

PSHE Curriculum

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

Team 5

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:

- The difference between their brain and mind.
- More detail about each part of the brain and why they work the way they do.
- How they can train their brains in times of stress by using Happy Breathing when their Amygdala gets triggered.
- About how others react differently to them and that we all have different triggers that cause us to Fight, Flight or Freeze.
- About how to more intentionally look after their brains to keep them healthy.
- About the hormones in their brain and how they can manage them, including dopamine and cortisol

Module 2: Celebrate: Children will learn:

- How the 24 character strengths are organised into 6 key virtues: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence.
- That strength spotting shows children how strengths can be used in different ways.
- That they still have all 24 strengths, but when they use their Top 5 Team H-A-P feels at its best.
- How they can move their strengths around and grow strengths by practising them through Neuroplasticity.
- That when they stop and reflect on using their strengths, their Hippocampus will store it as a memory. They will learn that when faced with a similar situation, they can remember how that strength can help.
- How strength spotting can help Team H-A-P feel happy as when we use our strengths, Dopamine gets released, and we feel confident. They will also learn that using our strengths can help them manage their Cortisol levels.

Module 3: Appreciate Children will learn:

- What appreciation means and think of ways to show appreciation to others.
- What they should focus on when thinking about gratitude. They will explore 3 questions to help them develop deeper levels of gratitude.
- Why it is important to tell others that we're grateful for them and how it makes others feel good when we create a Gratitude Domino Effect.
- How gratitude helps our bodies stay calm and releases Dopamine. This then helps to keep Team H-A- P happy and the Amygdala calm.
- That when we regularly give and receive gratitude, Dopamine will continuously be released, and even thinking about experiences or people we are grateful for releases Dopamine.
- That the more we think about gratitude, the stronger the Neural pathways get and the easier it becomes.
- That an Attitude of Gratitude helps us to see all things we are grateful for and makes the problems we face a little easier.

- That often the hardest category to think about gratitude in is ourselves

Modules 4: Relate Children will learn:

- What their top 5 strengths are and which virtue they fall under.
- That when they see things from different perspectives, they are using their Prefrontal Cortex and then their brain can remember this and store it in their Hippocampus.
- That they can train their brain to notice how people use their strengths differently. That strengths help release Dopamine and make Team H-A-P happy, calm and relaxed.
- That you are more likely to see different strengths and perspectives positively when Team H-A-P is working as a team. We can do Happy Breathing to stay calm when facing challenging situations and see other people's perspectives.
- That friends can help solve problems, and it is important to show gratitude towards them. This can help develop an Attitude of Gratitude, and the Gratitude Domino Effect makes everyone feel good.
- Skills needed to listen actively and how this will help them to 'Stop, Understand and Consider'. They will understand why this is so important in friendships

Module 5: Engage Children will learn:

- That sometimes we need to think about what we are engaging in, and sometimes we do it on autopilot.
- When they engage in something and feel good, Team H-A-P love it because Dopamine is released in the brain, making it easier for us to succeed.
- Why their engagement levels may drop if their Amygdala takes over.
- How their feelings affect their ability to do well in an activity and how Cortisol or Dopamine is released.
- About the difference between a team and individual goal and how it is just as important to work as a team to set goals.
- Why the skill of perseverance is critical when working as part of a group.
- How understanding other people's character strengths can also help in team goals

MyHappyMind – Relationship Curriculum (Year 5 and 6)

Lesson 1 – Friendships on and offline

Explain how healthy friendships make them feel
 Explain what online bullying looks like
 Know where to go for help if something they have seen online upsets them

Lesson 2 – Friendships and Secrets

Explain what a safe secret is and what an unsafe secret is
 Describe when keeping secrets is not a sign of a good friendship
 Know where to go for help regarding secrets

Lesson 3 – Peer Pressure

Explain what peer pressure is
 Explain whether certain situations are peer pressure or not
 Respond appropriately when they feel they are being peer pressured by a friend

Lesson 4 – Identity and Respect

Define what makes them an individual
 Understand what makes others unique
 Explain why it is important to respect others individuality and differences

Lesson 5 – Discrimination and the Law

Define what discrimination is
 Understand that the law protects those that are commonly discriminated against

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: Talking about Puberty

Learning Intention

To explore the emotional and physical changes occurring in puberty

Learning Outcomes

Explain the main physical and emotional changes that happen during puberty
 Ask questions about puberty with confidence

Lesson 2: The Reproduction System

Learning Intention

To understand male and female puberty changes in more detail

Learning Outcomes

Understand how puberty affects the reproductive organs
 Describe what happens during menstruation and sperm

<p>Know what to do if they witness discrimination</p> <p>Lesson 6 – Online Safety-Images</p> <p>Recognise that they may sometimes feel pressurised to share their images online</p> <p>Know where to go for help if they need it</p> <p>Recognise the importance of protecting their own and others privacy online</p> <p>Know to speak to a trusted adult if they feel uncomfortable with images being shared online</p> <p>End Point: I know how to make informed choices about health and wellbeing and to recognise sources of help</p>	<p>Production</p> <p>Lesson 3: Puberty Help and Support</p> <p>Learning Intention</p> <p>To explore the impact of puberty on the body and the importance of physical hygiene</p> <p>To explore ways to get support during puberty</p> <p>Learning Outcomes</p> <p>Explain how to keep clean during puberty</p> <p>Explain how emotions/relationships change during puberty</p> <p>Know how to get help and support during puberty</p> <p>RSE Key Vocabulary</p> <ul style="list-style-type: none"> • Puberty • Physical changes • Emotional changes • Moods • Menstruation • Periods • Tampons • Sanitary towels • Wet dreams • Semen • Erection • Sweat • Breasts • Spots • Pubic hair • Facial hair • Underarm hair • Sexual feelings <p>End Point: I can talk about changes in puberty and explain how to keep by body clean</p>
<p>No Outsiders – Equality Curriculum</p> <p>“Rose Blanche” Ian McEwan <i>LO: To justify my actions</i></p> <p>“The Cow Who Climbed a Tree” Gemma Merino <i>LO: To exchange dialogue</i></p> <p>“How to Heal a Broken Wing” Rob Graham <i>LO: To recognise when someone needs help</i></p> <p>“And Tango Makes Three” Justin Richardson <i>LO: To accept people who are different from me</i></p> <p>“Where the Poppies Now Grow” Hilary Robinson <i>LO: To learn from our past</i></p> <p>“The Artist who Painted a Blue Horse” Eric Carle <i>LO: To appreciate artistic freedom</i></p> <p>“Kenny lives with Erica and Martina” Oli Pike <i>LO: To consider consequences</i></p> <p>“Mixed” Aree Chung <i>LO: To consider responses to racist behaviour</i></p> <p>“The Girls” Lauren Lee and Jenny Lovlie <i>LO: To explore friendship</i></p>	<p>Christopher Winter – Drugs and Alcohol</p> <p>Lesson 1: Legal and Illegal Drugs</p> <p>Learning Intention</p> <p>To explore a range of legal and illegal drugs, their risks and their effects</p> <p>Learning Outcomes</p> <p>To know about a range of legal and illegal drugs</p> <p>To have some understanding of the effects and risks of illegal drugs</p> <p>Lesson 2: Attitudes to Drugs</p> <p>Learning Intention</p> <p>To have considered the children’s attitudes and beliefs and drug use and drug users</p> <p>Learning Outcomes</p> <p>To explore our attitudes to drug use</p> <p>To understand that all sorts of people may misuse drugs</p> <p>To challenge the myths about drug use</p> <p>Lesson 3: Peer Pressure</p> <p>Learning Intention</p> <p>To have considered strategies to resist drug use</p>

Learning Outcomes

To know a range of skills to resist peer pressure
To have developed some assertiveness skills

Money and Me! – Finance Curriculum

https://schools.beano.com/lesson_plan_category/moneyandme/

Introduction to Banking

- **Challenge:** Identify what a bank is and how banks work.
- **More challenging:** Describe how banks make money, through the 'money cycle'.
- **Mega challenge:** Explain how banks use our money to invest in other people and businesses and how they can reward savers with interest.

What is the Bank of England?

- **Challenge:** Identify how the Bank of England balances saving and spending in the UK.
- **More challenging:** Describe how the Bank of England uses interest rates to encourage spending or saving, and to keep inflation low.
- **Mega challenge:** Explain how the Bank of England keeps inflation low and explain how balancing saving and spending helps maintain financial stability.

Why do prices change over time?

- **Challenge:** Identify what we mean by supply and demand and the reasons why prices can change.
- **More challenging:** Describe accurately how supply and demand can affect prices.
- **Mega challenge:** Explain the relationship between supply and demand as well as why prices change over time.

Why is money so important?

- **Challenge:** Identify different ways we can all be successful with money and how can we use decisions wisely to make money grow.
- **More challenging:** Describe how people can make more money through enterprise and investing.
- **Mega challenge:** Explain how people can make more money through enterprise and investing wisely in other people's business ideas.

End Point:

Identify different ways we can all be successful with money and how can we use decisions wisely to make money grow

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	I know how to keep my brain healthy	I know what character strengths are and how they	the benefits of neuroplasticity	I know how to make informed choices about	I know what my strengths are and can give an

		emotions and help solve problems		make us unique and special		health and wellbeing and to recognise sources of help	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