



## PSHE - Citizenship (Personal Development) Subject Profile

**Curriculum Intent: To develop kind, resilient, healthy citizens who reach for the stars!**



**Subject Leader(s) background:** Passionate about pupils' wellbeing and safety. Past Thrive Practitioner. RSHE Medway trained (2023). LOtC research 'evidenced- based' e.g. 1000 hours outside **Additional PSHE team...** Computing (E.Safety), P.E. (Health & Wellbeing), Science, Pastoral team



Multi Schools Council



Panathlon Foundation



Annual Profile Visit and Partnership work



**Reading - Classrooms -** [Core Read-Aloud Stories, Non-Fiction and Poetry](#) including Andrew Moffat's **'No Outsiders' Book Programme: Preparing pupils for life in modern Britain - building stronger communities.** The programme has 3 core values: [Respect for diversity through education in schools;](#) [Commitment to community cohesion through understanding and acceptance of difference;](#) [Promotion of dialogue to counter fear and hate in society](#)

**Diversity Strand** in creative curriculum design - See [Curriculum Termly Overviews](#)

**Citizenship Learning Symbols** include:



Peace-making



World News/Events



Reflection



Climate Awareness



Collaborative Learning












**Classroom Learning Environment** - Behaviour and Relationships Policy resources such as Zones of Regulation displays








**School Learning Environment:** STOP: 'Several Times On Purpose' Anti-Bullying display, Growth Mindset, Attendance, E-Safety, Emotions - Rain/Shine, REACH - Core Values linked to British Values and the above Learning Symbols














**Home School Links:** [Home School Book 2024-25.docx](#) for all families Year 2-6: Behaviour and Learning Systems, Learning to Learn, Why teach Self-Regulation and Growth Mindset

**Pupil Voice and Leadership:** School Council, Multi-Schools Councillors, Learning Council, Eco Council, Friendship Ambassadors and Prefects / Sports Leaders - outside play/lunchtimes

<b>Objectives (compiled from the National Curriculum)</b>	<b>PSHE 'Kind, resilient, healthy citizen' strands</b> (pupil-friendly 'subject keys' to unlock the key skills and knowledge)	<b>HH Learning Experience</b> <b>Context, Phase/Term taught and Progression</b> (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)
<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, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul> <p>- Building Relationships</p> <ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others</li> </ul>	<p> Relationships</p> <p> Peacemaking including Self-Regulation and Diversity</p> <p><a href="#">Diversity Spiral Curriculum Thread including Andrew Moffat's No Outsiders Book Programme (EYFS-Year 6) and R.E.</a></p> <ul style="list-style-type: none"> <li>➢ SMSC Guidance</li> <li>Citizenship - responsibility, respect, acceptance (cultural, faiths) - <u>freedom to choose faith protected in law (anti-discrimination)</u></li> </ul> <p><a href="#">Multi Schools and Panathlon Association active-members</a></p> <p> September PSHE Programme 'wel...</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>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) - <i>Guided Reading Year 2 A1 (Castles)</i></p> <p>Exploring families and feelings Responding to art/music stimulus - exploration of feelings 'Cave Baby/ Inside Out' stimulus - KS1 Sp1 (Dinosaurs)</p> <p>Bullying KS1 Su1 (The Seaside)</p> <p>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  <a href="#">Medway RSE 2022 Year 1-2.pdf</a></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 'A Bug's Life') &amp; choices KS1 Su2 (Minibeasts)</p> <p>Morality of slavery and power 'Prince of Egypt' film link - learning linked to school core value: Respect and P4C discussion LKS2 A2 (Egyptians)</p> <p>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)  <a href="#">Medway RSE Year 3 (and 4)</a></p> <p>Stephen Hawking - 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>Year 6 UKS2 Su 1 and Su2 - annual (Around the World and Australia)  <a href="#">Medway RSE 2022 Year 6.pdf</a></p> <p>Respect and hope for a positive future and a peaceful world: the significance of the 'remembrance poppy' P4C stimulus: Boy in the Striped Pyjamas; themes discrimination, fairness, race, religion, human rights and Animal Welfare -horses (WW1) Goodnight Mr Tom (belt-discipline) UN Rights of a Child UKS2 Au2 (War and Conflict)</p> <p>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</p>

<ul style="list-style-type: none"> <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>and 2 Year 6 - UKS2</p> <ul style="list-style-type: none"> <li>- Anti-bullying week - whole school A2 (see assessment)</li> </ul> <p>Risk-benefit - loose parts play - active play on the hills - tool-use safety - ongoing development in Forest Sessions</p> <p>- EYFS-Year 6 (3 sessions per week)  <a href="#">Our Outside Classrooms</a></p> <p>Multi Schools and local Community Special School, Market Fields, links including workshops for pupils - for example, ADHD and Autism</p>
	 Health and Wellbeing <ul style="list-style-type: none"> <li>- including emotional development, resilience, reflection and mindfulness (SMSC- Spiritual - Reflection)</li> </ul> <p><a href="#">Health and Safety Programme (cycl...</a></p>	<p>Zones of Regulation (discrete resilience and regulation lessons 1 per half-term)</p> <p><a href="#">ZONES OF REGULATION classroom checklist</a> Folder for phase Zones lesson plans <a href="#">Zones lesson plans</a></p> <p><a href="#">MSC Resilience CPD</a></p> <p>Healthy Eating EYFS - Au1/Sp2</p> <p>Healthy Knight - including 5 food groups and looking after our teeth KS1 Au1 (Castles)</p> <p>Intro. to wellbeing in the context of what a baby dinosaur needs... KS1 Sp1 (Dinosaurs)</p> <p>'Wellbeing' explored further.. emotions 'imaginary scenarios' - being an Octonaut! Different lives - lives at sea KS1 Su1 (The Seaside)</p> <p>Responsibility - wellbeing (protection) of a penguin's egg 'building a nest'  beach session KS1 A2 (Penguins)</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>Emotional Development 'Inside Out' Characters and stimulus - Zones of Regulation Strategies and Size of the Problem Sp2 LKS2 (Rainforests)</p> <p>Exploration of the meaning of wellbeing.. Diamond sorting activity (list of factors)</p> <p>Rights of the Child - effects on wellbeing - UKS2 A1 (Victorians)</p> <p>Tim Peake - 6 months in space discussion - Impact of technology overuse- health (sleep, weight and lack of exercise and also mental health implications of social media) UKS2 Sp1 (Out of this World)</p> <p><i>P.E.</i></p> <ul style="list-style-type: none"> <li>- <i>Cogs: Health and Fitness</i> <a href="#">P.E - Subject Profile</a></li> </ul> <p><i>Science Cross-curricular links</i> <a href="#">Science Subject Profile</a></p> <p><i>Animals including humans and Living Things and their Habitats (repeated across KS1, LKS2 and UKS2</i></p>

		<p>- <i>Health (impact of diet, exercise, drugs and lifestyle), Teeth, Nutrition</i></p> <p><i>Reflection</i></p> <p>- <i>Following each LOtC experience and P.E. unit: review personal performance</i></p> <p><i>Growth mindset - transition programme and continuous provision</i></p> <p>Forest Sessions - EYFS-Year 6 (3 sessions per week)   Our Outside Classrooms</p>
	<p> Safety</p> <p> First Aid</p>	<p>EYFS Au2 - Bonfire Safety  EYFS Au2 - Road Safety  EYFS Su2 - Heartstart (First Aid)  EYFS Su2 - Staying Safe at the Seaside</p> <p>Safety:trusted adults: worries, bullying, secrets. Safety: on the beach/sea, signs, emergency procedures KS1 Su1 (The Seaside)</p> <p>Safe choices - medicine (see above) KS1 Sp2 (Wizards)</p> <p>Staying safe in the sun, water safety, road safety, internet safety including in the home KS1 Su2 (Minibeasts)</p> <p>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)</p> <p>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</p> <ul style="list-style-type: none"> <li>- LKS2 Sp1 (Pirates)</li> </ul> <p>First Aid 'Heart Start' and Beach / Water Safety sessions (discrete):</p> <ul style="list-style-type: none"> <li>- Calling the Emergency Services, Beach Safety KS1 Su1 and Su2</li> <li>- Choking Asthma Attack Shock and Recovery Position and Severe Bleed LKS2 Su1 and Su2 (Swimming recap and through beach sessions and assemblies  'reach and throw, don't go' lifeguard, flags, rip currents, waves etc)</li> <li>- Recap above and CPR UKS2 Su1 and Su2</li> <li>- UKS2 Residential PGL - swimming safety including swimming in a lake</li> </ul> <p>Crucial Crew - Year 6 </p> <p>Anti-Bullying Work - Anti Bullying Week November (and whole school assemblies)</p> <ul style="list-style-type: none"> <li>- People who help us in the community visitors in assembly - Police, Fire Service, LifeBoat (Coastal Town)</li> </ul> <p>See above Respect, Hate Crime Assemblies/Workshops with Colchester United Community/Outreach Police etc - UKS2</p> <p> Health and Safety Programme (cycling, swimming, first aid, fire/police, 3PR and NSPCC &amp; Anti-bullying/NE... including annual Safety questionnaires for all pupils (Friendships and E-Safety audits) - September Programme</p>

		<p> September PSHE Programme 'welcome back'</p> <p>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</p>
	<p> Change</p> <p>- including RSHE Medway Strands</p>	<p>What do you want to be when you grow up? EYFS Au1 Human Body - Parts of the body EYFS Au1</p> <p>KS1 Medway changes - Year 2 'the human body - correct vocabulary' annually (Castles and Minibeasts)  Medway RSE 2022 Year 1-2.pdf</p> <p>- <i>English unit - Lost and Found KS1 A1 (Penguins)</i></p> <p>Year 5 UKS2 Su1 and Su2 (Around the World and Australia) - annual  Medway RSE 2022 Year 4-5.pdf</p> <p>Year 6 UKS2 Su 1 and Su2 - annual (Around the World and Australia)  Medway RSE 2022 Year 6.pdf</p> <p>Adjusting - living in space (astronauts) platform for discussion UKS2 Sp1 (Out of this World)</p> <p>Loss - lives of others in war and conflict. UKS2 Au2 (War and Conflict)</p> <p>Loss - lives of others in natural disasters. Hygiene (puberty) - 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' Optional 'How a baby is made' - <a href="https://www.hollandhavenschool.co.uk/pshershe-provision.html">https://www.hollandhavenschool.co.uk/pshershe-provision.html</a></p> <p> Year 6 Residential - first off-site overnight stay with peers (educational)</p> <p>Year 6 summer term annually - forest sessions (PPA)  - supports the transition to secondary school - EHW</p> <p>Ongoing Science 'body changes, health and growing up' sessions</p>
	<p>Living in the wider world</p> <p>- including  Citizenship</p> <p> Climate Awareness</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 experiences (using money during ed. trips, PTA events such as</p>

- HH Eco Council and developing links with local Community Special School Market Fields



World News and Employability



Democracy

- including British History and Values
  - **SMSC - Philosophy 4 Children (P4C)** 'learn how to argue and defend viewpoints'
  - See 'No Outsiders' book programme above - diversity strand

**Parliament:**

Spiral Curriculum Concept Map - P...



Economic

'mothers day shop', School Council fund-raisers, World Book Day bring and buy book sale, Leavers Fayre)

Responsibility: 'caring for a dinosaur egg' - KS1 Sp1 (Dinosaurs)

Recycling - The Ocean Pollution - KS1 Su1 (The Seaside)

- *History Profile - The Reformation of Parliament - power from church to monarch (Henry VIII) LKS2 Su1 (The Tudors)*

- *R.E. Unit Where do religious beliefs come from? (LKS2)*

- *Geography Profile Sustainability - Rainforests Deforestation - Climate Awareness - LKS2 Sp2 (Rainforests)*

Democracy - UN Convention of The Rights of the Child.. UK law passed Human Rights Act 1998.. Lord Shaftesbury and Doctor Barnardo - UKS2 A1 (Victorians)

The significance of the poppy in British History - UKS2 Au2 (War and Conflict)

- *Geography Profile Climate Change - Great Barrier Reef and bushfires UKS2 Su2 (Australia)*

World News and Employability

Jobs in a castle, thinking about future jobs children would like and equality KS1 A1 (Castles)

Different lives - jobs at sea 'octonauts', oil riggers etc KS1 Su1 (The Seaside)

P4C discussion - stimulus photos 'cocoa farmers' ethics - LKS2 A1 (Charlie and The Chocolate Factory)

Ancient Greek democracy and citizenship - comparison to the UK now and 'community' including jobs LKS2 Su2 (Inventors)

P4C discussion - should robots replace people's jobs? - UKS2 Sp1 (Out of this World)

British History and Heritage: WW1 and WW2 - UKS2 A2 (War and Conflict)

Annual Careers Week - visitors from the local community including parents/carers - exploration of jobs, salaries, transferable skills etc Year 6 Su 1 and 2 (*pre-Covid bi-annual for UKS2 - first Careers Week in 2014*)

Assemblies 2023-24 - Democracy (School Council) and British Values, Citizenship - current elections and News Round Class Assemblies


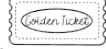

















*Annual school council spending £50 for Bubble/Golden time (all classes) choices and value of money etc*

- *Ongoing Maths lessons - Money Strand*

Spending and Saving Money including the risks attached Economic wellbeing

Economic Wellbeing Days (LOtC opportunities eg. shop and visitors from banks) including Year 6 Careers Week above Su1 annually

- *Maths lessons - Needs/wants in ref. to spending money (i.e. shelter, food, toys) KS1 Maths Money Strand KS2*

	KS1 Links to Planning	LKS2 Links to Planning	UKS2 Links to Planning
A1	 <b>CASTLES</b>	 <i>Charlie and the Chocolate Factory</i> 	 <i>Victorians</i>
Sp1	 <b>DINOSAURS</b>	 <b>PIRATES</b>	 <b>OUT OF THIS WORLD</b>
Su1	 <i>The Seaside</i>	 <b>Tudors</b>	 <b>AROUND THE WORLD</b>
A2	 <b>Penguins</b>	 <b>Egyptians</b>	 <b>War and Conflict</b>
Sp2	 <b>WIZARDS</b>	 <b>RAINFORESTS</b>	 <b>POMPEII</b>
Su2	 <b>MINIBEASTS</b>	 <b>Inventors</b>	 <b>AUSTRALIA</b>