



CATALYST

Dilkes Academy

Garron Lane, South Ockendon, Essex RM15 5JQ
Telephone: 01708 852128 E-mail: admin.da@catrust.org.uk

PSHE

The school uses the PSHE Association curriculum along with the national curriculum, alongside we will be using Yasmin and Tom for interactive resources. This is a spiralling curriculum which is repeated through each year group.

Year 1

In PSHE, the children will learn how their behaviour might affect others around them and how to make the right choices in the classroom. They will explore the different roles of people in our community and discuss the rules of looking after the environment. They will explore how to stay safe at home and how to be healthy. The children will learn to recognise what makes them unique and special.

Year 2

In PSHE, the children will learn how to recognise things that they have in common with each other and to celebrate the differences between them. The children will explore different careers and how exactly money works. They will discuss about managing secrets; resisting pressure and how to safe online. The children will talk about growing older and naming the different parts of the body. They will also discuss the risks in familiar environments and how to stay safe.

Year 3

The children in Year 3 will explore rules and the importance of respect. They will discuss personal boundaries and the impact of hurtful behaviour on how we feel about ourselves. Year 3 will learn about the importance of staying safe online and how the internet is used. Children will learn how to build healthy habits such as healthy eating, dental hygiene and physical health. The children will discuss their personal strengths and managing setbacks. They will also investigate the risks in familiar and unfamiliar environments.

Year 4

In PSHE, the children will learn about positive friendships and managing confidentiality. They will explore what makes a community and shared responsibilities. They will learn about making decisions with money and how to keep money safe. The children will be taught the importance of staying safe online; how data is shared and used online. They will explore ways to manage risks and hazards. The children will learn how to maintain a healthy lifestyle and will discuss the emotional, physical changes (including puberty).

Year 5

In PSHE, Year 5 will discuss how to show compassion to others and how to protect the environment around them. They will explore how to deal with friendships and peer pressure. The children will explore how information is stored online and the different media types. They will discuss personal identity and celebrate



individuality. In the Summer term the children will learn how to keep safe in different situations, including how to respond to emergencies. They will learn about further physical changes in the body (including puberty)

Year 6

Throughout PSHE, Year 6 will learn how to express their own opinions and how to respect each other's points of view. They will discuss how to recognise and manage pressure; consent in different situations and how to challenge discrimination. The pupils will discuss different relationships, including marriage and civil partnerships. They will learn about money and attitudes to money. Year 6 will also explore AI (Artificial intelligence) - its usefulness and the risks when using it. The children will also be learning about the SRE curriculum in Summer Term, a parent workshop with more information will take place in the Spring Term.

