PSHRE Curriculum at Lace Hill Academy

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.

As part of teaching our PSHRE curriculum we use Jigsaw to form the starting structure of our planning.

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

PSHRE Curriculum at Lace Hill Academy

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…	I am a Lace Hill citizen because…
• 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 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	**Disciplinary Concepts**
• Being me in my World • Celebrating Differences • Dreams and Goals • Healthy Me • Relationships • Changing Me	•



PSHRE Curriculum at Lace Hill Academy

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.

PSHRE Curriculum at Lace Hill Academy

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 Care Home	Police Visit NSPCC Care Home	Care Home NSPCC	Care Home PCSO Visit NSPCC	NSPCC Care Home	Careers Fayre Hazard Alley NSPCC First Aid Training Litter Picking Care Home	Careers Fayre Police visits NSPCC Care Home
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
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

PSHRE Curriculum at Lace Hill Academy

LHA PSHRE Journey (Progression in Knowledge and Skills)

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	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	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	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	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

PSHRE Curriculum at Lace Hill Academy

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends	Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings Simple budgeting	Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and off line Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends	How babies grow Outside body changes Inside body changes Personal hygiene Family stereotypes Challenging my ideas Preparing for transition

PSHRE Curriculum at Lace Hill Academy

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	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	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition/ self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules	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

PSHRE Curriculum at Lace Hill Academy

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 10-11	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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings *Conception to birth* Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition