

The Vine Inter Church Primary School  
 Whole School PSHCE Curriculum (OPTIONAL UNITS)  
 (Teachers can choose 3 from the following units which best suit the needs of their children/their topic)

Key Stage 1		Lower Key stage 2		Upper Key stage 2	
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>HSL5 Safety Contexts</b> <ul style="list-style-type: none"> <li>Safety Contexts</li> <li>Preventing accidents</li> </ul>	<b>Cit 5 Rights, rules responsibilities</b> <ul style="list-style-type: none"> <li>Responsibilities</li> <li>Understanding &amp; developing rules</li> <li>Democracy &amp; decision making</li> </ul>	<b>Cit 7 Diversity &amp; communities</b> <ul style="list-style-type: none"> <li>Exploring my identity</li> <li>Valuing difference</li> <li>Exploring my community</li> <li>What is the Media?</li> <li>Caring for the environ, animals &amp; plants</li> </ul>	<b>Cit 8 Rights, rules &amp; responsibilities</b> <ul style="list-style-type: none"> <li>Rights and responsibilities</li> <li>Understanding and developing rules</li> <li>Democracy and decision making</li> </ul>	<b>HSL 19 Safety Contexts</b> <ul style="list-style-type: none"> <li>Safety Contexts</li> <li>Preventing Accidents</li> </ul>	<b>11 Rights rules &amp; responsibilities</b> <ul style="list-style-type: none"> <li>Rights and responsibilities</li> <li>Understanding &amp; developing rules</li> <li>Democracy &amp; decision making</li> </ul>
<b>MMR5 Me &amp; my emotions</b> <ul style="list-style-type: none"> <li>Understanding &amp; managing feelings</li> <li>Getting Support</li> <li>Understanding &amp; managing the impact of feelings</li> <li>Being Assertive</li> <li>Problem Solving</li> </ul>	<b>MMR6 Family &amp; Friends</b> <ul style="list-style-type: none"> <li>Developing friendship skills</li> <li>Valuing difference</li> <li>Families &amp; other special people</li> <li>Getting support</li> </ul>	<b>HSL 14 Healthy Lifestyles</b> <ul style="list-style-type: none"> <li>A balanced, healthy lifestyle</li> <li>Physical Activity</li> <li>Healthy Eating</li> <li>Dental Hygiene</li> <li>Making Healthy choices</li> </ul>	<b>HSL 15 Drug Education Cit 6</b> <ul style="list-style-type: none"> <li>Drug Types &amp; Effects</li> <li>Medicines</li> <li>Other Substances</li> </ul> Risk, Influences & Support	<b>HSL 18 Managing Risk</b> <ul style="list-style-type: none"> <li>Risky Situations</li> <li>Reactions to Risk</li> <li>Strategies in Risky Situations</li> </ul> Receiving and Giving Help	<b>Cit 10 Diversity and Communities</b> ➤ Migration topic Exploring my identity <ul style="list-style-type: none"> <li>Valuing difference</li> <li>Exploring my community</li> <li>What is the media?</li> <li>Caring for the environment, animals &amp; plants</li> </ul>
<b>CIT 4 Diversity and Community</b> <ul style="list-style-type: none"> <li>Exploring my identity</li> <li>Valuing difference</li> <li>Exploring my community</li> <li>Caring for the environ, animals &amp; plants</li> </ul>	<b>MMR 8 Managing Change</b> <ul style="list-style-type: none"> <li>Recognising &amp; Understanding Change</li> <li>Coping with emotions in loss and change situations</li> </ul>	<b>HSL 12 Safety contexts</b> <ul style="list-style-type: none"> <li>Safety contexts</li> <li>Preventing Accidents</li> </ul>	<b>MMR11 Family and Friends</b> <ul style="list-style-type: none"> <li>Developing friendship skills</li> <li>Valuing difference</li> <li>Families &amp; other special people</li> <li>Getting support</li> </ul>	<b>HLS 22 Drug Education</b> <ul style="list-style-type: none"> <li>Drug types &amp; effects</li> <li>Medicines</li> <li>Other substances</li> <li>Risk, influences &amp; support</li> </ul>	<b>MMR 16 Family and Friends</b> <ul style="list-style-type: none"> <li>Networks of Special People</li> <li>Understanding &amp; Valuing Difference</li> <li>Coping with Relationship Issues</li> <li>Giving &amp; Receiving Support</li> </ul>

**The Vine Inter Church Primary School**  
**Whole School PSHCE Curriculum (OPTIONAL UNITS)**  
 (Teachers can choose 3 from the following units which best suit the needs of their children/their topic)

Key Stage 1		Lower Key Stage 2		Upper Key stage 2	
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>HLS7 Healthy Lifestyles</b> <ul style="list-style-type: none"> <li>• Staying Healthy</li> <li>• Exercise &amp; Physical Activity</li> <li>• Healthy Eating</li> <li>• Choosing Healthy Lifestyles</li> </ul>	<b>MMR 5 My Emotions</b> <ul style="list-style-type: none"> <li>• Understanding &amp; managing feelings</li> <li>• Getting Support</li> <li>• Understanding &amp; managing the impact of feelings</li> <li>• Being Assertive</li> <li>• Problem Solving</li> <li>• Processing the Learning</li> </ul>	<b>HSL 16 Personal safety</b> <ul style="list-style-type: none"> <li>• Identifying Trusted adults</li> <li>• Using Our Senses</li> <li>• Safety Rules</li> <li>• Bodies</li> <li>• Touches</li> <li>• Secrets</li> <li>• Assessing Risk</li> <li>• Assertiveness What, When, Who and How to Tell</li> </ul>	<b>MMR13 Managing change</b> <ul style="list-style-type: none"> <li>• Identifying changes</li> <li>• Recognising emotions in loss &amp; change situations</li> <li>• Coping with loss &amp; change</li> <li>• Planning for change</li> </ul>	<b>Cit 9 Working together</b> <ul style="list-style-type: none"> <li>• Recognising &amp; Developing Strengths &amp; Skills</li> <li>• Developing Communication Skills</li> <li>• Developing Group Work Skills</li> <li>• Influences on Decision Making</li> <li>• Developing Awareness of Strengths &amp; Skills in Group Work</li> <li>• Developing Perseverance</li> </ul>	<b>HSL 23 Personal Safety</b> <ul style="list-style-type: none"> <li>• Identifying Trusted Adults</li> <li>• Using Our Senses</li> <li>• Safety Rules</li> <li>• Bodies</li> <li>• Touches</li> <li>• Secrets</li> <li>• Assessing Risk</li> <li>• Assertiveness</li> <li>• What, When, Who &amp; How to Tell</li> </ul>
<b>HSL4 Managing Risks</b> <ul style="list-style-type: none"> <li>• Risky Situations</li> <li>• Reactions to Risk</li> <li>• Strategies in Risky Situations Receiving &amp; Giving Help</li> </ul>	<b>EW1 Financial capability</b> <ul style="list-style-type: none"> <li>• Financial Understanding</li> <li>• Financial competence</li> <li>• Financial responsibility &amp; feelings about money</li> <li>• Processing the Learning</li> </ul>	<b>MMR10 My Emotions</b> <ul style="list-style-type: none"> <li>• Understanding &amp; managing Feelings</li> <li>• Concentrating on one emotion</li> <li>• Getting Support</li> <li>• Impact of feelings on actions</li> <li>• Calming &amp; Relaxing</li> <li>• Being Assertive</li> <li>• Problem-Solving</li> </ul>	<b>EW2 Financial Capability</b> <ul style="list-style-type: none"> <li>• Financial Understanding</li> <li>• Financial responsibility &amp; feelings about money</li> <li>• Financial competence</li> </ul>	<b>EW3 Financial Capability</b> <ul style="list-style-type: none"> <li>• Financial Understanding</li> <li>• Financial responsibility &amp; feelings about money</li> <li>• Financial competence</li> </ul>	<b>MMR18 Managing Change</b> <ul style="list-style-type: none"> <li>• Risky Situations</li> <li>• Reactions to Risk</li> <li>• Strategies in Risky Situations</li> <li>• Receiving &amp; Giving Help</li> </ul>
<b>CIT3 Working together</b> <ul style="list-style-type: none"> <li>• Recognising &amp; Developing Strengths &amp; Skills</li> <li>• Developing Communication Skills</li> <li>• Developing Group Work Skills</li> <li>• Applying Communication &amp; Group Work Skills</li> <li>• Evaluating Communication &amp; Group Work Skills</li> </ul>		<b>HSL 11 Managing Risk</b> <ul style="list-style-type: none"> <li>• Risky Situations</li> <li>• Reactions to Risk</li> <li>• Strategies in Risk situation</li> <li>• Receiving /Giving Help</li> </ul>			