Personal, Social, Health & Economic Education (PSHE) including Relationships Education

Curriculum Planning: Year 1 to Year 3

Our curriculum is based on the following themes. Each theme covers the core strands of 'Education in Christian Virtue' and 'Religious Understanding' as well as strands which cover the relevant content of National Curriculum Science and Personal, Social, Health & Economic Education, including relationships education.

Please refer to Termly Plans for more detailed information regarding curriculum coverage.

Created and loved by God	**Created to love others**	**Created to live in the community- local, national and global**
This theme explores the individual. The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.	This theme explores an individual's relationship with others. God is love. We are created out of love and for love. The command to love is the basis of all Christian morality.	This theme explores the individual's relationship with the wider world. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim the Kingdom of God for the good of individuals and the good of society.

In addition, the following skills are developed throughout all PSHE and RSE learning:

- To listen to other people and show them respect
- To express a simple opinion, agreement & disagreement
- To ask questions
- To discuss topical issues with others

Theme 1: Created and Loved by God (Y1-Y3)

Education in Virtue:

Key Virtues: Respect & Gratitude/Thankfulness

In a Catholic school, pupils are growing to be:

- Respectful of their own bodies and character
- Respectful of others, their uniqueness, their wants and their needs
- Courteous, learning to say, "please" and "thank you"
- Appreciative for blessings
- Grateful to others and to God
- Patient when they do not always get what they want

Religious Understanding of the Human Person: Loving Myself

- We are made by God and are special
- We are all God's children
- Ways of expressing gratitude to God
- The Sacrament of Baptism

Me, My Body and My Health

Me

- We are all unique
- We all have individual gifts, talents and abilities

My Body (Science Curriculum)

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- The similarities and differences between boys and girls

My Health (Science Curriculum)

- How to maintain personal hygiene
- What constitutes a healthy life- style, including physical activity, dental health and healthy eating
- How diseases are spread and can be controlled and the responsibilities they have for their own health and that of others e.g. hand washing

Life Cycles and Fertility

- **T**here are life stages from birth to death (Science Curriculum)

Emotional Well-Being

- Begin to appreciate that we need to look after our minds as well as our body
- How to ask for help.
- Simple self-care including the benefits of exercise, being with friends and helping others on well-being and happiness. (Five Steps to well-being)
- Begin to recognise a range of emotions and feelings.
- Develop language to describe feelings
- Begin to understand that feelings and actions are two different things
- Recognise that we all have different likes and dislikes
- Develop simple strategies for managing feelings and behaviour
- Begin to recognise that choices and actions have consequences
- Understand how their behaviour affects other people

Attitudes & Responsibility

- Positive attitudes towards learning
- Agree and follow classroom rules
- Act independently and take responsibility for their actions
- Contribute to the life of the class and the school

Theme 2: Created to love others (Y1-Y3)

Education in Virtue:

Key Virtues: Friendship & Honesty

In a Catholic school, pupils are growing to be:

- Friendly, able to make and keep friends
- Caring, attentive to the needs of others and generous in their responses
- Forgiving, able to say sorry and not hold grudges against those who have hurt them
- Honest, able to tell the difference between truth and lies

Religious Understanding of Human Relationships: Loving Others

- We are part of God's family
- That saying sorry is important and can help mend broken friendships
- Jesus cared for others
- That we should love other people in the same way Jesus loves us

Personal Relationships

Pupils should be taught:

- To identify special people and what makes them special
- There are different family structures and these should be respected (To understand how their behaviour affects other people
- To recognise when people are being unkind to them and others and know how to respond.
- Different types of teasing and bullying which are wrong and unacceptable

Keeping Safe

Pupils should be taught:

- To recognise safe and unsafe situations and ways of keeping safe including simple rules for keeping safe online.
- What to do if they are worried or need help, including the identification of people they can go to
- To use simple rules for resisting pressure when they feel unsafe or uncomfortable
- The difference between good and bad secrets
- Identifying and correctly naming their 'private parts' for the purposes of safeguarding from sexual exploitation: NSPCC PANTS Campaign.
- Fire, road and water safety

Theme 3: Created to live in the community - local, national and global (Y1-Y3)

Education in Virtue:

Key Virtues: Courage/ Wisdom & Justice

In a Catholic school pupils are growing to be:

- Courageous in the face of new situations and in facing their fears
- Determined and resilient in the face of difficulty
- Just and fair in their treatment of other people, locally, nationally and globally
- People who serve others, locally, nationally and globally
- Active in their commitment to bring about change

Religious Understanding of Living in Human Communities

Pupils should be taught:

- That God is Father, Son and Holy Spirit
- Some scripture illustrating the importance of living in community
- Jesus' teaching on who is my neighbour

Living in the Wider World	Finance	The Future
Pupils should be taught: • That they belong to various communities such as home, school, parish, the wider local community and the global community • That their behaviour has an impact on the communities to which they belong • That people and other living things have needs and that they have responsibilities to meet them • About what harms and improves the world in which they live (Covered within RE)	**Pupils should be taught:** • To know that we have to pay for what we buy and that we can pay for things in a range of ways • To understand the difference between needs and wants • To begin to understand that money is a finite resource and needs to be managed and looked after	**Pupils should be taught:** • To identify their strengths and achievements • To recognise different jobs