

**Overley Hall School**  
**PSHE and Citizenship Curriculum**



Overley Hall  
School

# PSHE & Citizenship

- 1 Developing confidence and responsibility and making the most of their abilities**
  - 1.1a Knowing myself
  - 1.1b Being aware in the community
  
- 2 Preparing to play an active role as citizens**
  - 1.2a Belonging to groups
  - 1.2b Looking after our environment
  
- 3 Developing a healthy, safer lifestyle**
  - 1.3a Ourselves
  - 1.3b Food/exercise – “healthy choices”
  
- 4 Developing good relationships and respecting the differences between people**
  - 1.4a Caring
  - 1.4b The people around me
  
- 5 Sex and relationship education**
  - 1.5a Making personal choices
  - 1.5b Personal responsibility

# PSHE & Citizenship

- 1 Developing confidence and responsibility and making the most of their abilities**
  - 2.1a Being aware of my ability
  - 2.1b Choosing
  - 2.1c Communities
  - 2.1d Taking responsibility towards others
  
- 2 Preparing to play an active role as citizens**
  - 2.2a Recycling
  - 2.2b Rules
  - 2.2c Topical issues
  - 2.2d Valuing money
  
- 3 Developing a healthy, safer lifestyle**
  - 2.3a Medicines and drugs
  - 2.3b Healthy exercise
  - 2.3c Keeping safe
  - 2.3d Growing and changing
  
- 4 Developing good relationships and respecting the differences between people**
  - 2.4a Friends
  - 2.4b My family
  - 2.4c Playing and learning together
  - 2.4d Special days
  
- 5 Sex and relationship education**
  - 2.5a Knowing how I am changing
  - 2.5b Rights and choices
  - 2.5c Safety in the community
  - 2.5d Respecting privacy

# PSHE & Citizenship

- 1 Developing confidence and responsibility and making the most of their abilities**
  - 3.1a Recognising my needs
  - 3.1b Risk assessment
  - 3.1c Media and advertising
  - 3.1d Communities and cultures
  - 3.1e Money and environment
  - 3.1f Feelings
  
- 2 Knowledge and understanding about becoming informed citizens**
  - 3.2a Everyday choices
  - 3.2b Earning and spending
  - 3.2c Groups I belong to
  - 3.2d Helping others
  - 3.2e Looking after our school
  - 3.2f Newspapers
  
- 3 Developing a healthy, safer lifestyle**
  - 3.3a Health and exercise
  - 3.3b Leisure awareness
  - 3.3c Healthy lifestyles
  - 3.3d Medicines and medication
  - 3.3e Personal hygiene
  - 3.3f Exercise is fun
  
- 4 Developing good relationships and respecting the differences between people**
  - 3.4a Changing relationships
  - 3.4b Self evaluation
  - 3.4c Respecting others
  - 3.4d Lifestyles
  - 3.4e Peer pressure
  - 3.4f Making compromises, goodwill and conflict resolution
  
- 5 Sex and relationship education**
  - 3.5a My changing body
  - 3.5b Awareness and coping
  - 3.5c Being myself
  - 3.5d Community belonging
  - 3.5e Personal sensitivity
  - 3.5f Human development

# PSHE & Citizenship

## **1 Developing confidence & responsibility and making the most of their abilities**

- 4.1a Self esteem
- 4.1b Democracy and human rights
- 4.1c Change in the community
- 4.1d Rights in the community
- 4.1e Co-operating
- 4.1f Taking responsibility for employment

## **2 Knowledge and understanding about becoming informed citizens**

- 4.2a Accessing the community
- 4.2b Banks and saving
- 4.2c Decision making - voting
- 4.2d Looking after the environment
- 4.2e Raising money for charity
- 4.2f The media

## **3 Developing a healthy, safer lifestyle**

- 4.3a Safe relationships and lifestyles
- 4.3b Leisure and relaxation
- 4.3c Personal care and hygiene
- 4.3d Drugs awareness
- 4.3e Healthy eating
- 4.3f Exercise is for life

## **4 Developing good relationships and respecting the differences between people**

- 4.4a Stereotypes
- 4.4b Planning the future
- 4.4c Working relationships
- 4.4d Ethnic diversity
- 4.4e Communicating about feelings and relationships
- 4.4f Crisis and response

## **5 Sex and relationship education**

- 4.5a Understanding my bodily needs
- 4.5b Teenage pregnancy
- 4.5c Sexual health
- 4.5d Relationships and divorce
- 4.5e Pregnancy and birth
- 4.5f Sexuality and enjoyment

Linking with EQUALS

**Model of how the PSHE & Citizenship can be linked with our thematic approach**

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus		The incredible me and keeping safe		The world around me		Health, Fitness and Growth	
Yellow BAND	Depth and Breadth	<b>Developing confidence and responsibility and making the most of their abilities</b> 1.1a: Knowing myself, Awareness of ability. Using words, gestures, symbols and objects for communication.	<b>Developing a healthy, safer lifestyle</b> 1.3a: Ourselves Using words, gestures, symbols and objects. Engaging with sensory stimuli.	<b>Developing confidence and responsibility and making the most of their abilities</b> 1.1b: Being aware in the community. Using pictures, symbols & objects. Responding to simple requests.	<b>Preparing to play an active role as citizens</b> 1.2a: Belonging to group. Using marks, pictures and symbols to express ideas and understanding.	<b>Developing a healthy, safer lifestyle</b> 1.3b: Food/exercise – “Healthy choices” Responding to pictures with pictures symbols, objects or gestures. Generalising symbols with pictures.	<b>Developing a healthy, safer lifestyle</b> 1.3b: Food/exercise – “Healthy choices” Responding to pictures with pictures symbols, objects or gestures.
		<b>Developing confidence and responsibility and making the most of their abilities</b> 1.1a: Knowing myself, Awareness of ability. Using words, gestures, symbols and objects for communication.	<b>Developing confidence and responsibility and making the most of their abilities</b> 1.1b: Being aware in the community Using words, signs, symbols and objects for communication.	<b>Developing confidence and responsibility and making the most of their abilities</b> 1.1b: Being aware in the community. Using pictures, symbols & objects. Responding to simple requests.	<b>Developing good relationships and respecting the differences between people:</b> 1.4b The People around me. 1.4a <b>Caring.</b> Using pictures and symbols for interaction, communication and sensory exploration.	<b>Developing a healthy, safer lifestyle</b> 1.3b: Food/exercise – “Healthy choices” Responding to pictures with pictures symbols, objects or gestures. Generalising symbols with pictures.	<b>Sex and relationship education</b> <b>1.5a: Making personal choices and 1.5b: Personal responsibility</b> Using words, gestures, symbols and objects for communication.
		<b>Developing a healthy, safer lifestyle</b> 1.3a: Ourselves  Using words, gestures, symbols and objects. Engaging with sensory stimuli.	<b>Developing confidence and responsibility and making the most of their abilities</b> 1.1b: Being aware in the community. Responding to simple requests. Recognising danger signs and asking for help.	<b>Preparing to play an active role as citizens</b> 1.2a: Belonging to groups. Using marks, pictures and symbols to express ideas and understanding.	<b>Developing good relationships and respecting the differences between people:</b> 1.4b The People around me. 1.4a <b>Caring.</b> Using pictures and symbols for interaction, communication and sensory exploration.	<b>Developing a healthy, safer lifestyle</b> 1.3b: Food/exercise – “Healthy choices” Responding to pictures with pictures symbols, objects or gestures.	<b>Sex and relationship education</b> <b>1.5a: Making personal choices and 1.5b: Personal responsibility</b> Using words, gestures, symbols and objects for communication.