



# PSHE & Citizenship

Skills Progression at Parkland Infant and Junior

## INTENT

“Character is far more important than intellect in making a person a good citizen or successful at their calling... not only such qualities as honesty and truthfulness, but courage, perseverance and self-reliance.” - Theodore Roosevelt

At The Parkland Federation, we strive to promote a nurturing learning environment in which each child is encouraged to develop their full potential and where their achievements and successes are celebrated and rewarded. Our school motto - **Aim High, Work Hard, Dream Big** is reflected throughout the school in all areas of learning.

At our schools, we believe that children are all individuals and therefore we aim to encourage mutual respect, responsibility and foster self-esteem in a happy and caring atmosphere. Our school values of **Honesty, Aspiration, Resilience, Positivity and Co-operation** permeate throughout each day.



Aim high, work hard, dream BIG!

PKF

## IMPLEMENTATION

Using the Jigsaw programme of Study to enable our teaching, alongside bespoke assemblies, we consider the 'whole child' and foster a mindfulness approach. Through PSHE and RSE, we enhance children's education and help them become caring, respectful and confident citizens. Equality and the celebration of diversity are themes that flow through weekly assemblies and lessons. We promote children's thinking in relation to career paths daily through our school value of 'aspirations'. The children are taught that there are no limits on what they can achieve. A huge thread that also runs through our curriculum is the promotion of emotional health and well-being.

At The Parkland Federation, we aim to support and encourage our children to be global learners. We teach the children to have an awareness of how our actions can impact the future of our planet. We also develop the children's ability to become critical thinkers as well as being creative individuals who are highly self aware. We promote the skills needed to engage in a sustainable future. Including a clear understanding of the three Rs, **Reduce, Re-use and Recycle!** We encourage the children to engage in local and global challenges and promote a positive contribution for making a better world.



Aim high, work hard, dream BIG!

PKF

## RSE - Relationship and Sex Education

Each year group will be taught RSE by their class teacher during the Summer Term. Before lessons commence, teachers will let parents know in order to allow an opportunity for questions and a chance to share any learning resources. We believe that it is essential that parents and teachers work closely during RSE to ensure the subject is delivered in a sensitive and respectful manner. Please see the information opposite regarding what is taught in each Year Group.

For further information, please click here for a link to the Jigsaw website:

<https://www.jigsawpshe.com/information-for-parents-and-carers/>

Year Group	Area of RSE Study
EYFS	Growing up. How we have changed since we were babies.
Year 1	Boys and girls bodies. Naming body parts, including which body parts are private and why this is.
Year 2	How babies grow and how boys and girls bodies change as they grow older.
Year 3	How babies grow and how boys and girls bodies change as they grow older.
Year 4	Internal and external reproductive body parts, body changes in girls and menstruation.
Year 5	Puberty for boys and girls, and conception.
Year 6	Puberty for boys and girls and understanding conception to birth of a baby.

Year Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	<p>To recognise and manage my feelings</p> <p>To begin to understand responsibility</p>	<p>To recognise something I am good at and understand people are good at different things.</p>	<p>To set a goal and work towards it</p> <p>To use kind words to encourage others</p>	<p>To know my body needs to exercise to stay healthy</p> <p>To know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>To think of ways to solve problems and stay friends</p> <p>To use Calm Me to manage my feelings</p>	<p>To understand that we all grow from babies</p> <p>To understand how to share my worries and discuss what I am looking forward to about being in Year 1</p>
1	<p>To understand rights and responsibilities as a member of my class</p> <p>To understand the choices I make and the consequences of poor choices</p>	<p>To understand the ways I am different from my friends</p> <p>To understand differences make us special and unique</p>	<p>To explain how it feels to have successes and how we can celebrate success by giving examples</p>	<p>To understand why my body is amazing and how I can keep it healthy</p> <p>To understand how being healthy helps me feel happy</p>	<p>To understand why I appreciate someone special to me</p> <p>To be able to express how I feel about people who are special to me</p>	<p>To identify parts of the body that make boys and girls different and use the correct body part names</p> <p>To understand how to respect my body and why some parts are private</p>
2	<p>To identify my hopes and worries about the year ahead</p> <p>To understand rights and responsibilities as a member of my class and my school</p>	<p>To understand ways that my friends are different to me</p> <p>To be able to value the differences between me and my friends</p>	<p>To explain some of the ways I have worked cooperative in a group to make an end product</p> <p>To understand how it feels to be a good friend</p>	<p>To make some healthy snacks and explain why they are good for my body</p> <p>To express how it feels to share healthy food with my friends</p>	<p>To understand some of the things that cause conflict with my friends</p> <p>To understand how to use positive problem solving to solve conflict with my friends</p>	<p>To recognise the physical differences between boys and girls and use the correct terminology</p> <p>To understand why some parts of my body are private</p>

Year Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3	<p>To recognise my worth and achievements and identify positive things about myself</p> <p>To understand that my actions affect others and try to see things from their point of view.</p>	<p>To understand my words can affect others and what the consequences might be</p> <p>To give and receive compliments and know how this feels</p>	<p>To evaluate my own learning process and identify how it can be improved</p> <p>To be confident in sharing my successes with others</p>	<p>To identify things, people and places that I need to be safe from.</p> <p>To know who to ask for help and understand strategies for keeping safe</p> <p>To understand what feeling anxious or scared feels like</p>	<p>To understand how some of the actions and work of people around the world help and influence my life</p> <p>To show an awareness of how this could affect my choices</p>	<p>To understand how our bodies change on the inside as we grow up</p> <p>To know that bodies change for a reason</p> <p>To understand how to recognise feelings associated with my changing body</p>
4	<p>To know my attitudes and actions make a difference to the class team</p> <p>To understand how democracy and having a voice benefits the school community</p>	<p>To understand that first impressions can change once I know someone</p> <p>To explain why we should accept people for who they are</p>	<p>To know how to make a new plan and set new goals even when I have been disappointed</p> <p>To know how to be resilient and to keep a positive attitude</p>	<p>To recognise when people are putting me under pressure and how to resist this</p> <p>To recognise feelings of anxiety and fear associated with peer pressure</p>	<p>To explain different points of view when looking at animal rights issues</p> <p>I can express my own thoughts and feelings on this matter</p>	<p>To identify internal and external reproductive organs</p> <p>To identify what I am looking forward to about Year 5</p> <p>To identify changes I want to make in Year 5 and how to do this</p>

Year Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
5	<p>To understand my rights and responsibilities as a British citizen</p> <p>To understand how democracy and having a voice benefits the school community and how I can participate in this</p>	<p>To understand the difference between direct and indirect bullying</p> <p>To know some ways to help others who use bullying behaviours and support children who have felt bullied.</p>	<p>To describe the dreams and goals of a young person from a culture different to mine</p> <p>To reflect on how other people's goals can relate to mine</p>	<p>To describe the different roles food can play in people's lives and can explain how people develop eating problems relating to body image</p> <p>To understand how to respect and value my body</p>	<p>To explain how to stay safe when using technology to communicate with my friends</p> <p>To recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others</p>	<p>To describe how bodies change during puberty</p> <p>To express how I feel about the changes that will happen to me during puberty</p>
6	<p>To understand that my actions affect other people locally as well as globally</p> <p>To understand how an individual's behaviour can impact on a group</p>	<p>To explain ways in which difference can be a source of conflict or cause for celebration</p> <p>To show empathy with people in different situations</p>	<p>To describe some ways in which I can work with other people to help make the world a better place and know why I might be motivated to do this</p>	<p>To evaluate when alcohol is being used responsibly, anti socially or being misused</p> <p>To tell you how I feel about using alcohol when I am older and my reasons for this</p>	<p>To tell when people are trying to gain power or control</p> <p>To demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>	<p>To describe how a baby develops from conception through the nine months of pregnancy and how it is born</p>



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