

Who are we?

As a school we promote three key values (integrity, respect and resilience) throughout our teaching and whole school assemblies. These values shape how we behave, what we say and how we build relationships. We have a lower than average level of diversity in Buckingham, but we celebrate differences within ourselves and others through our school value of respect and integrity. We have strong links within our local community through events and fundraising. Older children in the school have key responsibilities, supporting younger children and caring for the environment. We have strong views regarding safety, ensuring children know how to keep themselves safe and what to do if they don't feel safe.

We are an important part of our community, building ties through local events in the community, as well as building relationships with the Care Home on Lace Hill and a local farm. We learn and make a conscious effort to look after our bodies, through our healthy eating lunches, playground fitness areas and a range of sporting events/ competitions. We learn and support relationships with other schools in the trust, as well as our secondary schools using transition to prepare them for later life. We look after our minds and emotions, supported through our Well Being Leads and Champions. Everyone knows who the Leads and their Champion is and training has taken place to offer the best support.

What do we need to know? Why?

Through the education of PSHRE in Lace Hill, children will develop the ability and knowledge of how to create and secure positive family and friend networks, living in a community that shows characteristics of a healthy family life that respect diversity. **(Integrity and respect)**

Children from Lace Hill will go on as adults to know that the friendships they build in life are based on characteristics valued and taught through the Lace Hill curriculum and can be applied throughout their lives to positive, trustworthy friendships with the ability to problem solve and repair through mutual respect, including online relationships. **(Respect and resilience)**

Through the successful teaching of PSHRE at Lace Hill, our children will go on to thrive as adults in overcoming adversity and protect and develop their wellbeing, both physically and mentally. **(Resilient)**

At Lace Hill, we are committed to ensure our PSHRE curriculum develops the quality and attributes our children need to thrive as individuals, family members and members of society to ensure they can manage their lives in the future and develop essential employability skills for the 21st Century **(Resilient, respect, integrity)**

Through the understanding of our school context we have identified children need to know the following:

- How to be a confident person
- How to be an independent thinker and self-starter
- How to empathise with others
- How to develop an inquisitive mind
- When to take risks with their learning
- How to bounce back and move forward when faced with a challenge
- How to be proactive and innovative

- What it feels like to belong

It is vital that we set our children up for the next step in their education and we believe by enabling our children to know these essential skills, they will be ready for the journey through education and in to adulthood.

What do we need to experience? Why?

When a child leaves our school they will...

- Be a confident person
- Be an independent thinker and self-starter
- Empathise with others
- Have an inquisitive mind
- Take risks with their learning
- Bounce back and move forward when faced with a challenge
- Be proactive and innovative
- Have a sense of belonging

I am a Lace Hill citizen because...

- I have the confidence to use my core beliefs and positive influences to make the right choices
- I know what to expect from a healthy, loving relationship
- I know how to look after myself both physically and emotionally, understanding how and who to seek help from when I need it
- I feel a valued member of society and embrace diversity
- I can lead an independent life and show resilience to manage any challenges that come my way through the journey of life

Substantive Concepts

- Being me in my World
- Celebrating Differences
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Disciplinary Concepts

- Understanding body and mind
- Celebrating difference
- Making the right choices
- Expressing myself
- Inspiring



Children need to be able to see and celebrate uniqueness that goes far beyond the classroom and the curriculum. We expose children at Lace Hill to exploring themselves as a whole person. The local environment is rich in opportunities to develop and promote each individual child so they can go on to thrive as citizens in the wider context of the world (e.g. Care Home links, local farm, book shop).

Children are exposed to high quality trips which offer rich learning, extra-curricular activities, representing and taking part in causes they believe in, performances, MFL, tournaments, being part of a team and many more experiences that help create a whole child that has their strengths celebrated and respected.

As part of teaching our PSHRE curriculum we use Jigsaw to form the starting structure of our planning. Each year group will experience the same six units of work: Being me in my world, Healthy me, Changing me, Celebrating differences, Dreams and goals, and Relationships. Most year groups follow the structure that Jigsaw recommends; for older year groups this is slightly adapted to suit the needs of each cohort. For example, relationships is taught earlier on in the year to support our older children with maintaining healthy relationships.

LHA PSHRE Journey (Progression)

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Units covered	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in My World Relationships Celebrating Differences Dreams and Goals Healthy Me Changing Me	Being Me in My World Relationships Celebrating Differences Dreams and Goals Healthy Me Changing Me
Trips/Visits	Litter Picking	Police Visit NSPCC	Care Home NSPCC	Care Home PCSO Visit NSPCC	NSPCC	Careers Fayre Hazard Alley NSPCC First Aid Training Litter Picking	Careers Fayre Police visits NSPCC
Disciplinary Concepts	Understanding my body and mind Celebrate differences Make the right choices Express myself Aspire	Understanding my body and mind Celebrate differences Make the right choices Express myself Aspire	Understanding my body and mind Celebrate differences Make the right choices Express myself Aspire	Understanding my body and mind Celebrate differences Make the right choices Express myself Aspire	Understanding my body and mind Celebrate differences Make the right choices Express myself Aspire	Understanding my body and mind Celebrate differences Make the right choices Express myself Aspire	Understanding my body and mind Celebrate differences Make the right choices Express myself Aspire

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Substantive Concepts	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in my World Celebrating Differences Dreams and Goals Healthy Me Relationships Changing Me	Being Me in My World Relationships Celebrating Differences Dreams and Goals Healthy Me Changing Me	Being Me in My World Relationships Celebrating Differences Dreams and Goals Healthy Me Changing Me
LHA PSHRE Journey (Progression in Knowledge and Skills)							
Being Me in my World	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Nursery Understand how it feels to belong Know that we are similar and different Know how feeling happy and sad can be expressed Know how to work together and consider other people's feelings Know that it is good to be kind to people Understand children's rights means we should all be allowed to learn and play Know what being responsible means Reception Know they have a right to learn and play, safely and happily	Understand their own rights and responsibilities with their classroom Understand that their choices have consequences Understand that their views are important Understand the rights and responsibilities of a member of a class	Understand the rights and responsibilities of class members Know about rewards and consequences and that these stem from choices Know that it is important to listen to other people Understand that their own views are valuable Know that positive choices impact positively on self-learning and the learning of others Identifying hopes and fears for the year ahead	Know that the school has a shared set of values Know why rules are needed and how these relate to choices and consequences Know that actions can affect others' feelings Know that others may hold different views Understand that they are important Know what a personal goal is Understanding what a challenge is	Know their place in the school community Know what democracy is (applied to pupil voice in school) Know how groups work together to reach a consensus Know that having a voice and democracy benefits the school community Know how individual attitudes and actions make a difference to a class Know about the different roles in the school community Know that their own actions affect themselves and others	Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process Understand the rights and responsibilities associated with being a citizen in the wider community and their country Know how to face new challenges positively Understand how to set personal goals Know how an individual's behaviour can affect a group and the consequences of this	Know about children's universal rights (United Nations Convention on the Rights of the Child) Know about the lives of children in other parts of the world Know that personal choices can affect others locally and globally Know how to set goals for the year ahead Understand what fears and worries are Understand that their own choices result in different consequences and rewards Understand how democracy and having

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	<p>Know that some people are different from themselves</p> <p>Know that hands can be used kindly and unkindly</p> <p>Know special things about themselves</p> <p>Know how happiness and sadness can be expressed</p> <p>Know that being kind is good</p>						<p>a voice benefits the school community</p> <p>Understand how to contribute towards the democratic process</p>
Celebrating Differences	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Nursery</p> <p>Know how it feels to be proud of something</p> <p>Know one way I am special and unique</p> <p>Know that all families are different</p> <p>Understand how to make new friends</p> <p>Know how to use my words to stand up for myself</p> <p>Reception</p> <p>Know what being unique means</p>	<p>Know what bullying means</p> <p>Know who to tell if they or someone else is being bullied or is feeling unhappy</p> <p>Know that people are unique and that it is OK to be different</p> <p>Know skills to make friendships</p> <p>Know that people have differences and similarities</p>	<p>Know the difference between a one-off incident and bullying</p> <p>Know that sometimes people get bullied because of difference</p> <p>Know that friends can be different and still be friends</p> <p>Know there are stereotypes about boys and girls</p> <p>Know where to get help if being bullied</p>	<p>Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</p> <p>Know that conflict is a normal part of relationships</p> <p>Know that some words are used in hurtful ways and that this can have consequences</p> <p>Know why families are important</p>	<p>Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</p> <p>Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</p> <p>Know that sometimes people make assumptions about a person because of the way they look or act</p> <p>Know there are influences that can</p>	<p>Know external forms of support in regard to bullying e.g. Childline</p> <p>Know that bullying can be direct and indirect</p> <p>Know what racism is and why it is unacceptable</p> <p>Know what culture means</p> <p>Know that differences in culture can sometimes be a source of conflict</p>	<p>Know that people can hold power over others individually or in a group</p> <p>Know that power can play a part in a bullying or conflict situation</p> <p>Know that there are different perceptions of 'being normal' and where these might come from</p> <p>Know that difference can be a source of celebration as well as conflict</p>

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	<p>Know the names of some emotions such as happy, sad, frightened, angry</p> <p>Know why having friends is important</p> <p>Know some qualities of a positive friendship</p> <p>Know that they don't have to be 'the same as' to be a friend</p> <p>Know what being proud means and that people can be proud of different things</p> <p>Know that people can be good at different things</p> <p>Know that families can be different</p> <p>Know that people have different homes and why they are important to them</p> <p>Know different ways of making friends</p> <p>Know different ways to stand up for myself</p>		<p>Know that it is OK not to conform to gender stereotypes</p> <p>Know it is good to be yourself</p> <p>Know the difference between right and wrong and the role that choice has to play in this</p>	<p>Know that everybody's family is different</p> <p>Know that sometimes family members don't get along and some reasons for this</p>	<p>affect how we judge a person or situation</p> <p>Know what to do if they think bullying is or might be taking place</p> <p>Know that first impressions can change</p>	<p>Know that rumour-spreading is a form of bullying online and offline</p> <p>Know how their life is different from the lives of children in the developing world</p>	<p>Know that being different could affect someone's life</p> <p>Know why some people choose to bully others</p> <p>Know that people with disabilities can lead amazing lives</p>
	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

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Dreams and Goals	Nursery Understand what a challenge means Understand I can keep trying until I can do something Know some kind words which can encourage people Understand I can feel proud when I achieve a goal	Know how to set simple goals Know how to achieve a goal Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them	Know how to choose a realistic goal and think about how to achieve it Know that it is important to persevere Know how to recognise what working together well looks like	Know that they are responsible for their own learning Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles	Know how to make a new plan and set new goals even if they have been disappointed Know how to work as part of a successful group Know how to share in the success of a group	Know about a range of jobs that are carried out by people I know Know the types of job they might like to do when they are older Know that young people from different cultures may have different dreams and goals	Know their own learning strengths Know what their classmates like and admire about them Know a variety of problems that the world is facing
	Reception Know what a challenge is Know that it is important to keep trying Know what a goal is Know how to set goals and work towards them Know which words are kind Know some jobs that they might like to do when they are older Know that they must work hard now in order to be able to achieve the job they want when	Know when a goal has been achieved Know how to work well with a partner Know that tackling a challenge can stretch their learning	Know what good group-working looks like Know how to share success with other people	Know what dreams and ambitions are important to them Know about specific people who have overcome difficult challenges to achieve success Know how they can best overcome learning challenges Know what their own strengths are as a learner Know how to evaluate their own learning progress and identify how it can be better next time	Know what their own hopes and dreams are Know that hopes and dreams don't always come true Know that reflecting on positive and happy experiences can help them to counteract disappointment Know how to work out the steps they need to take to achieve a goal	Know that they will need money to help them to achieve some of their dreams Know that different jobs pay more money than others Know that communicating with someone from a different culture means that they can learn from them and vice versa Know ways that they can support young people in their own culture and abroad	Know some ways in which they could work with others to make the world a better place Know what the learning steps are they need to take to achieve their goal Know how to set realistic and challenging goals

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	they are older						
	Know when they have achieved a goal						
Healthy Me	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Nursery Know the names for some parts of my body Understand that I need to be active to be healthy Know what the word healthy means Know some foods are healthier than others Know how to help myself go to sleep Know when and how to wash their hands properly Know who my safe adults are Reception Know what the word 'healthy' means Know some things that they need to do to keep healthy Know the names for some parts of their body	Know the difference between being healthy and unhealthy Know some ways to keep healthy Know how to make healthy lifestyle choices Know that all household products, including medicines, can be harmful if not used properly Know that medicines can help them if they feel poorly Know how to keep safe when crossing the road Know how to keep themselves clean and healthy Know that germs cause disease/illness Know about people who can keep them safe	Know what their body needs to stay healthy Know what relaxed means Know why healthy snacks are good for their bodies Know which foods given their bodies energy Know that it is important to use medicines safely Know what makes them feel relaxed/stressed Know how medicines work in their bodies Know how to make some healthy snacks	Know how exercise affects their bodies Know that the amount of calories, fat and sugar that they put into their bodies will affect their health Know that there are different types of drugs Know that there are things, places and people that can be dangerous Know when something feels safe or unsafe Know why their hearts and lungs are such important organs Know a range of strategies to keep themselves safe Know that their bodies are complex and need taking care of	Know that there are leaders and followers in groups Know the facts about smoking and its effects on health Know the facts about alcohol and its effects on health, particularly the liver Know ways to resist when people are putting pressure on them Know what they think is right and wrong Know how different friendship groups are formed and how they fit into them Know which friends they value most Know that they can take on different roles according to the situation	Know basic emergency procedures, including the recovery position Know the health risks of smoking Know how smoking tobacco affects the lungs, liver and heart Know how to get help in emergency situations Know that the media, social media and celebrity culture promotes certain body types Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure Know some of the risks linked to misusing alcohol, including antisocial behaviour	Know how to take responsibility for their own health Know what it means to be emotionally well Know how to make choices that benefit their own health and well-being Know about different types of drugs and their uses Know how these different types of drugs can affect people's bodies, especially their liver and heart Know that stress can be triggered by a range of things Know that being stressed can cause drug and alcohol misuse Know that some people can be exploited and

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	<p>Know when and how to wash their hands properly</p> <p>Know how to say no to strangers</p> <p>Know that they need to exercise to keep healthy</p> <p>Know how to help themselves go to sleep and that sleep is good for them</p> <p>Know what to do if they get lost</p>				<p>Know some of the reasons some people start to smoke</p> <p>Know some of the reasons some people drink alcohol</p>	<p>Know what makes a healthy lifestyle</p>	<p>made to do things that are against the law</p> <p>Know why some people join gangs and the risk that this can involve</p>
Relationships	<p>Early Years</p> <p>Nursery Understand how to make friends if I feel lonely</p> <p>Know some of the things I like about my friends</p> <p>Know what to say and do if somebody is mean to me</p> <p>Reception Know what a family is</p> <p>Know that different people in a family have different responsibilities (jobs)</p>	<p>Year 1</p> <p>Know that everyone's family is different</p> <p>Know that families are founded on belonging, love and care</p> <p>Know that physical contact can be used as a greeting</p> <p>Know how to make a friend</p> <p>Know who to ask for help in the school community</p>	<p>Year 2</p> <p>Know that there are lots of forms of physical contact within a family</p> <p>Know how to stay stop if someone is hurting them</p> <p>Know there are good secrets and worry secrets and why it is important to share worry secrets</p> <p>Know what trust is</p> <p>Know that everyone's family is different</p>	<p>Year 3</p> <p>Know that different family members carry out different roles or have different responsibilities within the family</p> <p>Know some of the skills of friendship, e.g. taking turns, being a good listener</p> <p>Know some strategies for keeping themselves safe online</p> <p>Know that they and all children have rights (UNCRC)</p>	<p>Year 4</p> <p>Know some reasons why people feel jealousy</p> <p>Know that loss is a normal part of relationships</p> <p>Know that negative feelings are a normal part of loss</p> <p>Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe</p>	<p>Year 5</p> <p>Know that there are rights and responsibilities in an online community or social network</p> <p>Know that there are rights and responsibilities when playing a game online</p> <p>Know that too much screen time isn't healthy</p> <p>Know how to stay safe when using technology to communicate with friends</p>	<p>Year 6</p> <p>Know that it is important to take care of their own mental health</p> <p>Know ways that they can take care of their own mental health</p> <p>Know the stages of grief and that there are different types of loss that cause people to grieve</p> <p>Know that sometimes people can try to gain power or control them</p>

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	<p>Know some of the characteristics of healthy and safe friendships</p> <p>Know that friends sometimes fall out</p> <p>Know some ways to mend a friendship</p> <p>Know that unkind words can never be taken back and they can hurt</p> <p>Know how to use Jigsaw's Calm Me to help when feeling angry</p> <p>Know some reasons why others get angry</p>	<p>Know that there are lots of different types of families</p> <p>Know the characteristics of healthy and safe friends</p> <p>Know about the different people in the school community and how they help</p>	<p>Know that families function well when there is trust, respect, care, love and co-operation</p> <p>Know some reasons why friends have conflicts</p> <p>Know that friendships have ups and downs and sometimes change with time</p> <p>Know how to use the Mending Friendships or Solve it together problem-solving methods</p>	<p>Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc</p> <p>Know how some of the actions and work of people around the world help and influence my life</p> <p>Know the lives of children around the world can be different from their own</p>	<p>Know that jealousy can be damaging to relationships</p> <p>Know that memories can support us when we lose a special person or animal</p>	<p>Know that a personality is made up of many different characteristics, qualities and attributes</p> <p>Know that belonging to an online community can have positive and negative consequences</p>	<p>Know some of the dangers of being 'online'</p> <p>Know how to use technology safely and positively to communicate with their friends and family</p>
Changing Me	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Nursery</p> <p>Know the names of parts of my body</p> <p>Understand how to show respect for myself</p> <p>Understand that we all start as babies and grow into children and then adults</p> <p>Know that I can grow and change</p> <p>Reception</p> <p>Know the names and</p>	<p>Know the names of male and female private body parts</p> <p>Know that there are correct names for private body parts and nicknames, and when to use them</p> <p>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</p>	<p>Know the physical differences between male and female bodies</p> <p>Know that private body parts are special and that no one has the right to hurt these</p> <p>Know who to ask for help if they are worried or frightened</p> <p>Know there are different types of touch</p>	<p>Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</p> <p>Know some of the outside body changes that happen during puberty</p> <p>Know some of the changes on the inside that happen during puberty</p>	<p>Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</p> <p>Know that babies are made by a sperm joining with an ovum</p> <p>Know the names of the different internal and external body parts</p>	<p>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Know that sexual intercourse can lead to conception</p> <p>Know that some people need help to conceive and might use IVF</p>	<p>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Know how a baby develops from conception through the nine months of pregnancy and how it is born</p>

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	<p>functions of some parts of the body (see vocabulary list)</p> <p>Know that we grow from baby to adult</p> <p>Know who to talk to if they are feeling worried</p> <p>Know that sharing how they feel can help solve a worry</p> <p>Know that remembering happy times can help us move on</p>	<p>Know who to ask for help if they are worried or frightened</p> <p>Know that animals including humans have a life cycle</p> <p>Know that changes happen when we grow up</p>	<p>and that some are acceptable and some are unacceptable</p> <p>Know the correct names for private body parts</p> <p>Know that life cycles exist in nature</p> <p>Know that aging is a natural process including old age</p> <p>Know that some changes are out of an individual's control</p> <p>Know how their bodies have changed from when they were a baby and that they will continue to change as they age</p>	<p>Know that in animals and humans lots of changes happen between conception and growing up</p> <p>Know that in nature it is usually the female that carries the baby</p> <p>Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</p> <p>Know that babies need love and care from their parents/carers</p> <p>Know some of the changes that happen between being a baby and a child</p>	<p>that are needed to make a baby</p> <p>Know how the female and male body change at puberty</p> <p>Know that change can bring about a range of different emotions</p> <p>Know that personal hygiene is important during puberty and as an adult</p> <p>Know that change is a normal part of life and that some cannot be controlled and have to be accepted</p>	<p>Know that becoming a teenager involves various changes and also brings growing responsibility</p> <p>Know what perception means and that perceptions can be right or wrong</p>	<p>Know how being physically attracted to someone changes the nature of the relationship</p> <p>Know the importance of self-esteem and what they can do to develop it</p> <p>Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class</p>
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