

PSHE Years 3,4,&5

PSHE at UCS Junior Branch is just as much concerned with value systems, attitudes and behaviour, as with equipping pupils with a good knowledge and understanding of the world around them. The curriculum also provides them with the information and skills to encourage pupils to take responsibility for their actions, develop self-awareness and build a positive self-image.

The school has an established ethos, which has a significant effect on the PSHE curriculum. This ethos fosters personal development, emphasises positive aspects of behaviour, and actively encourages self-control and personal responsibility. These values are transmitted through the organisation and practice of the school with its strong pastoral system. This is evidenced by the good communication between staff and pupils and among staff themselves and a climate of mutual respect and trust which values all individuals and their cultures.

PSHE in Years 3,4,&5 is taught by the Deputy Head (Pastoral) in a single period once a week. It will often take the form of an open discussion, where all contributions are valued. The over-arching aim is to promote personal and moral responsibility as well as equipping pupils to make confident and informed health choices, with an emphasis on building pupils' confidence and developing interpersonal skills; there are strong links with the pastoral system.

On occasion it is necessary to divert from the published schemes, when matters arise in school or the wider world, which need to be addressed.

PSHE Year 3

(*SEAL themes)

Autumn Term

Settling in – adapting to a new school (*new beginnings; *changes)

Friendships – what makes a good friend (*getting on and falling out; *relationships; *good to be me)

Good listening

Community Action – fund raising for charity; honesty

School rules; UCS JB School Ethos

Teasing – how it makes you feel how to deal with those feelings (getting on and falling out)

Anti-bullying & SWAT (11-19 November; *say no to bullying)

World Religions – knowledge of and respect for different religions, customs and cultures (*good to be me)

P4C - an introduction

Report Grades – what they mean (*going for goals)

Spring Term

Holiday stories (*good to be me)

What's in the news?

Road safety

Homework and rules at home (*relationships)

Developing a positive self-image (*good to be me)

Keeping healthy

– sleep and rest

– personal hygiene

– diet and exercise

– smoking, alcohol and drugs

Raising self esteem and positive self image; (*good to be me)

P4C session

Summer Term

Drugs and medicines

Emergency services

First aid and accidents

Stranger danger (*relationships)

Competition – winning and losing (*going for goals)

The value of money – earning and gifts

Prize-giving – how it works

P4C session

Review of the year – achievements; (*good to be me)

Moving into Year 4 – (*changes)

PSHE Year 4

Autumn Term

Settling in to Year 4 – coping with change

School ethos and school rules

Sexism, ageism, disability – challenging discrimination and promoting equal opportunities

Anti-bullying and SWAT

Qualities of friendship – giving and taking; honesty

Exploring and naming feelings

Healthy ways to express feelings – verbal, non-verbal

Looking after a pet; who I look after; who looks after me

P4C session

Public speaking

Spring Term

Cultural, social differences – tolerance and understanding

Individual differences in appearance – why are we different? (revisit sexism, ageism, disability – challenging discrimination and promoting equal opportunities)

Basic mammalian reproduction (cats/dogs)

Human growth and development (life cycle)

Human body – main organs, movement, how it works

Travelling safely to and from school – on foot, by car, on public transport

Pocket money – who buys what?

P4C session

Summer Term

Study skills – learning to learn

Moving in to Year 5 – making new friends; new teachers; coping with change

Understanding simple safety rules about medicines, solvents and other household substances

Personal safety – using the Internet and email; chat-rooms and online games

Basic emergency first aid

Emergency services; dialling 999

P4C session

Review of the year; achievements; goals for Year 5; Prize-giving and end of term

PSHE Year 5

Autumn Term

School ethos – mutual trust and respect; school rules – things to consider for change (pupil voice)

Moral choices and decision-making; the concept of right and wrong; personal morality; values; honour

Playground issues; personal and moral responsibility; telling the truth

Belonging to a group and the responsibility of being part of a team; how self-esteem is affected by others and ways of coping with this

Feelings – expressing them, hiding them; sharing them - a safe place

Anti-bullying & SWAT; peer pressure; personal morality (11-19 November)

Tolerance, respect for others; differences; challenging prejudice and discrimination

Crimes and sanctions; judging others

Democracy; National and local government

Spring Term

Railway safety – Trackies website

How to make simple choices; how to resist pressure from friends and others, including adults

Personal safety & e-safety– the Internet, chat-rooms, texting, emails, photographs

Personal safety; street safety and becoming streetwise

Awareness of unpleasant feelings; skills to exercise control over who touches their bodies; communicating about interference

Gender, age and stereotyping in the media

Basic first aid

Decision-making and risk-taking; what to do if?

P4C session

Summer Term

Study skills – learning to learn

Advertising; TV; materialism; pressure to conform; how to deal with it
'Buying' friends

Money and financial responsibility; the cost of living

Drugs – skills to stand your ground; basic information, with the emphasis on smoking and alcohol; current legislation; prescription, over the counter, illegal; beneficial part played by drugs in society

P4C session

Review of the Year; goals for Year 6; Peer Mentors

PSHE Year 6

Aims

Our aim is to promote personal and moral responsibility and equip pupils to make confident and informed health choices.

The school has an established ethos, which has a significant effect on the PSHE curriculum. This fosters personal development, emphasises positive aspects of behaviour, and actively encourages self-control and personal responsibility.

The values are transmitted through the organisation and practice of the school with its strong pastoral system. This is evidenced by the good communication between staff and pupils and among staff themselves and a climate of mutual respect and trust which values all individuals and their cultures.

To prepare pupils for the opportunities, responsibilities and experiences of adult life it is increasingly recognised as necessary to balance development of academic rigour with development of emotional intelligence.

PSHE is primarily concerned with value systems, attitudes and behaviour. The curriculum provides the information and skills to encourage pupils to take responsibility for their actions, develop self awareness and build a positive self image.

The emphasis is on building pupils' confidence and developing interpersonal skills with strong links with the pastoral system.

PSHE in Y6 is taught by the Headmaster. All three classes are taught one lesson per week throughout the year and it is important for the classes to cover the main areas at roughly the same time.

The main recourses used are the Nelson PSHE and Citizenship KS2 'Blueprint' book, CJ Simister's Thinking and Learning Skills and Usbourne 'Growing Up' books.

The lessons are also seen as an ideal opportunity for the Headmaster to get to know the boys well in their final year at the Junior Branch and therefore various school matters will be discussed as and when they occur throughout the year.

The specific values addressed through PSHE are: Peace, Tolerance, Happiness, Respect, Unity, Freedom, Cooperation, Love, Honesty and Responsibility.

Acknowledgement of the National Curriculum is made with the topics of; Growing and Changing; Medicines and Drugs; Keeping Safer; Feelings and Feeling Good; Friendships, Families, and Being Me; Looking Good and Keeping Well; The Environment and Citizenship all being discussed throughout the year.

Sex education is covered in the summer term in both PSHE and Science lessons. Parents are invited to an after-school meeting and discussion with the Headmaster and the Science Coordinator where the scheme of work for the sex education lessons is shown to them and then followed up with an open, question and answer session.

All materials and detailed lesson plans are kept in the Y6 PSHE Folder in the Headmaster's Study.

KGD Aug. 09

Y6 PSHE

Autumn Term

Respect for others

- The UCS Ethos
- Tolerance
- Classroom Rules – Head Together, CJ Simister, Thinking and Learning Skills
- Characteristics and Dispositions – CJ Simister, Thinking and Learning Skills
- Empathy
- Respect for old people and disabled people – linked to War and remembrance
- Futility and glory of war – Charge of the Light Brigade poem

Prejudice and Racism

- Racism – 'Kidscape' sheets represent a good summary of racism
- Prejudice and different beliefs – p74 Blue Prints book, esp. as we head towards Christmas and various other festivals.

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Spring Term

Growing Independence and Personal Responsibility

- Freedom-how much do you have?
- Freedom of Speech
- Censorship
- Taking responsibility for one's actions
- Trust
- Legal ages of responsibility
- The Internet and social networking sites – www.childnet.com and www.dcsf.gov.uk/ukccis/downloads/socialnetworking.pdf
- Bullying
- If you were the Prime Minister, what would you change?

Summer Term

General Health

- The importance of eating a healthy balanced diet, regular exercise and sleep
- Minor ailments
- The use and misuse of drugs

Growing up

- Personal hygiene
- Hormones and physical development

- Puberty and emotional changes – ‘thinking about me’
- Sex education

Manners – etiquette, how men and boys should behave socially

Environmental issues – a look into the future

Exit Poll – questionnaire about the JB for the last lesson

KGD 08/09



UCS Junior Branch **Y6 PSHE**

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SEM 22/08/2011

Y6 PSHE

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