

Areas of disciplinary and substantive knowledge which underpin the Sutton Park PSHE Education Curriculum

Seven areas of substantive knowledge

Relationships, sex and health education (RSHE)	Our curriculum enables pupils to get better at identifying what makes healthy and safe relationships and to know about growing up and changes associated with puberty.
Pupils learn about the attitudes and values needed to develop healthy and safe relationships between families, friends and, as they get older, intimate relationships. They can explain the biological changes that happen to their bodies as they grow up and experience puberty, and how their emotions may be affected and how to manage this. Pupils learn about stereotypes and respect for all relationships. They are given strategies to help them manage relationships and growing up.	
Drug, alcohol and tobacco education (DATE)	Our curriculum enables pupils to get better at identifying what is safe to put into their bodies and what can be harmful. Pupils learn to weigh up risks and make safe choices.
Pupils learn about why people take medicines and how to take them safely. They understand that what we put into our bodies can change how we feel and affect our behaviour. Pupils know that drugs (including medicines) can be harmful to people and learn the effects and risks associated with drugs, alcohol and tobacco. They learn strategies to resist pressures from others and to assess risk involving drug use.	
Keeping safe and managing risk	Our curriculum enables pupils to get better at identifying and managing risk and making safe choices at home, in the community, in relationships and online.
Pupils learn about bullying and cyberbullying, how it makes people feel and how to respond. They learn about how to stay safe in the local environment and at home and what to do in an emergency. Pupils develop rules for staying safe online and know what to do if they feel unsafe. Pupils learn about who they can ask for help and who is there to keep them safe. They learn that nobody should experience violence or abuse in any relationship.	
Mental health and emotional wellbeing	Our curriculum enables pupils to get better at identifying and managing their feelings and helps them to learn how they can look after their mental health.
Pupils learn about managing their feelings and emotions. They learn about their strengths and challenges and about special people in their lives. Pupils know how to keep their minds healthy.	
Physical health and wellbeing	Our curriculum enables pupils to get better at making healthy choices to protect their physical health.
Pupils learn about the importance of physical activity, sleep and rest. They learn about how the media and food companies can influence our choices. They learn about basic hygiene to keep themselves and others healthy.	
Careers, financial capability and economic wellbeing	Our curriculum enables pupils to get better at understanding the world of work and how to be financially healthy.
Pupils will learn about career choices and the different types of jobs people do. Pupils will learn about budgeting, saving and spending money and how we earn or borrow money.	
Identity, society and equality	Our curriculum enables pupils to get better at celebrating difference and identifying stereotypes, discrimination, and prejudice.
Pupils will identify what makes them and others special, similar and different. Pupils will appreciate the diverse communities which exist around them. They will learn about democracy and human rights and how prejudice and discrimination can make people feel and how it can be challenged.	

Five areas of disciplinary knowledge

Explore and develop their own attitudes and values	Pupils learn to reflect on the origins of their attitudes and values and identify secure and positive influences which shape them as they grow up. They learn to manage peer influence and make choices that they are comfortable with. They develop self-confidence, a realistic self-image, positive self-worth and self-advocacy. They value and respect diversity. Pupils learn to set goals for themselves around their future careers, health and relationships.
Make informed choices	Pupils form their own identity and values but learn to listen to and consider the opinions of others. They make choices that keep them physically and emotionally healthy and understand the implications of their choices on the physical, mental and economic wellbeing of themselves and others. They show empathy and compassion in their choices and challenge stereotypes. They can recall and apply knowledge in different situations.
Identify and manage risk	Pupils learn to manage influence, ask questions, problem solve and apply their knowledge to situations with differing levels of risk. They know how to respond to strong emotions and impulses. They build positive relationships. Pupils use their knowledge to identify situations that could be harmful to themselves or others and have tools to manage these situations.
Articulate and justify opinions and actions	Pupils learn to communicate clearly in a variety of situations. They use their knowledge to justify their opinions and actions and can evaluate the arguments and opinions of others. They undertake constructive self-reflection around their actions and respect others' rights to their own opinions and values.
Know where to seek help and how to access it	Pupils know how and where to access help to support them with problem solving. They know who they can trust or ask for advice and help and have a number of local and national organisations they can access for advice and support. They use their support tools and knowledge to help and supporting others.

Personal, social and emotional development (PSED) in the Early Years

Personal, social and emotional development in the early years underpins the work in the PSHE curriculum. PSED is divided into 3 areas: emotions, sense of self and relationships. Though PSED is a separate prime area in the EYFS it is a foundation that connects the whole curriculum through positive relationships with adults, children learn what their emotions are, how to regulate them and how relationships with their peers work.

Progression in Relationships, Sex and Health Education

Pupils to get better at identifying what makes healthy and safe relationships and to know about growing up and changes associated with puberty.

Year 1	Year 2 Boys and Girls, Families	Year 3	Year 4	Year 5 Growing up and changing	Year 6 Healthy relationships & how a baby is made
	<p>Pupils learn to understand and respect the differences and similarities between people. Pupils learn about the biological differences between male and female animals and their role in the life cycle.</p> <p>Pupils learn the biological differences between female and male children.</p> <p>Pupils learn about growing from young to old and that they are growing and changing.</p> <p>Pupils learn that everybody needs to be cared for and ways in which they care for others.</p> <p>Pupils learn about different types of families and how their home life is special.</p>			<p>Pupils learn about the way we grow and change throughout the human lifecycle.</p> <p>Pupils learn the physical changes associated with puberty.</p> <p>Pupils learn about menstruation and wet dreams.</p> <p>Pupils learn about the impact of puberty on physical hygiene and strategies for managing this.</p> <p>Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes.</p> <p>Pupils learn strategies to deal with feelings in the context of relationships.</p> <p>Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it.</p>	<p>Pupils learn about the changes that occur during puberty.</p> <p>Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact.</p> <p>Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships.</p> <p>Pupils learn about human reproduction in the context of the human lifecycle.</p> <p>Pupils learn how a baby is made and grows.</p> <p>Pupils learn about roles and responsibilities of carers and parents.</p> <p>Pupils learn to answer each other's questions about relationships and sex with confidence, and where to find support and advice when they need it.</p>

Drug, alcohol and tobacco education (DATE)

Pupils to get better at identifying what is safe to put into their bodies and what can be harmful. Pupils learn to weigh up risks and make safe choices.

Year 1 What do we put into and on to bodies?	Year 2 Medicines and me	Year 3 Tobacco is a drug	Year 4 Making Choices Different influences	Year 5	Year 6 Weighing up risk
<p>Pupils learn about what can go into bodies and how it can make people feel.</p> <p>Pupils learn about what can go on to bodies and how it can make people feel.</p>	<p>Pupils learn why medicines are taken.</p> <p>Pupils learn where medicines come from.</p> <p>Pupils learn about keeping themselves safe around medicines.</p> <p>Pupils learn that medicines can be used to manage and treat medical conditions such as asthma and that it is important to follow instructions for their use.</p>	<p>Pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people.</p> <p>Pupils learn about the effects and risks of smoking tobacco and second-hand smoke.</p> <p>Pupils learn about the help available for people to remain smoke free or stop smoking.</p>	<p>Pupils learn that there are drugs (other than medicines) that are common in everyday life and why people choose to use them.</p> <p>Pupils learn about the effects and risks of drinking alcohol.</p> <p>Pupils learn about different patterns of behaviour that are related to drug use.</p> <p>Pupils learn about the risks associated with smoking drugs, including cigarettes, vapes, shisha and cannabis.</p> <p>Pupils learn about different influences on drug use identifying conflicting messages presented in the media.</p> <p>Pupils learn strategies to resist pressure from others about whether to use drugs – smoking drugs & alcohol.</p>		<p>Pupils learn about the risks associated with using different drugs, including tobacco, nicotine products, alcohol, solvents, medicines and other legal and illegal drugs.</p> <p>Pupils learn about assessing the level of risk in different situations involving drug use.</p> <p>Pupils learn about ways to manage risk in situations involving drug use.</p>

Keeping safe and managing risk

Pupils to get better at identifying and managing risk and making safe choices at home, in the community, in relationships and online.

Year 1 Feeling Safe	Year 2 Indoors and Outdoors	Year 3 Bullying – see it, say it, stop it	Year 4 Playing Safe	Year 5 When things go wrong	Year 6 Keeping Safe – out and about
<p>Pupils learn about safety in familiar situations.</p> <p>Pupils learn about personal safety – NSPCC PANTS.</p> <p>Pupils learn about people who help keep them safe outside the home.</p>	<p>Pupils learn about keeping safe in the home, including fire safety.</p> <p>Pupils learn about keeping safe outside.</p> <p>Pupils learn about road safety.</p>	<p>Pupils learn to recognise bullying and how it can make people feel.</p> <p>Pupils learn about different types of bullying and how to respond to bullying incidents.</p> <p>Pupils learn about what to do if they witness bullying.</p>	<p>Pupils learn how to be safe in their computer gaming habits.</p> <p>Pupils learn about keeping safe near roads, rail, water, building sites and around fireworks.</p> <p>Pupils learn about what to do in an emergency and basic first aid procedures.</p>	<p>Pupils learn about keeping safe online.</p> <p>Pupils learn that violence within relationships is not acceptable.</p> <p>Pupils learn about problems that can occur when someone goes missing from home.</p>	<p>Pupils learn about feelings of being out and about in the local area with increasing independence.</p> <p>Pupils learn about recognising and responding to peer pressure.</p> <p>Pupils learn about the consequences of anti-social behaviour (including gangs and gang-related behaviour).</p>

Mental Health and Wellbeing

Pupils to get better at identifying and managing their feelings and helps them to learn how they can look after their mental health.

Year 1 Feelings	Year 2 Friendship	Year 3 Strengths and challenges	Year 4	Year 5 Dealing with feelings	Year 6 Healthy Minds
<p>Pupils learn about different types of feelings.</p> <p>Pupils learn about managing different feelings.</p> <p>Pupils learn about change and loss and how this can feel.</p>	<p>Pupils learn about the importance of special people in their lives.</p> <p>Pupils learn about making friends and who can help them with friendships.</p> <p>Pupils learn about solving problems which may arise with friendships.</p>	<p>Pupils learn about celebrating achievements and setting personal goals.</p> <p>Pupils learn about dealing with put-downs.</p> <p>Pupils learn about positive ways to deal with setbacks.</p>		<p>Pupils learn about a wide range of emotions and feelings and how these are experienced in the body.</p> <p>Pupils learn about times of change and how this can make people feel.</p> <p>Pupils learn about the feelings associated with loss, grief and bereavement.</p>	<p>Pupils learn what mental health is.</p> <p>Pupils learn about what can affect mental health and some ways of feeling with this.</p> <p>Pupils learn about some everyday ways to look after mental health.</p> <p>Pupils learn about the stigma and discrimination that can surround mental health.</p>

Physical Health and Wellbeing

Pupils to get better at making healthy choices to protect their physical health.

Year 1 Fun times	Year 2 What keeps me healthy?	Year 3 What helps me choose?	Year 4 What is important to me?	Year 5 In the media	Year 6
<p>Pupils learn about food that is associated with special times in different cultures.</p> <p>Pupils learn about active playground games from around the world.</p> <p>Pupils learn about sun-safety.</p>	<p>Pupils learn about eating well.</p> <p>Pupils learn about the importance of physical activity, sleep and rest.</p> <p>Pupils learn about the people who help us to stay healthy and well and about basic health and hygiene routines.</p>	<p>Pupils learn about making healthy choices about food and drinks.</p> <p>Pupils learn about how branding can affect what foods people choose to buy.</p> <p>Pupils learn about keeping active and some of the challenges of this.</p>	<p>Pupils learn why people may eat or avoid certain foods (religious, moral, Cultural or health reasons).</p> <p>Pupils learn about other factors that contribute to people's food choices (such as ethical farming fair trade and seasonality).</p> <p>Children learn about the importance of getting enough sleep.</p>	<p>Pupils learn that messages given on food adverts can be misleading.</p> <p>Pupils learn about role models.</p> <p>Pupils learn about how the media can manipulate images and this may not reflect reality.</p>	

Careers, financial capability and economic wellbeing

Pupils to get better at understanding the world of work and how to be financially healthy.

Year 1 My Money	Year 2	Year 3 Saving, spending and budgeting	Year 4	Year 5 Borrowing and earning money	Year 6
<p>Pupils learn about where money comes from and making choices when spending money.</p> <p>Pupils learn about saving money and how to keep it safe.</p> <p>Pupils learn about the different jobs people do.</p>		<p>Pupils learn about what influences people's choices about spending and saving money.</p> <p>Pupils learn how people can keep track of their money.</p> <p>Pupils learn about the world of work.</p>		<p>Pupils learn that money can be borrowed but there are risks associated with this.</p> <p>Pupils learn about enterprise.</p> <p>Pupils learn what influences people's decisions about careers.</p>	


Identity, society and equality

Pupils to get better at celebrating difference and identifying stereotypes, discrimination, and prejudice.

Year 1 Me and others	Year 2	Year 3 Celebrating difference	Year 4 Democracy	Year 5 Stereotypes, discrimination & prejudice (including tackling homophobia)	Year 6 Human rights
<p>Pupils learn about what makes themselves and others special.</p> <p>Pupils learn about roles and responsibilities at home and school.</p> <p>Pupils learn about being cooperative with others.</p>		<p>Pupils learn about valuing the similarities and differences between themselves and others.</p> <p>Pupils learn about what is meant by community.</p> <p>Pupils learn about belonging to groups.</p>	<p>Pupils learn about Britain as a democratic society.</p> <p>Pupils learn about how laws are made.</p> <p>Pupils learn about the local council.</p>	<p>Pupils learn about stereotyping, including gender stereotyping.</p> <p>Pupils learn from a diversity role model.</p> <p>Pupils learn about prejudice and discrimination and how this can make people feel.</p>	<p>Pupils learn about people who have moved to Kidderminster from other places.</p> <p>Pupils learn about human rights and the UN Convention on the Rights of the Child.</p> <p>Pupils learn about homelessness.</p>

Whole School Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Mental health and emotional wellbeing: Feelings	Mental health and emotional wellbeing: Friendship	Mental health and emotional wellbeing: Strengths and challenges	Physical health and wellbeing: What is important to me?	Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds 
Autumn 2	Physical health and wellbeing: Fun times	Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?	Keeping safe and managing risk: Playing safe 	Physical health and wellbeing: In the media	Keeping safe and managing risk:  Keeping safe - out and about
Spring 1	Keeping safe and managing risk: Feeling safe 	Sex and relationship education:  Boys and girls, families	Drug, alcohol and tobacco education: Tobacco is a drug	Drug, alcohol and tobacco education: Making choices 	Sex and relationship education:  Growing up and changing	Sex and relationship education: Healthy relationships / How a baby is made
Spring 2	Drug, alcohol and tobacco education: What do we put into and on to bodies? 	Sex and relationship education:  Boys and girls, families	Keeping safe and managing risk:  Bullying – see it, say it, stop it	Drug, alcohol and tobacco education: Different influences 	Sex and relationship education:  Growing up and changing	Sex and relationship education: Healthy relationships / How a baby is made
Summer 1	Identity, society and equality: Me and others	Keeping safe and managing risk: Indoors and outdoors 	Identity, society and equality: Celebrating difference	Identity, society and equality: Democracy	Keeping safe and managing risk:  When things go wrong	Drug, alcohol and tobacco education:  Weighing up risk
Summer 2	Careers, financial capability and economic wellbeing: My money	Drug, alcohol and tobacco education: Medicines and me 	Careers, financial capability and economic wellbeing: Saving, spending and budgeting	Careers, financial capability and economic wellbeing: Borrowing and earning money	Identity, society & equality: Stereotypes, discrimination and prejudice	Identity, society and equality: Human rights

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