



HOLMWOOD HOUSE  
SCHOOL

## **Personal, Social, Health and Citizenship Education (PSHCE)**

### **Curriculum Guide 2021-22**

**All resources utilised are produced by Holmwood House staff.**

#### **YEAR 4**

**The PSHCE curriculum is flexible and may be adapted to incorporate and deal with emerging issues both within the school and the wider community. Much of the curriculum is paper free and designed to encourage children to feel confident speaking, expressing and justifying opinions and being open to the views of others.**

#### **EMOTIONAL INTELLIGENCE**

##### **Relationship Skills**

The 3 Cs: Care, Courtesy and Consideration

The Buddy Relationship

The qualities of a good friend

Building friendships: making connections and giving compliments

What is bullying? Different kinds of bullying and peer on peer conflict.

##### **Self-Awareness**

What is an emotion? The difference between physical and emotional feelings

Positive and negative emotion

Recognizing and describing emotions

Knowing how to deal with negative emotions - Mental Health First Aid as a concept

Building identity and character

## **Self-Control**

Reading and managing emotion – What do I want to do?/What should I do?

## **Empathy**

Recognizing emotions in others

## **WELL-BEING (incorporating Relationships and Sex and Education)**

*Parents can view the school's Relationships and Sex Education (RSE) policy in the policy area of the website. Whilst RSE is covered in its most basic form in all year groups, this is most relevant to parents of children in Years 6-8.*

*A parents' engagement on the school's Relationships and Sex Education provision is offered to parents of Years 5-7 at the beginning of the Spring Term (before children undertake the module) and all parents have the right to withdraw their child from the sex education component of the PSHCE curriculum. Sex education is also covered within the science curriculum in Year 7.*

## **The human life cycle**

Growing and changing: Me at age 13. (Understanding *some* of the changes that take place physically and emotionally in adolescence)

Childhood, adolescence, adulthood and old age

Death and dealing with bereavement

## **Lifestyles**

Understanding the importance of personal hygiene

Mental Health First Aid - Dealing with a range of difficult situations

Online safety

Good touches and bad touches

## **CITIZENSHIP**

What happens at Westminster? - The Houses of Parliament and Prime Minister's Questions

The Queen and the Royal Family

The State Opening of Parliament

Giving and receiving in school and family life

History of Money

London Landmarks

## **YEAR 5**

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### **EMOTIONAL INTELLIGENCE**

#### **Relationship Skills**

The 3 Cs: Care, Courtesy and Consideration

Resolving conflict

Introduction to being a senior buddy – The qualities of a good buddy

Beginning an understanding of passive, aggressive and assertive forms of communication

How **do** teams work?

Understanding and resolving bullying and peer on peer conflict.

#### **Self-Awareness:**

Recognising and describing emotions

Building character and identity

Negative emotions: Possible triggers and how we react

Mental health and well being

#### **Self-Control:**

Managing negative emotions

Modesty, sportsmanship and being gracious in victory and defeat – *Why and how?*

#### **Empathy**

Recognising emotions in others

Applying empathy skills to everyday life

How to spot emotion in others and what to do

#### **Personal Motivation**

Discussing role models

## **WELL-BEING (incorporating Relationships and Sex Education)**

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### **The human life cycle**

An introduction to adolescence and puberty (including some advice on menstruation with more detailed and practical advice following in Year 6)

Growing into parents.

Marriage vows

Different types of families including single parent families and discussion surrounding divorce

### **Lifestyles**

Nutrition: Reading nutrition labels, junk/processed food, sugar

Consolidation of personal hygiene

Personal safety including rights over our own bodies and e-safety (this incorporates the NSPCC Speak Out, Stay Safe campaign)

## **CITIZENSHIP**

An introduction to human rights: The Universal Declaration of Human Rights (including racism, sexism and disability issues)

Law and the police

Understanding pre-decimal money: pounds/shillings and pence

## **YEAR 6**

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### **EMOTIONAL INTELLIGENCE**

#### **Relationship skills**

Communication and achieving rapport  
Courtesy: The roots and reasons for manners  
Sustaining friendships  
Leading and resisting peer pressure  
Bullying awareness and prevention

#### **Self-Awareness**

Expansion of emotional vocabulary for self-expression  
Triggers for happiness - mental health and wellbeing

#### **Self-Control**

Managing negative emotional responses  
Delayed gratification (Stanford University's Marshmallow Test)

#### **Empathy**

Empathy: Mind reading? Life in someone else's shoes  
What should I do next? Soothing other's feelings

#### **Personal Motivation**

Positive and constructive self-evaluation  
Delayed gratification  
Motivating forces: utilising competition

### **WELL-BEING (incorporating Sex and Relationships Education)**

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*sex education component of the PSHCE curriculum. Sex education is also covered within the science curriculum in Year 7.*

### **The human life cycle/Relationships and Sex Education**

Anatomy of sexual organs

The physical changes of puberty. (All boys and girls receive the same education regarding the changes for both genders, however, in Year 6 this will be taught separately in order to allow girls the space and time to ask more questions related to menstruation)

Birth and raising babies

Good touches and bad touches (this incorporates the NSPCC Speak Out, Stay Safe campaign)

### **Lifestyles**

Personal safety including rights over our own body and e-safety

Advertising and media literacy

### **CITIZENSHIP**

Heroes of human rights: Emmeline Pankhurst, Mohandas Gandhi, Martin Luther King, Nelson Mandela, Malala Yousafzai

Feminism

The Black Lives Matter Movement

JFK Assassination

Terrorism

Foreign currencies and exchange rates

## **Year 7**

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### **EMOTIONAL INTELLIGENCE**

#### **Relationship Skills**

Buddies  
Communication and achieving rapport  
Resolving conflict  
Assertiveness  
Bullying awareness and prevention

#### **Self-Awareness**

What is Emotional Intelligence?  
The Fight or Flight instinct  
Expression of emotion through art  
Awareness of personal body language

#### **Self-control**

Knowing how to express emotion appropriately  
Managing the fight/flight instinct  
Mental health and emotional wellbeing

#### **Empathy**

Anticipating and managing emotions in others  
Reading body language in others

### **WELL-BEING (incorporating Relationships and Sex Education)**

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## **Relationships and Sex Education**

Puberty

Introduction to sex and reproduction within the context of a secure, loving relationship

Different types of loving relationships

Respect (incorporating age appropriate discussion about sexual harassment and peer on peer abuse following the revelations of Everyone's Invited)

LGBTQ issues

How to stay safe (including online)

Body Image

Personal Hygiene

## **Lifestyles**

Illegal drugs

Addiction

Impact of drugs culture on society

## **CITIZENSHIP**

Monarchy versus Republic

What happens at Westminster? The UK Government

Party Politics including some discussion of economic policy

The first past the post voting system

Careers that can change the world

The United Nations

Churchill

Persuasive oratory: Great speeches (Link to Emotional Intelligence)

## **Year 8**

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### **EMOTIONAL INTELLIGENCE**

#### **Relationship skills**

Year 8 Leadership Project (Links with Citizenship)  
Emotional Intelligence in different careers  
Introduction to new Reception buddies  
The qualities of a good buddy  
The nature of trust and responsibility  
Trust signals  
The reciprocal nature of relationships

#### **Self-Awareness**

What is Emotional Intelligence?  
Recognizing emotion  
Complicated/confused emotional reactions  
Achieving happiness

#### **Self-Control**

Managing complicated/confused emotional reactions  
Delayed Gratification

#### **Empathy**

Reading body language

#### **Personal motivation**

*Carpe diem*  
Delayed gratification  
Inspiration and motivation

### **WELL-BEING (incorporating Relationships and Sex Education)**

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## **Relationships and Sex Education**

Consolidation of puberty.

Consolidation of sex and reproduction within the context of an ideal, loving relationships.

Sexual consent

The nature of successful, loving relationships of all types.

Unwanted pregnancy - contraception is covered but not in detail, abortion.

Fertility issues - IVF/surrogacy/adoption

Respect (incorporating age appropriate discussion about sexual harassment and peer on peer abuse following the revelations of Everyone's Invited)

Risks associated with inappropriate or harmful sexual behaviour:

(Emotional hurt, harassment/upskirting/Child Sexual Exploitation/FGM/abuse/rape, STDs.).

## **Lifestyles**

Perceptions of beauty: Self-image and media pressure

Non-stereotypical gender images

Mental Health First Aid

Online safety - dealing with harmful content

Online content promoting self-harm/suicide/radicalisation.

Drugs, alcohol and tobacco

## **CITIZENSHIP**

Year 8 Leadership Project (Links with Emotional Intelligence)

Introducing political ideologies - Left Wing/Right Wing

Law and justice: Judges, courts and trials and careers in law

Sentencing criminals and types of punishment

Life on minimum wage project