

PSHCE Focus week – planning guidance

PSHCE WEEK ACTIVITIES			
	THEME	KEY CONTENT	ENHANCEMENT AND RESOURCES
RECEPTION	<i>People who help us</i>	<ul style="list-style-type: none"> Who helps us and how do they help us? 	Choice of people to talk – Crossing patrol, nurse, Fire Officer, Caretaker, police officer
YEAR 1	<i>Keeping Clean</i>	<ul style="list-style-type: none"> Basic hygiene routines – handwashing, brushing teeth The importance of, and routines for, brushing teeth, visiting the dentists, about food and drink that affect dental health 	Visit from school nurse, dentist Handwashing machine
YEAR 2	<i>Healthy Eating</i>	<ul style="list-style-type: none"> What is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally The positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle Good nutrition and food groups Healthy choices and balancing meals Healthy recipes and cooking 	PSHE association lessons Visit from chef
YEAR 3	<i>Emergency 999 – Staying Safe – core theme of Health and Wellbeing</i>	<ul style="list-style-type: none"> How to respond if there is an accident and someone is hurt About fire safety at home including the need for smoke alarms The importance of following safety rules from parents and other adults How to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety How to deal with common injuries using basic first aid techniques How to respond in an emergency, including when and how to contact different emergency services, including how to dial 999 and what to say 	Fire Brigade visit First aid workshop St John Ambulance: 'First Aid Training in School' lesson plans, KS2
YEAR 4	<i>Rules and Laws</i>	<ul style="list-style-type: none"> The reasons for rules and laws in wider society The importance of abiding by the law and what might happen if rules and laws are broken What human rights are and how they protect people To identify basic examples of human rights including the rights of children About how they have rights and also responsibilities; that with every right there is also a responsibility, e.g. the right to an education and the responsibility to learn 	PSHE association resources Links to role of magistrate Visit from police and to police station
YEAR 5	<i>Choices – Drugs, alcohol and tobacco</i> Medicines and household products; drugs common to everyday life; drug use and the law; drug use and the media	<ul style="list-style-type: none"> the importance of taking medicines correctly and using household products safely to recognise what is meant by a 'drug' that drugs common to everyday life (cigarettes, e-cigarettes, vaping, alcohol, medicines) can affect health and wellbeing to identify some of the effects related to different drugs and that all drugs, including medicines, have side effects to recognise that some people choose to use or not use drugs to identify some of the risks and effects associated with drugs common to everyday life that for some people using drugs can become a habit which is difficult to break how to ask for help and advice; about organisations where people can get help and advice about mixed messages in the media relating to drug use and how they might influence opinions and decisions 	Links to services – e.g. Humankind workshop PSHE association resources (Y3-4 and Y6 planning)

PSHCE Focus week – planning guidance

YEAR 6	<i>Democracy</i>	<ul style="list-style-type: none">• about the laws relating to dugs common to everyday life and illegal drugs• what do we mean by democracy• where did democracy originate• how does local and national democracy work in our country and contribute to our British Society?• Can everyone vote and has that always been the case?• What is it like working as a councillor or MP?	Visit from mayor, councillor, MP Links to Suffragettes Voting for Head boy and Head girl Opportunity for debate and voting
---------------	------------------	---	---