



PSHE – AUTUMN TERM 1 (Personal, Social, Health and Economic Education)

EARLY YEARS – Who helps me?	YEAR 1/2 – How do I look after my body?
<p>Children will learn:</p> <ul style="list-style-type: none"> - know who keeps them safe at home, in school and in the wider community. <p>TENTEN RESOURCES: EYFS Module 2 Unit 3</p> <p>Children will be introduced to the NSPCC PANTS rule and the Corpus Christi Helping Hand.</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> - about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer - about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist - about personal hygiene and the importance of handwashing - about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices
YEAR 3/4 - Why should I eat well and look after my teeth?	Y5/6: How do I stay safe? TENTEN Resources: UKS2 Module 2 Unit 4
<p>Children will learn:</p> <ul style="list-style-type: none"> - about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist - the principles of planning and preparing a range of healthy meals - what constitutes a healthy diet (including understanding calories and other nutritional content) - how and when to seek support including which adults to speak to in school if they are worried about their health 	<p>Children will learn:</p> <ul style="list-style-type: none"> - how to respond safely and appropriately to people they may encounter whom they do not know - how to ask for advice or help for themselves or others, and to keep trying until they are heard, - how to report concerns or abuse, and the vocabulary and confidence needed to do so - how to critically consider their online friendships including awareness of the risks associated with people they have never met

MENTAL HEALTH AND WELL-BEING – Whole School

<p>Children will learn about the hermit crab and how this can help them to deal with change as a new school year begins. They will learn that mental wellbeing is a normal part of everyday life and develop their vocabulary around this.</p> 	<p>Children will learn about the zebra seahorse and how it keeps calm in stormy seas. They will relate this to their own lives and think about why they might need to feel calm and how this can help them to feel happy.</p> 
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Where units mention TenTen Resources, you can view a parent's guide to these by using the online portal:

<https://www.tentenresources.co.uk/parent-portal/>

user: corpus-christi-po2

password: flowers-bloom



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

You can also find out more about the content of our lessons on the Corpus Christi Website:

Personal, Social, Health and Economic Education:

<https://www.corpuschristi.portsmouth.sch.uk/pshe/>

Relationship and Sex Education:

<https://www.corpuschristi.portsmouth.sch.uk/relationship-and-sex-education/>

PLEASE SPEAK TO MRS COMERFORD IF YOU HAVE ANY QUESTIONS ABOUT OUR PSHE CURRICULUM.