

GREAT ECCLESTON COPP CHURCH OF ENGLAND



PERSONAL, SOCIAL, HEALTH AND EMOTIONAL CURRICULUM



In building solid foundations for every unique individual and putting God's love at the centre of all we do, our children learn to embrace our diverse world. We encourage our children to learn universally in order to understand our heritage and roots as a village, town, region and nation. Through strong community links, our children grow in **compassion** and **understanding**, **promote justice** and possess commitment and **aspire** to make a positive difference. We offer an ambitious curriculum that ignites **curiosity** along with high personal expectations that fosters **resilience** and which enables them to flourish. Our children are easily distinguished by the **courage** they show when making brave choices and understand the importance of becoming the very best versions of themselves.

"Let us love, not in word, but in truth and action." (1 John 3:18)

Elements in **green** denote teaching from myHappymind. The remaining objectives in **black** are taken from our PSHE scheme from Discovery Education.

Reception						
<p>Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others.</p> <p>At Copp, we use Development Matters in order to meet the needs of the Early Years Foundation Stage Statutory Framework and in order to assess the children against the Early Learning Goals.</p>						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> Classroom routines, rules and children’s names. Build constructive and respectful relationships See themselves as a valuable individual 	<ul style="list-style-type: none"> Being a safe pedestrian Having a good sleep routine Sensible amounts of ‘screen time’ 	<ul style="list-style-type: none"> Identify and moderate their own feelings socially and emotionally Express their feelings and consider the feelings of others 	<ul style="list-style-type: none"> Manage their own personal needs Personal hygiene Know and talk about the different factors that support their overall health and wellbeing Regular physical activity Healthy eating Toothbrushing 	<ul style="list-style-type: none"> Show resilience and perseverance in the face of challenge Think about the perspectives of others 	<ul style="list-style-type: none"> Preparing for change – transition to Year 1.

Year 1						
	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Content	Forming friendships and how kind or unkind behaviours impact other people.	Similarities and differences between people and how to respect and celebrate these.	Identifying who our special people are and how they keep us safe.	What a family is (including difference and diversity between families), and why families are important and special.	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Growing from young to old and how we have changed since we were born.
Vocabulary	friend, friendly, kind, unkind, welcoming, happy, sad, share	similarity, difference, special, unique, strengths, abilities	special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe	family, important, differences, similarities, happy, special, superhero	body, healthy, private, penis, testicles, vulva, vagina, similar, different, health, healthy choices	growing, adults, babies, change, older, growing up, jobs, future

Year 2						
	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Content	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations.	Exploring different strengths and abilities. Understanding and challenging stereotypes.	The different communities and groups we belong to and how we help and support one another within these.	The different people in our families, and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.
Vocabulary	happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust	strengths, abilities, gender, stereotype, qualities	community, kindness, understanding, help, community helpers, trusted adult, signs, difference, similarity, respect	family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions	healthy, feelings, emotions, medicine, unwell, dose, safe, helpful, harmful, instructions, health, body, mind	growing, adult, baby, change, timeline, life cycle, likes, dislikes, change, future, likes, dislikes, change, future, body image

Year 3						
	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Content	Being a good friend and respecting personal space. Strategies for resilience	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Different types of committed relationships and the basic characteristics of these.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.
Vocabulary	friend, respect, values, touch, private, privacy, resilience, encouragement	different, equal, respect, community, values, diversity, customs, respect, feelings, values	responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding	commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce, domestic abuse, violence	health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap	changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions, body image

Year 4						
	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Content	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	How our bodies change as we enter puberty, including hygiene needs and menstruation.
Vocabulary	friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission	diversity, stereotypes, judge, judgement, point-of-view, opinion, disagree, agree	rights, responsibilities, respect, opportunities, entitled, agreement, rights, convention, United Nations, roles, responsibilities	relationships, appropriate, behaviour, belonging, membership, together, family, domestic abuse, violence	influence, pressure, persuade, healthy choices, consequence, responsibility, feelings emotions	puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, sweat, health, body image, sexting, semi nudes, nudes consent, catfish, trolls, ghosting

Year 5						
	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Content	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships and how these develop as people grow older.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
Vocabulary	identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety	strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety	care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement	relationships, healthy, diversity, commitment, domestic abuse, violence	self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic	hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control

Year 6						
	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Content	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for selfcare and who cares for us as we grow older, including at secondary school.	Human reproduction, including different ways to start a family.	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Ways to manage the increasing responsibilities and emotional effects of life changes.
Vocabulary	personal safety, risk, consequences, friends, change, relationships, emotions, feelings	online identity, communication, risk, online bullying, diversity, inclusive, differences	strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, Independence, networks	sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, Caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe	self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental ill-health, wellbeing, illness, symptoms, mind	body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect