



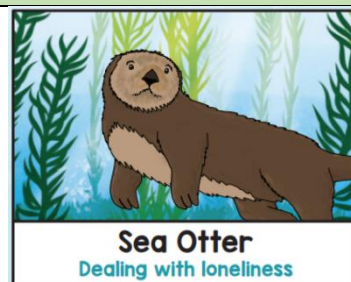
**PSHE – AUTUMN TERM 2 (Personal, Social, Health and Economic Education)**

EARLY YEARS – How do I feel today?	YEAR 1/2 – Am I always happy?
<p>Children will learn:</p> <ul style="list-style-type: none"> <li>- to talk about how they and others show feelings, talk about their own and others' behaviour and its consequences</li> </ul> <p><b>TENTEN RESOURCES: EYFS Module 1 Unit 3</b></p> <p>Children will continue to revisit the NSPCC PANTS rule and the Corpus Christi Helping Hand.</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>- that mental wellbeing is a normal part of daily life, in the same way as physical health</li> <li>- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience</li> <li>- how to recognise and talk about their emotions</li> <li>- simple self-care techniques, the importance of rest, time spent with friends/family and the hobbies</li> </ul> <p><b>TENTEN RESOURCES KSI Module 1 Unit 3</b></p>
YEAR 3/4 – Do I have healthy online habits?	Y5/6: Are we addicted to being online?
<p>Children will learn:</p> <ul style="list-style-type: none"> <li>- that for most people the internet is an integral part of life and has many benefits</li> <li>- the impact of positive and negative content online on their own and others' mental and physical wellbeing</li> <li>- why social media, some computer games and online gaming, for example, are age restricted</li> <li>- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</li> <li>- where and how to report concerns and get support with issues online</li> </ul> <p><b>TENTEN RESOURCES LKS2 Module 2 Unit 3</b></p>	<p>Children will learn:</p> <ul style="list-style-type: none"> <li>- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</li> <li>- how information and data is shared and used online</li> <li>- how to be a discerning consumer of information online understanding that information, including that from search engines, is ranked, selected and targeted</li> </ul>

**MENTAL HEALTH AND WELL-BEING – Whole School**



Children will learn about the behaviours of dolphins and what this can teach us about bullying behaviours and how to stand up to these.



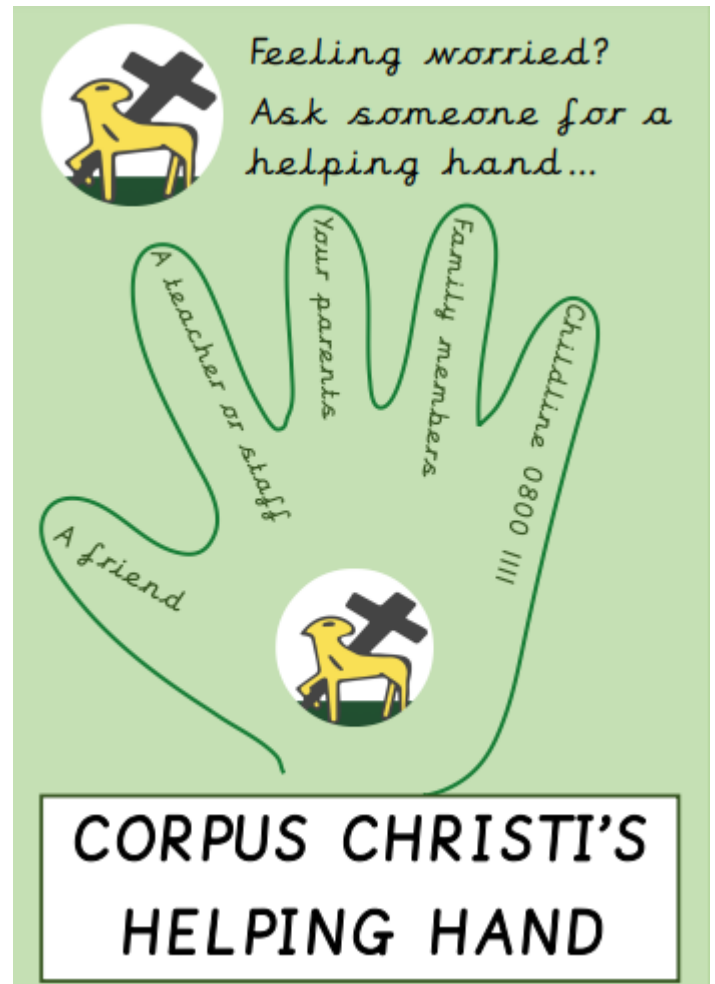
Children will learn about the sea otter and how their social skills help to prevent loneliness. Children will also learn about the benefits of sticking together.

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.