

Learning Outcomes

Know that arguing with friends and then making up can make friendships stronger

That resorting to violence is never right

Lesson 3: Families

Learning Intention

To recognise that all families are different

Learning Outcomes

Identify different members of the family

Understand how members of a family can help each other

End Point: I can talk about how to be kind

No Outsiders – Equality Curriculum

These lessons are enhanced with a weekly assembly, using the No Outsiders theme.

"You Choose" Nick Sharratt and Pippa Goodheart *LO: To say what I think*

"Red Rockets and Rainbow Jelly" Sue Heap and Nick Sharratt *LO: To understand that it is OK to like different things*

"Blue Chameleon" Emily Gravett *LO: To make friends with someone different*

"The Family Book" Todd Parr *LO: To understand that all families are different*

"Mommy, Mama and Me" Lesley Newman and Carole Thompson *LO: To celebrate my family*

"Hello Hello" Brendan Wenzel *LO: To say hello*

- End Point: I know that it is OK to like different things

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
Health and Wellbeing	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
Relationships + Sex	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.
Living In The Wider World	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