

**Intent:** At Kentish Town, we aim for children to develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in the outside real world.



PSHE at  
Kentish Town C of E - EYFS

**Key Learning**

**EYFS:**

**Nursery (Acorns) and Reception (Oak) children will learn about ...**

Making Relationships—Settling into Reception, forming relationships, taking turns, sharing, and showing care and understanding of own and others cultures/beliefs

Self Confidence and Self Awareness—Selecting own resources and activities, talking about what we are good at, and making self portraits

Managing Feelings and Behaviour—Discussing class boundaries and expectations, using gentle hands, looking after our things, and trying our best

Labelling and talking about our emotions

Solving problems that arise in class through circle times

Enrichment:

- Zones of Regulation
- Whole School assembly
- Anti Bullying Week
- Mental Health Awareness Week
- Child of the week
- Mental Health Heroes
- School Council

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PSHE at  
Kentish Town C of E - KS1

**Key Learning**

**Year 1 (Ash):** Children will learn about ...

**Health Education:**

To understand how to keep teeth healthy, understand how teeth change as we grow up, understand some basic hygiene principles, and to understand how some diseases are spread and how they can be controlled

**Mental Wellbeing:**

To identify a range of emotions, understand and recognise positive and difficult emotions, increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively

**General:**

To set a goal

To understand why voting is important.

Enrichment:

- Zones of Regulation
- Whole School assembly
- Anti Bullying Week
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PSHE at  
Kentish Town C of E - KS1

**Key Learning**

**Year 2 (Willow):** Children will learn ...

**Health Education:**

To identify healthy snack options, be able to recognise and name and the 5 groups from the Eatwell plate and understand the benefits of eating at least 5 portions of fruit and vegetables.

Why medicines are taken, where medicines come from , and how to stay safe around medicines

**Mental Wellbeing:**

To identify a range of emotions, and understand and recognise positive and difficult emotions.

To increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively

**General:**

To set a goal

To understand how the UK parliament is formed.

**Enrichment:**

- Zones of Regulation
- Whole School assembly
- Anti Bullying Week
- Mental Health Awareness Week
- Child of the week
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**Key Vocabulary:**

**Intent:** For children to develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in the outside real world. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.



PSHE at  
Kentish Town C of E - KS1

### **End of KS1 outcomes:**

#### **Children should be able to:**

Share their opinions on things that matter to them and explain their views.

Recognise, name and deal with their feelings in a positive way.

Understand how rules help them.

Recognise choices they can make, and recognise the difference between right and wrong.

Know that they belong to various groups and communities, such as family and school.

Know what improves and harms their local, natural and built environments and know about some of the ways people look after them.

Maintain personal hygiene.

Understand how some diseases spread and can be controlled.

Name the main parts of the body and understand how people's bodies change with age.

Recognise that all household products, including medicines, can be harmful if not used properly.

Make safe choices both inside and outside their familiar environments.

Recognise how their behaviour affects other people and to learn to respect the views and opinions of other people .

Understand , identify and respect that people are different and that everyone has the right to be heard.

Recognise how their behaviour affects other people and to learn to respect the views and opinions of others .

Recognise that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

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PSHE at  
Kentish Town C of E - KS2

### Key Learning

**Year 3 (Cedar):** Children will ...

Health Education :

Understand what food groups make up meals, and explain how food choices can contribute to tooth decay

Mental Wellbeing:

Learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good

Learn about ways of expressing feelings and emotions and why this is important

Learn about managing feelings and emotions in different situations

Learn about getting help, advice and support with feelings and emotions

General:

Learn how to set a goal and assess their progress towards a goal

Explain why democracy is important

Enrichment:

- Zones of Regulation
- Whole School assembly
- Anti Bullying Week
- Mental Health Awareness Week
- Child of the week
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PSHE at  
Kentish Town C of E - KS2

### Key Learning

**Year 4 (Sycamore)** Children will learn ...

Health Education :

To understand that food gives us energy, and understand the importance of nutrients

Asthma Lesson: Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection

Learn that infection can spread through sneezing and coughing. Understand that covering the mouth when sneezing can prevent the spread of infection

Drugs, Alcohol and Tobacco:

To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them

To learn about the effects and risks of drinking alcohol

To learn about different patterns of behaviour that are related to drug use

General:

How to set a goal and assess their progress towards a goal

To explain the importance of asking questions.

Enrichment:

- Zones of Regulation
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### Key Learning

**Year 5 (Chestnut):** Children will learn ...

Health Education :

To review a day's menu and provide feedback on how it can be improved

To explain the function of nutrients and fibre

To explain the reasons it is important to keep hydrated.

To explain that different types and portions of foods and drinks provide different amounts of energy.

To identify and interpret information on food labels.

Mental Wellbeing:

Learn how to talk about mental health and wellbeing Know who can help us and how to ask for help Know the difference between a big and a small feeling

Learn how to be a good listener

Basic First Aid:

Understand what first aid is Learn first aid skills Feel able to help someone who needs first aid How to help someone with a burn

A: Understand what first aid is, learn first aid skills, feel able to help someone who needs first aid, learn how to help someone with head injury or bleeding, and know how to make an emergency call

General:

To set a goal and assess their progress towards achieving a goal

To explain why democracy is important

Enrichment:

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PSHE at  
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### Key Learning

**Year 6 (Beech):** Children will learn ...

#### Health Education:

To recap how to keep ourselves healthy

To explain some of the health benefits of being active.

#### Mental Wellbeing:

To learn how to talk about mental health and wellbeing

To know who can help us and how to ask for help

To know the difference between a big and a small feeling

To learn how to be a good listener

#### Drugs, Alcohol and Tobacco:

To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs

To learn about assessing the level of risk in different situations involving drug use

To learn about ways to manage risk in situations involving drug use

### Enrichment:

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PSHE at  
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### **End of KS2 outcomes:**

#### **Children should be able to:**

Recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals.

Know about the range of jobs carried out by people they know, and to understand how they can develop skills to make their own contribution in the future.

Look after their money and realise that future wants and needs may be met through saving.

Recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way.

Understand what democracy is, and about the basic institutions that support it locally and nationally.

Research, discuss and debate topical issues, problems and events.

Understand why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.

Realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities.

Know that there are different kinds of responsibilities, rights and duties at home, at school and in the community, and that these can sometimes conflict with each other

Reflect on spiritual, moral, social, and cultural issues, using imagination to understand other e. people's experiences