



# St. Augustine of Canterbury Catholic Primary School

*“Created by God to love and learn”*

## Our PSHE Curriculum

Our Core Values:

St Augustine of Canterbury Catholic Primary School provides an education that inspires and nurtures God’s children to succeed to their full potential as we are **Created by God to love and learn.**

We believe in the concept of lifelong learning, and in the idea that both adults and children learn new things every day. We maintain that learning should be a rewarding and enjoyable experience for everyone. Through our teaching we strive to equip children with the skills, knowledge and understanding necessary to make informed choices about the important things in their lives. We believe that effective and stimulating teaching will lead to consistent and quality learning experiences to help children to lead happy and rewarding lives.

We consider the following ten values as instrumental when framing the life of the school.

- **Respect:** of ourselves and our neighbour both near and far from every culture and faith.
- **Love:** of everyone and everything God created.
- **Humility:** knowing that we are one of many and avoid selfishness
- **Courage:** in the face of the unknown or meeting a new challenge or just having a go!
- **Responsibility:** for our actions or inaction
- **Compassion:** showing care and support to others
- **Perseverance:** never giving up
- **Service:** supporting others by giving of our time, organising charitable activities
- **Honesty:** in thought and deed
- **Curiosity:** a pre-requisite for learning about the world about us

## Our Approach, Aim, and Curriculum

Our key curriculum drivers are determined by our values and the needs of our learners: **Inclusivity Creativity Curiosity Oracy**

We do this by following the Jigsaw scheme of work for PSHE and we use the Journey in Love scheme for RSE.

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Area of learning	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Being Me in My World</b>	Self identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling
<b>Celebrating Difference</b>	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy

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			difference and remaining friends	be hurtful Giving and receiving compliments	Identifying how special and unique everyone is First impressions	happiness Enjoying and respecting other cultures	
<b>Dreams and Goals</b>	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
<b>Healthy Me</b>	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier	Exercise Fitness challenges Food labelling and healthy swaps Attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid	Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang

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		household items Road safety Linking health and happiness	snacks and sharing food	towards drugs Keeping safe and why it’s important online and off line scenarios Respect for myself and others Healthy and safe choices	Peer pressure Celebrating inner strength	Body image Relationships with food Healthy choices Motivation and behaviour	culture Emotional and mental health Managing stress
<b>Relationships</b>	Family life Friendships Breaking friendships Falling out Dealing with a bully Being a good friend	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Mental health Identifying mental health and worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology and use

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				for family and friends			
<b>Changing Me</b>	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition	How babies grow Understanding a baby’s needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
<b>Journey In Love</b>	God loves each of us in our uniqueness We are different I am unique I am special Being a good friend	Meeting God’s love in our family Who’s in my family Babies growing and changing Sharing new things we can do as we grow Emotions Belonging to a family	Meeting God’s love in the community	How we live in love Who takes care of us How we look after ourselves How am I changing?	God loves us in our differences Growing and changes Differences between boys and girls Development of a baby Accepting who I am Celebrating who I am	God loves me in my changing development How we have changed and grown How we will change more before we are grown Physical changes	The wonder of God’s love in creating new life The circle of love and life

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