

PSHCE

All children are given a Citizenship folder at the start of each academic year which combines tasks to complete at home and school and in the wider community to teach and encourage pupils to be good citizens.

Pupils will be taught about:

Sex and Relationships Education

This subject is taught sensitively reflecting the Catholic Ethos and teaches about Christian values and beliefs.

Areas to be covered:

- About pollination and fertilisation
- About life cycles
- About home building and courtship
- The responsibilities of parenthood
- Passing of sperm from male to female
- Partnerships for life
- Birth and feeding
- Growth towards independence
- Appearance and inner feelings with Christ as the example

These objectives are taught in the following context:

Year 3: Plants

Year.4: Sticklebacks

Year 5: Birds/rabbits

Year 6: Humans

Term 1: New beginnings/changes (Linked to God's Creation)

Year 3-4

Children celebrate the similarities and differences between them, recognising that though we are all different we are all God's children and are all equal. They will think about what it feels like to be part of a community. Pupils explore the feelings of happiness, excitement, sadness and fearfulness and ways to deal with these feelings appropriately. They will think about the school rules and their responsibilities. The changes theme aims to equip children with an understanding of different types of change, positive and negative, and common human responses to it. The Changes theme seeks to develop children's ability to understand and manage the feelings associated with change.

Year 3

Children will learn to give and receive compliments and work on recognising their own values. They will think about how to make people feel valued and welcome. In addition, they will think about change and how it can be positive and how they can make their own positive changes.

Year 4

Children will know how to join a new group and learn strategies to help them to feel confident when making new friends. Pupils will understand the terms 'fair' and 'unfair' and think about how to make the school and classroom a safe and fair place for everyone. They will also explore how they feel if change is imposed on them and think about strategies to cope with change.

Year 5-6

The theme offers children the opportunity to see themselves as valued individuals within a Community, and to contribute to shaping a welcoming, safe and fair learning community for all. Throughout the theme children explore feelings of happiness and excitement, sadness, anxiety and fearfulness, while learning (and putting into practice) shared models for 'calming down' and 'problem solving'.

Year 5

Children will think about ways that they learn and play well together. They will explore the need for rules in school and in society. They think about what they can do if they don't agree with something in school. In addition, they will consider how change can interfere with our feeling of belonging and make us feel insecure and lack confidence. They will recognise issues that they are sensitive to and that upset them easily.

Year 6

Pupils will learn some strategies to cope with feelings that make them uncomfortable and to know how to calm themselves when necessary. They will think about how others may be feeling when they are in an unfamiliar situation and how they can help them to feel valued and welcomed. The change element will focus on the change as they prepare to move to secondary school and how they feel about these changes. They will understand that although some things will change, others remain the same.

Term 2: Say No to Bullying

This theme aims to develop and revisit four of the key social and emotional aspects of learning covered in previous themes, through a focus on bullying – what it is; how it feels; why people bully; how we can prevent and respond to it; and how children can use their social, emotional and behavioural skills to tackle this crucial problem.

Year 3

Children will identify what bullying is and think about what action they should take if they see someone being bullied.

Year 4

Children will think about how they can help someone who is being bullied and how they can work with others to problem solve a bullying situation.

Year 5

Children will think about direct and indirect bullying. They will think about why people bully and how people feel if they are involved in a bullying situation.

Year 6

Pupils will explore the need to be part of a group or belong. They will explore peer pressure and ways to resist giving in to it and understand reasons for bullying behaviour.

Term 3: Relationships

This theme explores feelings within the context of our important relationships including family and friends. In addition, there is a focus throughout the theme on helping children understand the feelings associated with loss – whether of a favourite possession, a friend, a family home, or a loved one.

Year 3

Children will think about how they can make people who are important to them happy. They will explore feelings of guilt and how to take responsibility and put things right when they have done wrong.

Year 4

Pupils will explore how they feel about an important person or animal in their life. They will learn about how most people feel when they lose someone or something close to them. They will think about how to remember someone they have lost and celebrate that person's life.

Year 5

Children will explore the feeling of embarrassment and strategies to deal with embarrassing situations. They will think of ways to compliment others and not put them down. They will also be taught to recognise and challenge stereotypes.

Year 6

Pupils will recognise that people deal with feelings of loss in different ways. They learn how to deal with these feelings themselves and how to support others who have experienced loss. They will also think about respecting the feelings of others when they fall out.

Term 4: Getting On and Falling Out

This theme focuses on developing children's knowledge, understanding and skills in three key social and emotional aspects of learning: empathy, managing feelings (with a focus on anger) and social skills.

Year 3

Pupils will learn how to be a good listener, how to take turns and to see things from another person's point of view. They will think about the feeling of anger and how to deal with this feeling. They will also explore ways to problem solve and reach a compromise when they have a disagreement.

Year 4

Children will think about how to be a good friend. They will further explore the feeling of anger, recognising when they are feeling angry and how to solve problems and disagreements peacefully.

Year 5

Children will know that relationships are all different and that different ways of behaving are appropriate to different types of relationships. They will develop leadership skills and ways to deal with conflict. Pupils will revisit dealing with anger by learning about the short and long term consequences of losing their temper.

Year 6

Children will learn about conflict resolution by not taking difference in opinion personally and not excluding people because they are different. They will think about stopping and getting an accurate picture of a situation before acting on it.

Term 5: Good to Be Me

This theme explores feelings in the context of the child as an individual, developing self-awareness and helping the child to realise that it really is 'Good to be me'. The theme is about understanding our feelings as well as considering our strengths and weaknesses as learners. It aims to develop knowledge, understanding and skills in three key social and emotional aspects of learning: self-awareness, managing feelings and empathy.

Year 3

Pupils will explore the feelings of being surprised or anxious and how to deal with these feelings. They will think about ways to help them relax.

Year 4

Children will think about the feelings of disappointment and hopefulness. They will think about when it is good to explore or hide our feelings and learn how to express themselves assertively.

Year 5

Children will learn the difference between being proud of their achievements and boasting and understand that boasting can make others feel inadequate or useless. They will also think about coping with having mixed feelings and to use their own judgement about taking risks.

Year 6

Pupils will think about accepting themselves for who they are and recognise the feeling of being worried. They will learn strategies to help them overcome worry and also how to stand up for something they feel strongly about.

<p>Term 6: Going for goals</p> <p>This theme focuses primarily on the key aspect of motivation, with a subsidiary focus on self-awareness. It gives an important opportunity for all children's abilities, qualities and strengths to be valued. The theme provides opportunities for the children to reflect on themselves as individuals, particularly their strengths as learners and how they learn most effectively.</p>	
<p>Year 3</p> <p>Children will think about how to set themselves goals and how to break their goals down into manageable targets. They will think about how to keep themselves motivated and to deal with feelings of frustration if they do not achieve their goal.</p>	<p>Year 4</p> <p>Children will learn to recognise their own strengths and be proud of their achievements. They will think about ways to help them persevere when they find achieving their goal difficult or they lose interest.</p>
<p>Year 5</p> <p>Pupils think about how they can be effective learners, they learn how to offer constructive criticism to themselves and others. They know what their own achievements are and are aware of what other people admire about them.</p>	<p>Year 6</p> <p>Pupils learn that it is their own responsibility to take the first step towards achieving their goals. They will realise that if they are not successful the first time this should not stop them from trying again and will consider the consequences of achieving their goals.</p>