



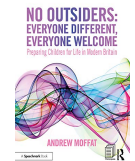










## PSCHE - Citizenship Subject Profile

**Subject Leaders background:** Passionate about pupils' wellbeing and safety. Thrive Practitioner. RSE Medway trained (2023). LOtC research 'evidenced- based'

**Additional PSCHE team...** Computing (E.Safety), P.E. (Health & Wellbeing), Pastoral team [ADD MEDWAY TERMS ETC - PHASE LEADERS](#) [SHARE RESOURCES KAPOW LOGINS](#)

Objectives (compiled from the National Curriculum)	PSCHE 'Kind, resilient, healthy citizen' Strands (pupil-friendly 'subject keys' to unlock the key skills and knowledge)	HH Learning Experience (Context, Phase/Term taught and Progression)
<p>EYFS Personal, Social and Emotional Development - Self Regulation</p> <ul style="list-style-type: none"> <li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> <li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>• Give focused attention to what the teacher says, respond appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul> <p>- Managing Self</p> <ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs,</li> </ul>	<p> Relationships</p> <p> Peacemaking including Self-Regulation and Diversity</p> <p> Health and Safety Programme...</p> <p> September PSCHE Programm...</p> <p><b>No Outsiders Book Scheme and Plans</b></p> <p></p> <p> NO-OUTSIDERS-WHOLE-SC...</p>	<p>EYFS Au1 New Beginnings ' All about me' What am I good at? EYFS Au1 - All about me ' People who help us at school' EYFS Au1 - Families EYFS Au1 - Introducing Golden Rules and Holland Haven Values</p> <p>Exploring families and feelings Responding to art/music stimulus - exploration of feelings 'Cave Baby/ Inside Out' stimulus - KS1 Sp1 (Dinosaurs)</p> <p>Gender stereotypes - jobs and 'respect' HH core value KS1 Au1 (Castles) Different qualities in people for example caring (princess activity) KS1 Au1 (Castles)</p> <p>Being a good friend - KS1 Sp2 (Wizards) Diversity - respecting and celebrating differences P4C 'sorting hat' KS1 Sp2 (Wizards)</p> <p>Think and talk about things that affect people's lives - different character profiles in stories (Diversity thread about how Dot is treated in Bug's Life) &amp; choices KS1 Su2 (Minibeasts)</p> <p><b>Year 3 and 4 Medway Friendships lessons to add terms chosen to cover (and add planning links, subject key etc directly into planning docs too)</b></p> <p>Respecting and appreciating differences - morality of slavery and power LKS2 A2 (Egyptians)</p> <p>Love, Marriage and Civil Partnerships - P4C exploration of rights, age, same-sex partnerships, arranged marriages LKS2 Su1 (Tudors)</p> <p>Stephen Hawkings - stereotypes disabilities LKS2 Su2 (Inventors)</p> <p>Responsibility and independence - P4C AI free-will debate 'robots vs humans' UKS2 Sp1 (Out of this World)</p> <p>Respect and hope for a positive future and a peaceful world: the significance of the 'remembrance poppy' UKS2 Au2 (War and Conflict)</p> <p>Hate crime, respect, radicalisation assemblies - Police Outreach Work or Colchester United Community Workshop (as</p>

<p>including dressing, going to the toilet and understanding the importance of healthy food choices.</p>		<p>offered - see contacts and annual dates on see Health and Safety Programme below) - UKS2 Relationships (respect and how you should be respected) - stereotyping respect between males and females Su 1 and 2 Year 6 - UKS2</p> <ul style="list-style-type: none"> <li>- Anti-bullying week - whole school A2 (see assessment)</li> </ul>
<p>- Building Relationships</p> <ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others</li> <li>• Form positive attachments to adults and friendships with peers.</li> <li>• Show sensitivity to their own and to others' needs</li> </ul> <p>KS1</p> <ol style="list-style-type: none"> <li>1.Be a good friend and form positive relationships</li> <li>2.Be able to communicate feelings</li> <li>3.Respect differences in others</li> <li>4.Think and talk about things that affect people's lives</li> <li>5.Make a positive contribution within the classroom and school</li> <li>6.Understand the meaning of wellbeing</li> </ol> <p><u>KS2</u></p> <ol style="list-style-type: none"> <li>1.Manage risk in order to stay safe</li> <li>2.Respect and appreciate differences</li> <li>3.Develop resilience and emotional intelligence</li> <li>4.Understand democracy and community</li> <li>5.Develop independence and responsibility</li> <li>6.Consider and adjust to change</li> <li>7.Explore what affects wellbeing</li> </ol>	<p> Health and Wellbeing</p> <ul style="list-style-type: none"> <li>- including emotional development, resilience, reflection and mindfulness</li> </ul> <p></p>	<p>Zones of Regulation (discrete resilience and regulation lessons 1 per half-term)</p> <ul style="list-style-type: none"> <li> ZONES OF REGULATION classroom checklist Folder for phase Zones lesson plans <a href="#">Zones lesson plans</a></li> <li> MSC Resilience CPD</li> </ul> <p>Healthy Eating EYFS - Au1/Sp2</p> <p>Healthy Knight - including 5 food groups KS1 Au1 (Castles)</p> <p>'Wellbeing' explored further.. KS1 A2 (Penguins)</p> <p>Intro. to wellbeing in the context of what a baby dinosaur needs... KS1 Sp1 (Dinosaurs)</p> <p>Medicine, Mental Health, Physical Health, Diet, Hygiene, Teeth Health KS1 Sp2 (Wizards)</p> <p>Wellbeing - understanding feelings and empathising with characters KS1 Su2 (Minibeasts)</p> <p>P4C discussion - stimulus photos 'chocolate' - good or bad: health and critical thinking foci LKS2 A1 (Charlie and The Chocolate Factory)</p> <p>Exploration of the meaning of wellbeing.. Healthy lifestyles. Medicines. Smoking and alcohol intake - excess ('barrels of rum') 'Desert island scenario' LKS2 Sp1 (Pirates)</p> <p>Exploration of the meaning of wellbeing.. Diamond sorting activity (list of factors)</p> <p>Rights of the Child - effects on wellbeing - Victorians UKS2 A1</p> <p>Tim Peake - 6 months in space discussion UKS2 Sp1 (Out of this World) - Impact of technology overuse- health (sleep, weight and lack of exercise and also mental health implications of social media).</p> <p><i>P.E.</i></p> <ul style="list-style-type: none"> <li>- <i>Cogs: Health and Fitness</i>  <i>P.E - Subject Profile</i></li> </ul> <p><i>Science Cross-curricular links</i></p> <ul style="list-style-type: none"> <li>- <i>Health</i></li> <li>- <i>Teeth</i></li> <li>- <i>Hygiene</i></li> <li>- <i>Rest - sleep</i></li> </ul> <p><i>Reflection</i></p> <ul style="list-style-type: none"> <li>- <i>Specifically in P.E. review personal performance at the end of each unit</i></li> </ul> <p><i>Growth mindset - Transition programme and continuous provision</i></p>



Safety

Medway Units?

EYFS Au2 - Bonfire Safety  
EYFS Au2 - Road Safety  
EYFS Su2 - Heartstart (First Aid)  
EYFS Su2 - Staying safe at the seaside

Safe choices - medicine (see above) KS1 Sp2 (Wizards)

Staying safe in the sun, water safety, road safety, internet safety including in the home KS1 Su2 (Minibeasts)

Did the characters follow the rules during their visit to the Chocolate factory? Role -play making safe choices - consequences LKS2 A1 (Charlie and The Chocolate Factory)

Within wellbeing work.. reference to staying physically and medically safe - dangers of drugs (medicines), smoking, alcohol excess, crossing road etc connected to healthy adult choices in the future as well as now as a child  
- LKS2 Sp1 (Pirates)

First Aid 'Heart Start' sessions (discrete):


- Calling the Emergency Services, Beach Safety KS1 Su1 and Su2
- Choking Asthma Attack Shock and Recovery Position and Severe Bleed LKS2 Su1 and Su2
- Recap above and CPR UKS2 Su1 and Su2

Crucial Crew - Year 6 

Anti-Bullying Work - Anti Bullying Week November (and whole school assemblies)

- People who help us in the community visitors in assembly - Police, Fire Service, LifeBoat (Coastal Town)

See above Respect, Hate Crime Assemblies/Workshops with Colchester United Community/Outreach Police etc - UKS2

[Assemblies, workshops, events programme](#) including annual Safety questionnaires for all pupils (Friendships and E-Safety audits) - September programme  September PSCHÉ Programme 'welcome back' - 4 days (afternoons ...



Change

What do you want to be when you grow up? EYFS Au1  
Human Body - Parts of the body EYFS Au1

**KS1 Medway changes**








**Changing body Medway Units RSE Year 1-6 - Year 4 introduce puberty**

Adjusting - living in space (astronauts) platform for discussion UKS2 Sp1 (Out of this World)

Hygiene - cleanliness, self-care context of the Roman Baths UKS2 Sp2 (Pompeii)

Annual transition days - in-school and to Year 6 to secondary transition (school visits and staff visitors)

**Puberty Talk - Year 6 (girls and boys) - Year 6 Identity 'considering what makes us who are we whilst learning about body image' 'How a baby is made' - <http://www.hollandhavenschool.co.uk/psche-provision.html>**

	<p>Living in the wider world</p> <ul style="list-style-type: none"> <li>- including  Citizenship</li> </ul> <p> World News and Employability</p> <p></p> <ul style="list-style-type: none"> <li>- including British History and Values <ul style="list-style-type: none"> <li>- SMSC - 'learn how to argue and defend view points'</li> <li><i>List planned P4C opportunities and No Outsiders discussions</i></li> </ul> </li> </ul>  <p> Economic</p>	<p>EYFS Au2 - Road Safety  EYFS Sp2 - Reduce/Reuse/Recycle  EYFS Au1 - Remembrance Day  EYFS - Au2 - Children in Need  EYFS - Au2 - Diwali  EYFS - Sp1 - CNY</p> <p>Economic Wellbeing  life skills shopping visit (using money during ed. trips, PTA events such as 'mothers day shop', School Council, bring and buy book sale, Leavers Fayre)</p> <p><i>Needs/wants in ref. to spending money (i.e. shelter, food, toys) to a KS1 lesson</i>  - <i>Maths Money Strand to add details KS2</i></p> <p>Recycling - KS1 Su1 (The Seaside)</p> <p>Responsibility: 'caring for a dinosaur egg' - KS1 Sp1 (Dinosaurs)</p> <ul style="list-style-type: none"> <li>- <i>Geography Profile</i></li> </ul> <p>Sustainability - Rainforests Deforestation - Climate Awareness - LKS2 Sp2 (Rainforests)</p> <p>Democracy - UN Convention of The Rights of the Child.. UK law passed Human Rights Act 1998.. Lord Shaftesbury and Doctor Barnardo - UKS2 A1 (Victorians)</p> <p>The significance of the poppy in British History - UKS2 Au2 (War and Conflict)</p> <ul style="list-style-type: none"> <li>- <i>Geography Profile</i></li> </ul> <p>Climate Change - Great Barrier Reef and bushfires UKS2 Su2 (Australia)</p> <p><u>World News and Employability</u></p> <p>Jobs in a castle, thinking about future jobs children would like KS1 A1 (Castles)  P4C discussion - stimulus photos 'cocoa farmers' ethics - LKS2 A1 (Charlie and The Chocolate Factory)  Ancient Greek democracy and citizenship - 'community' including jobs now and then LKS2 Su2 (Inventors)  P4C discussion - should robots replace people's jobs? - UKS2 Sp1 (Out of this World)</p> <p>Annual Careers Week - visitors from the local community including parents/carers UKS2 Su 1 and 2   Assemblies 2023-24 - Democracy (School Council) and British Values, Citizenship - elections as current</p>
--	--	--

	KS1	LKS2	UKS2
A1	<a href="#">Castles</a>	<a href="#">Charlie and The Chocolate Factory</a>	<a href="#">Victorians</a>
Sp1	<a href="#">Dinosaurs</a>	<a href="#">Pirates</a>	<a href="#">Out of this World</a>
Su1	<a href="#">Seaside</a>	<a href="#">The Tudors</a>	<a href="#">Around the World</a>
A2	<a href="#">Penguins</a>	<a href="#">Egyptians</a>	<a href="#">War and Conflict</a>

Sp2	<a href="#">Wizards</a>	<a href="#">Rainforests</a>	<a href="#">Pompeii</a>
Su2	<a href="#">Minibeasts</a>	<a href="#">Ancient Greeks</a>	<a href="#">Australia</a>