



123 HEALTH

St Faith's

PSHE - **Keeping Safe in School**
Half Term Overview
Summer A 2013



SCHEME OF WORK FOR PSHE EDUCATION, CITIZENSHIP AND SEAL
NON-STATUTORY NATIONAL CURRICULUM GUIDELINES FOR PSHE AND CITIZENSHIP AT KEY STAGE 1

During key stage 1 pupils learn about themselves as developing individuals and as members of their communities, building on their own experiences and on the early learning goals for personal, social and emotional development. They learn the basic rules and skills for keeping themselves healthy and safe and for behaving well. They have opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and become aware of the views, needs and rights of other children and older people. As members of a class and school community, **they learn social skills such as how to share, take turns, play, help others, resolve simple arguments and resist bullying. They begin to take an active part in the life of their school and its neighbourhood.**

Knowledge, skills and understanding

Developing confidence and responsibility and making the most of their abilities

1. Pupils should be taught:

- a. to recognise what they like and dislike, what is fair and unfair, and what is right and wrong
- b. to share their opinions on things that matter to them and explain their views
- c. to recognise, name and deal with their feelings in a positive way
- d. to think about themselves, learn from their experiences and recognise what they are good at
- e. how to set simple goals.

Preparing to play an active role as citizens

2. Pupils should be taught:

- a. to take part in discussions with one other person and the whole class
- b. to take part in a simple debate about topical issues
- c. to recognise choices they can make, and recognise the difference between right and wrong
- d. to agree and follow rules for their group and classroom, and understand how rules help them
- e. to realise that people and other living things have needs, and that they have responsibilities to meet them
- f. that they belong to various groups and communities, such as family and school
- h. to contribute to the life of the class and school

Developing a healthy, safer lifestyle

3. Pupils should be taught:

- a. how to make simple choices that improve their health and well-being
 - g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

Developing good relationships and respecting the differences between people

4. Pupils should be taught:

- a. to recognise how their behaviour affects other people
- b. to listen to other people, and play and work cooperatively
- c. to identify and respect the differences and similarities between people
- d. that family and friends should care for each other
- e. that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

Breadth of opportunities

5. During the key stage, pupils should be taught the Knowledge, skills and understanding through opportunities to:
- a. take and share responsibility [for example, for their own behaviour; by helping to make classroom rules and following them]
 - b. feel positive about themselves [for example, by having their achievements recognised and by being given positive feedback about themselves]
 - c. take part in discussions [for example, talking about topics within school]
 - d. make real choices [for example, between what games to play, how to behave sensibly, being responsible in for their actions]
 - e. meet and talk with people [for example, with outside visitors such as religious leaders, police officers, the school nurse]
 - f. develop relationships through work and play [for example, by sharing equipment with other pupils or their friends in a group task]
 - g. consider social and moral dilemmas that they come across in everyday life [for example, aggressive behaviour, questions of fairness, right and wrong]
 - h. ask for help [for example, from family and friends, midday supervisors, older pupils, the police].

SCHEME OF WORK FOR PSHE EDUCATION, CITIZENSHIP AND SEAL NON-STATUTORY NATIONAL CURRICULUM GUIDELINES FOR PSHE AND CITIZENSHIP AT KEY STAGE 2

During key stage 2 pupils learn about themselves as growing and changing individuals with their own experiences and ideas, and as members of their communities. They become more mature, independent and self-confident. They learn about the wider world and the interdependence of communities within it. **They develop their sense of social justice and moral responsibility and begin to understand that their own choices and behaviour can affect local, national or global issues and political and social institutions. They learn how to take part more fully in school and community activities.** As they begin to develop into young adults, they face the changes of puberty and transfer to secondary school with support and encouragement from their school. They learn how to make more confident and informed choices about their health and environment; **to take more responsibility, individually and as a group, for their own learning; and to resist bullying.**

Knowledge, skills and understanding

Developing confidence and responsibility and making the most of their abilities

1. Pupils should be taught:
 - a. to talk and write about their opinions, and explain their views, on issues that affect themselves and our school community
 - b. to recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals
 - c. to face new challenges positively by collecting information, looking for help, making responsible choices, and taking action
 - d. to recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way

Preparing to play an active role as citizens

2. Pupils should be taught:
 - a. to research, discuss and debate topical issues, problems and events
 - b. why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules
 - c. to realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities
 - d. that there are different kinds of responsibilities, rights and duties at home, at school and in the community, and that these can sometimes conflict with each other
 - e. to reflect on spiritual, moral, social, and cultural issues, using imagination to understand other people's experiences
 - f. to resolve differences by looking at alternatives, making decisions and explaining choices
 - g. what democracy is, and about the basic institutions that support it locally and nationally
 - k. to explore how the media present information.

Developing a healthy, safer lifestyle

3. Pupils should be taught:

- e. to recognise the different risks in different situations and then decide how to behave responsibly, including judging what kind of physical contact is acceptable or unacceptable
- f. that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong
- g. school rules about health and safety, basic emergency aid procedures and where to get help.

Developing good relationships and respecting the differences between people

4. Pupils should be taught:

- a. that their actions affect themselves and others, to care about other people's feelings and to try to see things from their points of view
- b. to think about the lives of people living in other places and times, and people with different values and customs
- d. to realise the nature and consequences of racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help
- e. to recognise and challenge stereotypes
- f. that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability
- g. where individuals, families and groups can get help and support.

Breadth of opportunities

5. During the key stage, pupils should be taught the knowledge, skills and understanding through opportunities to:

- a. take responsibility [for example, for the needs of others, such as by acting as a peer supporter, as a befriender, or as a playground mediator for younger pupils;
- b. feel positive about themselves [for example, by producing personal diaries, profiles and portfolios of achievements; by having opportunities to show what they can do and how much responsibility they can take]
- c. participate [for example, in the school's decision-making process, relating it to democratic structures and processes such as councils and voting]
- e. meet and talk with people [for example, people who work in the school and the neighbourhood, such as religious leaders, community police officers]
- f. develop relationships through work and play [for example, taking part in activities with groups that have particular needs, such as children with special needs and the elderly; communicating with children in other countries by satellite, email or letters]
- g. consider social and moral dilemmas that they come across in life [for example, encouraging respect and understanding between different races and dealing with harassment]
- h. find information and advice [for example, through helplines]
- i. prepare for change [for example, transferring to secondary school].

PSHE EDUCATION, CITIZENSHIP AND SEAL
OBJECTIVES IN CITIZENSHIP FOR KS1-2

Self-awareness

- Observing myself
- Recognising feelings
- Building a vocabulary
- Relationship between thoughts, feelings and actions
- Recognition of patterns of feelings
- Self-appraisal
- Knowing my strengths and weaknesses

Managing feelings

- Handling feelings
- What's behind a feeling
- Calming myself down
- Responding to others
- Finding ways to handle fears and anxiety
- Managing stress
- Managing energy

Motivation

- Understanding goals
- Choosing goals
- Planning steps to target
- Resilience
- Perseverance
- Deferred gratification

Empathy

- Observe and recognising feelings in others
- Understanding other's feelings
- Respecting different perspectives
- Appreciating difference
- Using intuition
- Communicating warmth and support

Social skills

- Talking about feelings effectively
- Being a good listener
- Negotiating with others
- Respectful confrontation
- Being assertive
- Working and playing cooperatively and competing fairly

SCHEME OF WORK FOR PSHE EDUCATION, CITIZENSHIP AND SEAL SUMMARY OF SEAL THEMES

New Beginnings

- Getting to know each other
- Rights and responsibilities
- The class charter
- Creating a community
- Joining a new group
- Feeling welcome and welcoming others
- Belonging
- Gifts and Talents

Getting on and falling out—Say no to bullying

- Co-operation
- Friendship and working together
- Understanding and managing feelings
- Conflict resolution and problem solving
- Active listening
- Making and sustaining friendships
- Seeing things from another point of view
- What is bullying? (key messages, witnesses/ bystanders, the bully and the bullied)
- Creating a safe school
- Becoming a 'telling' school

Relationships

- Understanding my uncomfortable feelings – proud, jealous, loved, cared for, fair and unfair, loneliness, guilt, embarrassment
- People who are important to us
- Dealing with our hurt feelings without hurting others
- Loss and bereavement
- Leaving home
- Dealing with feelings of guilt
- Making amends
- Sticks and stones
- Breaking friendships
- Forgiveness

WE'RE ALL STARS!

- Community
- Rights and responsibilities
- Getting to know each other
- Working together

BE FRIENDLY, BE WISE

- Making and sustaining friendships
- Conflict resolution
- Anti-bullying
- Keeping safe at home and outdoors

We're All Stars

Classes will be using similar plans: Year 1&2, Year 3&4 and Year 5&6

1. Devising a class charter
2. Getting to know each other
3. Falling out with a friend
4. Managing anger / making choices
5. Problem-solving
6. Looking after each other
7. Anti Bullying— RESISTING and proactively countering
8. Revising our class charter
9. Getting to know each other
- 10 Happy playtimes