



What PSHE skills, knowledge and understanding do we want children at Thomas Harding Junior School to leave with?



Core Theme 1: Health and Wellbeing 1. what is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 3. how to manage risks to physical and emotional health and wellbeing 4. ways of keeping physically and emotionally safe 5. about managing change, such as puberty, transition and loss 6. how to make informed choices about health and wellbeing and to recognise sources of help with this 7. how to respond in an emergency 8. to identify different influences on health and wellbeing Core Theme 2: Relationships 1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts 2. how to recognise and manage emotions within a range of relationships			
3. how to recognise risky or negative relationships including all forms of bullying and abuse 4. how to respond to risky or negative relationships and ask for help 5. how to respect equality and diversity in relationships Core Theme 3: Living in the Wider World 1. about respect for self and others and the importance of responsible behaviours and actions 2. about rights and responsibilities as members of families, other groups and ultimately as citizens 3. about different groups and communities 4. to respect quality and to be a productive member of a diverse community 5. about the importance of respecting and protecting the environment 6. about where money comes from, keeping it safe and the importance of managing it effectively 7. how money plays an important part in people's lives 8. a basic understanding of enterprise			
	Health and Wellbeing	Relationships	Living in the wider world
Year 3	In healthy lifestyles they will be able to make the right choices about healthy foods. They will also know how habits form and how these can impact on food choices. In Growing and Changing they will know what an aspiration is and how to work towards them. They will also be able to describe how to manage their feelings – including contrasting ones. In Keeping Safe They will know the importance of school rules, how to get help in an emergency and also which adults are there to keep them safe.	In Feelings and Emotions, they will know how to identify feelings in other people and how to respond appropriately. In Healthy Relationships they will know what a positive and healthy relationship is. They will know how to maintain friendships and work collaboratively. In Valuing difference, they will know how to recognise bullying and respond appropriately.	In Rights and Responsibilities, they will discuss and debate a current topic related to health and wellbeing. They will know how to be an effective member of the school community. In Environment they will know about our rights and our duties towards the natural world. In Money They will know about enterprise and begin to look at some of the skills that are needed to earn money.
Year 4	In healthy lifestyles they will know about what can affect their physical, mental and emotional health. They know what is meant by the term 'balanced lifestyle' (Linked to Year 3 and Healthy food choices) In Growing and Changing they will know how to recognise their own achievements and also identify areas for development. They will know how to set high aspirations. In Keeping Safe They will know about how to keep safe in the local area, this will include road safety, rail	In Feelings and Emotions, they will know about the importance of confidentiality, and how to identify when you should keep or break secrets. They also know how to manage dares. In Healthy Relationships they will know about acceptable and unacceptable physical contact and how to solve disputes amongst their friendship group. (linked to Year 3)	In Rights and Responsibilities, they will discuss and debate a current topic related to health and wellbeing. They will know how to be an effective member of the school community. (link to Y3) In Environment they will know about sustainability of the environment. In Money They will know about saving and budgeting, including interest and loans.



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	water and fire safety. – Links to the Health and Safety of school in Year 3.	In Valuing difference , they will know how to listen and respond to each other and share their points of view in a healthy way.	
Year 5	In healthy lifestyles they will know about positive and negative impacts on health and how to make informed choices. (Linked to Year 3 Healthy food choices and year 4 balanced lifestyles) In Growing and Changing they will explore their strengths and set goals and aspirations for the year and future. (linked to aspirations in Year 3) In Keeping Safe They will know strategies for keeping safe in the local area and the importance of not sharing images and information online (including use of mobile phones) .	In Feelings and Emotions, they will know how to respond to feelings in others. (link to Y3) In Healthy Relationships they will know that all actions have consequences and how to work in a collaborative way (including the skills of negotiation and compromise). (linked to Y3) In Valuing difference, they will know how to listen and respond to each other and raise concerns (Link to Y4)	In Rights and Responsibilities, they will discuss and debate a current topic related to health and wellbeing. (link to Y4) In Environment they will know about different rights and responsibilities (Linked to Y3) In Money They will know about the role of finance in people's lives and how to be a critical consumer. Key terms: loan, debt, money management and tax.
Year 6	In healthy lifestyles they will know about images in the media and how reality is often distorted. The risks and effects of drugs. In Growing and Changing they will know how to recognise their own achievements and also identify areas for development. They will know how to set high aspirations. (linked to Year 3, 4 and 5) In Keeping Safe They will know about how to manage increased responsibility. How to resist peer pressure. Your right to protect your body and the importance of speaking out (Including FGM) Where to get advice and support.	In Feelings and Emotions, they will know about the importance of confidentiality, and how to identify when you should keep or break secrets. They also know how to manage dares. (continuation of the unit in Y3) In Healthy Relationships they will know what a positive and healthy relationship is. (including forced marriage) They will explore acceptable and unacceptable touch and be able to describe their personal boundaries and right to privacy. In Valuing difference, they will know how to listen and respond to each other and raise concerns (Link to Y4)	In Rights and Responsibilities, they will discuss and debate a current topic related to health and wellbeing. How to be an effective member of the school community. (link to Y5) They will also know to look at the media with a critical eye and become discerning about what they forward on to others. In Environment they will know about how resources are allocated around the world and the impact this has on communities and individuals. In Money They will know about how to set up an enterprise.