



PSHE - Citizenship Subject Profile

Subject Leader(s) background: Passionate about pupils' wellbeing and safety. Thrive Practitioner. RSHE Medway trained (2023). LOTC research 'evidenced- based'

Additional PSHE team... Computing (E.Safety), P.E. (Health & Wellbeing), Pastoral team [SMSC Assembly Content - 2022-2024 examples \(to add summer 24 examples\)](#)



Reading - Classrooms - [Core Read-Aloud Stories, Non-Fiction and Poetry](#) [Diversity Strand](#) [No Outsiders Book Scheme \(Andrew Moffat\)](#)

Classroom Learning Environment - Behaviour - Relationships Policy Resources such as Zones of Regulation displays and Learning Symbols including the following:



Peace-making



Collaborative Learning



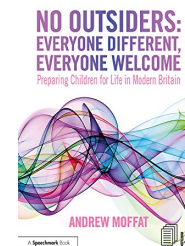
World News/Events



Reflection



Climate Awareness



School Learning Environment: STOP Anti-Bullying display, Growth Mindset, Attendance, E-Safety, Emotions rain/shine, REACH - Core Values linked to British Values

Objectives
(compiled from the
National Curriculum)

PSHE '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 (2 year creative curriculum cycle per phase KS1 (Year 1 and 2)
LKS2 (Year 3 and 4) UKS2 (Year 5 and 6) Au: autumn terms, Sp: spring terms Su: summer terms)

EYFS
Personal, Social and
Emotional Development

- Self Regulation
• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
• 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.

- Managing Self
• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
• Explain the reasons for rules, know right from wrong and try to behave accordingly.
• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

- Building Relationships
• Work and play cooperatively and take turns with others
• Form positive attachments to adults and friendships with peers.
• Show sensitivity to their own and to others' needs



Relationships

Peacemaking  including
Self-Regulation and Diversity

[Diversity Spiral Curriculum Thread](#)

[September PSHE Programme 'wel...](#)

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

Gender stereotypes - jobs and 'respect' HH core values KS1 Au1 (Castles)
Different qualities in people for example caring (princess activity) and diversity and opportunity 'now and then' castle life and roles KS1 Au1 (Castles)
- [Guided Reading Year 2 A1 \(Castles\)](#)

Exploring families and feelings
Responding to art/music stimulus - exploration of feelings 'Cave Baby/ Inside Out' stimulus
- KS1 Sp1 (Dinosaurs)

Bullying KS1 Su1 (The Seaside)

Being a good friend - KS1 Sp2 (Wizards)
Diversity - respecting and celebrating differences P4C 'sorting hat' KS1 Sp2 (Wizards) - these sessions cover the Special People content in [Medway RSE SOW Year 2](#) [Medway RSE 2022 Year 1-2.pdf](#)

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) & choices KS1 Su2 (Minibeasts)

Respecting and appreciating differences - morality of slavery and power LKS2 A2 (Egyptians)

Love, Marriage and Civil Partnerships - P4C exploration of rights, age, same-sex partnerships, arranged marriages Year 3 and 4 [Medway Friendships LKS2 Su1 \(The Tudors\)](#) [Medway RSE Year 3 \(and 4\)](#)


Stephen Hawking - stereotypes disabilities LKS2 Su2 (Inventors)

Responsibility and independence - P4C AI free-will debate 'robots vs humans' UKS2 Sp1 (Out of this World)

Year 6 UKS2 Su 1 and Su2 - annual (Around the World and Australia) [Medway RSE 2022 Year 6.pdf](#)

Respect and hope for a positive future and a peaceful world: the significance of the 'remembrance poppy' UKS2 Au2 (War and Conflict)

Hate crime, respect, radicalisation assemblies - Police Outreach Work or Colchester United Community Workshop (as 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
- Anti-bullying week - whole school A2 (see assessment)

Risk-benefit - loose parts play - active play on the hills - tool-use safety - ongoing development in Forest Sessions
- EYFS-Year 6 (3 sessions per week)  [Our Outside Classrooms](#)

KS1

- 1.Be a good friend and form positive relationships
- 2.Be able to communicate feelings
- 3.Respect differences in others
- 4.Think and talk about things that affect people's lives
- 5.Make a positive contribution within the classroom and school
- 6.Understand the meaning of wellbeing

KS2

- 1.Manage risk in order to stay safe
- 2.Respect and appreciate differences
- 3.Develop resilience and emotional intelligence
- 4.Understand democracy and community
- 5.Develop independence and responsibility
- 6.Consider and adjust to change
- 7.Explore what affects wellbeing



Health and Wellbeing

- including emotional development, resilience, reflection and mindfulness (SMSC- Spiritual - Reflection)

Health and Safety Programme (cycl...

Zones of Regulation (discrete resilience and regulation lessons 1 per half-term)

- ZONES OF REGULATION classroom checklist Folder for phase Zones lesson plans [Zones lesson plans](#)
- MSC Resilience CPD

Healthy Eating EYFS - Au1/Sp2

Healthy Knight - including 5 food groups and teeth KS1 Au1 (Castles)

Intro. to wellbeing in the context of what a baby dinosaur needs... KS1 Sp1 (Dinosaurs)

'Wellbeing' explored further.. emotions 'imaginary scenarios' such as exhibitions Antarctica KS1 A2 (Penguins)

Medicine, Mental Health, Physical Health, Diet, Hygiene, Teeth Health KS1 Sp2 (Wizards)

Wellbeing - understanding feelings and empathising with characters KS1 Su2 (Minibeasts)

P4C discussion - stimulus photos 'chocolate' - good or bad: health and critical thinking foci LKS2 A1 (Charlie and The Chocolate Factory)

Exploration of the meaning of wellbeing.. Healthy lifestyles. Medicines. Smoking and alcohol intake - excess ('barrels of rum') 'Desert island scenario' LKS2 Sp1 (Pirates)

Exploration of the meaning of wellbeing.. Diamond sorting activity (list of factors)

Rights of the Child - effects on wellbeing - Victorians UKS2 A1

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.E.

- *Cogs: Health and Fitness* *P.E - Subject Profile*

Science Cross-curricular links *Science Subject Profile*

- *Health*
- *Teeth*
- *Hygiene*
- *Rest - sleep*

Reflection

- *Specifically in P.E. review personal performance at the end of each unit*

Growth mindset - Transition programme and continuous provision

Forest Sessions - EYFS-Year 6 (3 sessions per week) *Our Outside Classrooms*



Safety

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

Safety:trusted adults: worries, bullying, secrets KS1 Su1 (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

 Health and Safety Programme (cycling, swimming, first aid, fire/police, 3PR and NSPCC & Anti-bullying/NE... including annual Safety questionnaires for all pupils (Friendships and E-Safety audits) - September programme

 September PSCHE Programme 'welcome back' - 4 days (afternoons wk 2 where needed)

Risk-benefit - loose parts play - active play on the hills - tool-use safety - ongoing development in Forest Sessions


- EYFS-Year 6 (3 sessions per week)   Our Outside Classrooms



Change







- RSE Medway Strands

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

KS1 Medway changes - Year 2 'the human body - correct vocabulary' annually (Castles and Minibeasts)
 Medway RSE 2022 Year 1-2.pdf

Year 5 UKS2 Su1 and Su2 (Around the World and Australia) - annual  Medway RSE 2022 Year 4-5.pdf

Year 6 UKS2 Su 1 and Su2 - annual (Around the World and Australia)  Medway RSE 2022 Year 6.pdf

		<p>Adjusting - living in space (astronauts) platform for discussion UKS2 Sp1 (Out of this World)</p> <p>Hygiene - cleanliness, self-care context of the Roman Baths UKS2 Sp2 (Pompeii)</p> <p>Annual transition days - in-school and to Year 6 to secondary transition (school visits and staff visitors)</p> <p>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> <p>Year 6 summer term annually - forest sessions (PPA) - supports the transition to secondary school - EHW</p>
	<p>Living in the wider world</p> <ul style="list-style-type: none"> - including  Citizenship <p> Climate Awareness</p> <ul style="list-style-type: none"> - HH Eco Council <p> World News and Employability</p> <p> Democracy</p> <ul style="list-style-type: none"> - including British History and Values <ul style="list-style-type: none"> - SMSC - 'learn how to argue and defend view points' - See No Outsiders above - diversity <p> Economic</p>	<p>EYFS Au2 - Road Safety</p> <p>EYFS Sp2 - Reduce/Reuse/Recycle</p> <p>EYFS Au1 - Remembrance Day</p> <p>EYFS - Au2 - Children in Need</p> <p>EYFS - Au2 - Diwali</p> <p>EYFS - Sp1 - CNY</p> <p>Economic Wellbeing  life skills shopping experiences (using money during ed. trips, PTA events such as 'mothers day shop', School Council fund-raisers, World Book Day bring and buy book sale, Leavers Fayre)</p> <p>Responsibility: 'caring for a dinosaur egg' - KS1 Sp1 (Dinosaurs)</p> <p>Recycling - KS1 Su1 (The Seaside)</p> <ul style="list-style-type: none"> - <i>History Profile</i> - <i>The Reformation of Parliament - power from church to monarch (Henry VIII) LKS2 Su1 (The Tudors)</i> - <i>Geography Profile</i> <i>Sustainability - Rainforests Deforestation - Climate Awareness - LKS2 Sp2 (Rainforests)</i> <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"> - <i>Geography Profile</i> <i>Climate Change - Great Barrier Reef and bushfires UKS2 Su2 (Australia)</i> <p><u>World News and Employability</u></p> <p>Jobs in a castle, thinking about future jobs children would like and equality KS1 A1 (Castles)</p> <p>Different lives - jobs at sea 'octonauts', oil riggers etc KS1 Su1 (The Seaside)</p> <p>P4C discussion - stimulus photos 'cocoa farmers' ethics - LKS2 A1 (Charlie and The Chocolate Factory)</p> <p>Ancient Greek democracy and citizenship - 'community' including jobs now and then LKS2 Su2 (Inventors)</p> <p>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 - exploration of jobs, salaries,</p>

		<p>transferable skills etc Year 6 Su 1 and 2 (previously bi-annual UKS2)</p> <p>Assemblies 2023-24 - Democracy (School Council) and British Values, Citizenship - current elections and News Round Class Assemblies</p> <p>Annual school council spending £50 for Bubble/Golden time (all classes) choices and value of money etc</p> <ul style="list-style-type: none"> Ongoing Maths lessons - Money Strand <p>Spending and Saving Money including the risks attached Economic wellbeing</p> <p>Economic Wellbeing Day (LOtC opportunities eg. shop and visitors from banks) including Year 6 Careers Week above Su1 annually</p> <ul style="list-style-type: none"> Maths lessons - Needs/wants in ref. to spending money (i.e. shelter, food, toys) KS1 Maths Money Strand KS2
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	KS1	LKS2	UKS2
A1	Castles	Charlie and The Chocolate Factory	Victorians
Sp1	Dinosaurs	Pirates	Out of this World
Su1	Seaside	The Tudors	Around the World
A2	Penguins	Egyptians	War and Conflict
Sp2	Wizards	Rainforests	Pompeii
Su2	Minibeasts	Inventors	Australia