



Holmwood House Preparatory School **Years 4-8**

PSHCE and RSE Curriculum Guide 2022-23

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 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 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 Relationships Education)

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The human life cycle/Relationships 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 sexism, 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

Introducing political ideologies - Left Wing/Right Wing - and extremism

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 and all orientations.

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

Fertility issues - IVF/surrogacy/adoption

Respect (incorporating age appropriate discussion about sexual violence, 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/upsirking/Child Sexual

Exploitation/FGM/abuse/rape, STDs.).

Lifestyles and identities

Gender identities

Non-stereotypical gender role-models

Perceptions of beauty: Self-image and media pressure

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)

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

Sentencing criminals and types of punishment

Life on minimum wage project

