



KHALSA PRIMARY SCHOOL

PSHE OVERVIEW



KHALSA PRIMARY SCHOOL: PSHE INTENT

At Khalsa Primary School, personal, social, health and economic (PSHE) education is an embedded part of our broad and balanced curriculum. Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school ethos and permeates through many areas of the curriculum. The Fundamental British Values are promoted through the overarching aims and objectives of PSHE by supporting our children to become healthy and responsible members of society, as well as preparing them for life beyond school in modern Britain.

Enrichment Opportunities in PSHE

Although PSHE is taught weekly through stand-alone lessons following the JIGSAW scheme, it underpins all assemblies and is woven through the whole school curriculum and ethos. In addition, it influences extra-curricular activities, focus days, visitors and trips. Central to our PSHE curriculum is pupil (and staff) wellbeing. As a community, we value creating strong attachments with our pupils; creating a safe and secure environment for learning is paramount. Activities that support wellbeing and mindfulness are featured heavily through our Jigsaw schemes of work and extra-curricular clubs.

Zones of Regulation

Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organizes our feelings, states of alertness, and energy levels into four colored Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being.

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| Nursery | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me |
| | Key Content: Self Identity To understand how it feels to belong To understand how to express feelings Rights and Responsibilities To think about everyone's right to learn and work together To understand what responsibility means Respectful Relationships To be considerate about people's feelings To understand that it's good to be kind to people | Key Content: Respecting ourselves and others To know what to be good at and be proud of it To know what makes me special and unique To understand how to stand up for myself Relationships To understand how families are different To know where we live Caring friendships To understand how to make new friends | Key Content: Staying Motivated/Challenges To understand what a challenge means To understand about never giving up To use kind words to encourage people with Setting and Achieving Goals To set a goal and work towards it To help others to achieve their goals To feel proud on achieving goals | Key Content: Making Healthy choices To understand the need to be healthy To understand about active movement To know about a healthy, balanced diet Being Safe To understand the importance of good sleep To understand the importance of being clean To understand about stranger danger | Key Content: Relationships To understand my family and me To understand how to make friends To understand friendship, conflicts and managing feelings To know how to be a good friend | Key Content: Changes To name parts of the body To understand healthy eating To understand and respect they see in themselves Transition To identify what to look forward to (sharing memories) To identify worries about the transition to next class |
| | Key Vocabulary: Myself, Feelings, Being gentle, Rights, Responsibilities | Key Vocabulary: Talent, Families Home, Friends, Standing up for myself | Key Vocabulary: Challenges, Goals, Jobs, Help | Key Vocabulary: Exercise, Healthy food, Physical activity, Sleep, Clean | Key Vocabulary: Family life Friendship, Falling out | Key Vocabulary: Bodies, Respecting my body, Fun ,Fears, Growth |
| Reception | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me |
| | Key Content: Self- Identity To understand how it feels to belong To understand how we are similar and different To understand how to recognise and manage feelings Rights and Responsibilities To think about everyone's right to learn and work together To enjoy working with others to make the school a better place To understand what being responsible means Respectful Relationships To be considerate about people's feelings To understand that it's good to be kind to people | Key Content: Respecting ourselves and others To identify what I am good at and understand everyone is good at different things To understand that being different make us special To understand why my home is special to me To understand how to stand up for myself Relationships To understand how families are different but same in some ways Caring friendships To understand how to be a kind friend | Key Content: Staying Motivated/Challenges To understand how to tackle challenges To understand about never giving up To use kind words to encourage people with Setting and Achieving Goals To set a goal and work towards it To help others to achieve their goals To feel proud on achieving goals | Key Content: Making Healthy choices To understand the need to be healthy To understand about active movement To know about a healthy, balanced diet Being Safe To understand the importance of good sleep To understand the importance of being clean To understand about stranger danger | Key Content: Relationships To understand my family and me To understand how to make friends To understand friendship, conflicts and managing feelings To know how to be a good friend | Key Content: Changes To name parts of the body To understand healthy eating To understand girls' and boys' bodies changes Transition To identify what to look forward to (sharing memories) To identify worries about the transition to next class |
| | Key Vocabulary: Myself, Feelings, Being gentle, Rights Responsibilities | Key Vocabulary: Talents Families Home, Friends, Standing up for myself | Key Vocabulary: Challenges, Perseverance, Jobs, Help | Key Vocabulary: Exercise, Healthy food, Physical activity, Sleep, Clean | Key Vocabulary: Family life Friendship, Falling out | Key Vocabulary: Bodies, Respecting my body, Fun ,Fears, Growth |

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| Year 1 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me |
| | Key Content: Self- Identity To know how to use my jigsaw journal Rights and Responsibilities To understand everyone's right to learn and work together To understand our right to learn and play Rewards and Consequences To contribute to the learning charter To recognise the choices I make and understand the consequences | Key Content: Respecting ourselves and others To identify similarities and differences between people in my class To understand what bullying is and resolve problems Caring friendships To know how to make new friends To understand how I am different from my friends | Key Content: Staying Motivated/Challenges To understand how to tackle challenges To understand about never giving up Setting and Achieving Goals To set a goal and work towards it To tackle a new challenge To identify obstacles and how to overcome them To celebrate success Caring Friendships To understand how to work well with a partner | Key Content: Making Healthy choices To understand the difference between healthy and unhealthy To know how to make healthy lifestyle choices To know about a healthy, balanced diet Being Safe To understand how germs cause disease To understand the importance of being clean To understand about medicine safety To understand about road safety | Key Content: Relationships To understand members of own family and different types of families To understand friendship and greetings To know about people who help us To recognise appreciation of friends and family | Key Content: Changes To identify girls' and boys' body parts To understand how my body has changed since birth To link growing and learning To understand how to cope with change Life Cycles To understand life cycles of animals and humans Transition To identify what to look forward to To identify worries about the transition to next class |
| | Key Vocabulary: Special Safe Community Consequences Rewards | Key Vocabulary: Similarities Differences Bullying Celebrating | Key Vocabulary: Success Achievement Learning styles Overcoming obstacles | Key Vocabulary: Medicine Medication Road safety | Key Vocabulary: Belonging Physical contact Preferences Celebrations | Key Vocabulary: Life cycles (animal/human) Male Female Changes |
| Year 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me |
| | Key Content: Self- Identity To identify some of my hopes and fears for this year To know how to use my Jigsaw Journal Rights and Responsibilities To know how to be a good member of the class and school Respectful Relationships To understand how learning charter help me and others learn Rewards and Consequences To listen to others and contribute own ideas To recognise the choices I make | Key Content: Respecting ourselves and others To understand gender stereotypes To understand why bullying happens Relationships To stand up for myself and others To understand gender diversity Caring friendships To celebrating differences and still be friends | Key Content: Staying Motivated/Challenges To understand how to tackle challenges To understand about never giving up Setting and Achieving Goals To set a goal and work towards it To tackle a new challenge To celebrate success Caring Friendships To understand how to work well in a group To recognise how we learn from others | Key Content: Making Healthy choices To understand how to keep my body healthy To know how to be relaxed and avoid stress To know how to make healthy lifestyle choices To know about a healthy, balanced diet Being Safe To understand about medicine safety | Key Content: Relationships To understand different types of family To understand forms of physical contacts and keeping safe To understand friendship and conflicts To recognise trust and appreciation to friends and family | Key Content: Changes To understand girls' and boys' bodies changes To understand growing from young to old Life Cycles To recognise cycles of life in nature To understand types of touch (assertiveness) Transition To identify what to look forward to To identify worries about the transition to next class |
| | Key Vocabulary: Hope, Fear, Fair, Valuing, Contributions, Choices | Key Vocabulary: Assumptions, Stereotypes, Gender, diversity | Key Vocabulary: Realistic, Strengths, cooperation, Contributing | Key Vocabulary: Relaxation, Nutrition, Lifestyle | Key Vocabulary: Boundaries, Secrets, Trust, Appreciation | Key Vocabulary: Life cycles (plants), Young, Old, Independence |

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| Year 3 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me |
| | Key Content: Self- Identity To identify positive things about myself and my achievements To set personal goals To know how to use my Jigsaw Journal Rights and Responsibilities To face new challenges positively and make responsible choices To understand why rules are needed To make responsible choices and take action Rewards and Consequences To understand how my actions affect myself and others | Key Content: Respecting ourselves and others To understand gender stereotypes To understand what is bullying and help to solve problems Relationships To understand how families are different and important To understand family differences and conflicts Caring friendships To recognise how words can cause hurtfulness To understand the consequences of hurtful words | Key Content: Staying Motivated/Challenges To understand how to face and tackle challenges To understand about never giving up Setting and Achieving Goals To identify important dreams and ambitions To celebrate success Caring Friendships To talk about people who have faced difficult challenges and achieved success | Key Content: Making Healthy choices To understand how exercise affects our bodies and organs To know how unhealthy lifestyle choices affect health To understand knowledge and attitudes towards drugs Being Safe To understand about medicine safety and call emergency services To understand how to safely take care of my body | Key Content: Relationships To understand family roles and responsibilities To identify skills of friendship To know how to express appreciation to friends and family Online safety To know and use strategies for keeping myself safe online To understand how to be a global citizen Know needs and rights of children around the world | Key Content: Changes To explain how girls' and boys' bodies change during puberty To understand body changes- outside and inside To understand different types of family and parenting Conception to birth To understand how a baby develops from conception and how it is born To understand what a baby needs to live and grow Transition To identify what to look forward to To identify worries about the transition to next class |
| Key Vocabulary: Goals, self-worth, Positivity, Challenges, Perspectives | Key Vocabulary: Diverse, families, Family, conflict, Child-centred, Compliments, Witness, Solutions | Key Vocabulary: Ambitions, Enthusiasm, Managing feelings, Budgeting | Key Vocabulary: Food labelling, Healthy choices, Online safety, Offline safety | Key Vocabulary: Roles Negotiation, Diverse lives, Impact | Key Vocabulary: Internal, External, Needs | |
| Year 4 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me |
| | Key Content: Self- Identity To know my attitudes and actions make a difference to the class team To know how to use my Jigsaw Journal To understand how to be a school citizen Rights and Responsibilities understand how democracy works through the School Council To understand how groups come together to make decisions Rewards and Consequences To understand how my actions affect myself and others To care about people's feelings and empathise with them | Key Content: Respecting ourselves and others To understand how assumptions are made on appearances To understand what is bullying and help to solve problems To identify and value what makes me unique Caring friendships To understand how impressions change when I get to know people | Key Content: Staying Motivated/Challenges To understand hurt caused by unfulfilled hopes and dreams To understand how to overcome disappointment Setting and Achieving Goals To identify important dreams and hopes To have positive attitudes in setting new goals To celebrate success Caring Friendships To understand how to achieve goals as a group | Key Content: Making Healthy choices To understand how exercise affects our bodies and organs To know how unhealthy lifestyle choices affect health To know myself well and celebrate inner strength Caring Friendships To understand how friendship groups are formed To understand how to value friends To understand group dynamics To recognise and resist peer pressure Being Safe To understand the effects of smoking and alcohol on health. To understand how to safely take care of my body | Key Content: Relationships To resolve friendship problems when they occur (jealousy) To understand getting on and falling out of friendship To understand relationships (girlfriends and boyfriends) Celebrating relationships Love and Loss I can identify love for family and express why they are special to me To know that it is important to take care of mental health To understand that there are different stages of grief To understand there are different types of loss that cause people to grieve | Key Content: Changes To understand personal characteristics To explain how girls' and boys' bodies change during puberty To apply and accept change Conception to birth To describe how a baby develops from conception through the nine months of pregnancy, and how it is born Transition To identify what to look forward to To identify worries about the transition to next class |
| Key Vocabulary: Democracy, Motivation, Class Citizen, Voice, Peer pressure | Key Vocabulary: Judgment, Appearance, Acceptance Influences,mpressions | Key Vocabulary: Disappointment, Overcoming, Resilience, Positive, attitude | Key Vocabulary: Healthy, friendships, Smoking, Alcohol, Inner strength, Assertiveness | Key Vocabulary: Jealousy, Love/loss Memories, Girlfriends, Boyfriends | Key Vocabulary: Being unique ,Body changes, Transition, Accepting change, Having a baby | |

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| Year 5 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me |
| | Key Content: Self- Identity To know how to face new challenges and set personal goals To know how to use my Jigsaw Journal Rights and Responsibilities To understand how to a citizen of my country To understand how democracy works through the School Council and participate actively to have a pupil voice To understand how groups come together to make decisions Rewards and Consequences To understand how my actions affect myself and others | Key Content: Respecting ourselves and others To understand that cultural differences can cause conflicts To understand racism To understand bullying behaviours (Rumour- spreading/name calling) To know the difference between direct and indirect bullying Respectful Relationships To compare life with people in the developing world To understand different cultures | Key Content: Staying Motivated/Challenges To understand the importance of money to achieve some dreams To understand various jobs and careers To understand motivation to achieve a dream job Setting and Achieving Goals To identify important dreams and hopes To have positive attitudes in setting new goals Caring Friendships To understand dreams and goals of young people in other cultures To understand how to support others achieve their goals and aspirations | Key Content: Making Healthy choices To know the effect of healthy lifestyle choices To understand how body image can be linked to eating disorders Being Safe To understand the effects of smoking and alcohol on health and anti-social behaviour To know how to get help in emergency situations To understand how different media promotes certain body types | Key Content: Recognising me To know the importance of building self-esteem Relationships To understand the rights and responsibilities of online community and social networking To understand the rights and responsibilities of gaming community To resolve friendship problems when they occur Online safety To use technology positively and safely To communicate safely with friends and family To understand SMAART internet safety rules | Key Content: Changes To be aware of own self-and body image To explain how girls' and boys' bodies change during puberty Conception to birth To describe how a baby develops from conception through the nine months of pregnancy, and how it is born Transition To identify what to look forward to To identify worries about the transition to next class |
| | Key Vocabulary: Aspirations, National citizenship, Conflict, Vote, Participation | Key Vocabulary: Cultural, diversity, Racism, Rumours, Material, wealth, Respecting, culture | Key Vocabulary: Financial success, Long-term Charity | Key Vocabulary: Vaping, Emergency aud, Body image Relationships with food Healthy choices | Key Vocabulary: Self-recognition, Self-esteem, Online communities, Gaming, Gambling, Grooming | Key Vocabulary: Self-image, Media influence, Puberty, Conception, IVF |
| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | |
| Theme: Being Me in My World | Theme: Celebrating Differences | Theme: Dreams and Goals | Theme: Healthy Me | Theme: Relationships | Theme: Changing Me | |
| Key Content: Self- Identity To identify goals To understand fears and worries about future and how to express them To know how to use my Jigsaw Journal Rights and Responsibilities To understand how to be a global citizen To know and understand universal rights for all children To understand how democracy works through the School Council and participate actively to have a pupil voice Rewards and Consequences | Key Content: Respecting ourselves and others To understand different perceptions about what normal means To understand differences To understand power struggles To understand the difference between source of conflict and cause for celebration Respectful Relationships To understand why people use bullying behaviours To recognise amazing lives of disabled people | Key Content: Staying Motivated/Challenges To understand how to stay motivated to reach my goals Setting and Achieving Goals To set challenging but realistic personal goals To recognise our achievements Respectful Relationships To identify problems in the world and talk to other people about it To understand how to work with others to make a difference | Key Content: Making Healthy choices To know how to make healthy lifestyle choices that benefits well-being To understand emotional and mental health To understand stress triggers To understand drugs and alcohol misuse Being Safe To understand the effects of drugs on the body To understand the effects of exploitation To understand peer pressure and risks in gang culture | Key Content: Mental Health/ Love and Loss To know that it is important to take care of mental health To understand that there are different stages of grief To understand there are different types of loss that cause people to grieve Power and Control To understand how to show respect and how to treat others On line safety To use technology positively and safely To communicate safely with friends and family | Key Content: To be aware of own self-image To explain how girls' and boys' bodies change during puberty To understand the importance of looking after self -physically and emotionally To be aware of the importance of a positive self-esteem and how to develop it Conception to birth To describe how a baby develops from conception through the nine months of pregnancy, and how it is born Transition To identify what to look forward to To identify worries about the transition to secondary school | |

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| | To understand how my actions affect myself and others locally and globally | | | | | |
| | Key Vocabulary: Global citizenship, Children's Universal Rights Group, dynamics Role-modelling, Anti-social behaviour | Key Vocabulary: Perceptions of normality, Disability Empathy, Inclusion, Exclusion | Key Vocabulary: Success criteria, Recognition ,Evaluating | Key Vocabulary: Personal responsibility, Substances ,Exploitation, County Lines/Gangs, Managing stress | Key Vocabulary: Mental health, Sources of support, Control Power | Key Vocabulary: Body image, Physical attraction, Consent Sexting |