

Resources

We are fortunate to have a wide a wide range of resources in school to support the P.S.H.E. and Citizenship curriculum.

Throughout the school, resources are used effectively, depending on the activity and ability of the children. At times, resources are directed at specific children with individual needs.

Resources include games, books, videos and puppets. Role-play and drama are used as a way of children exploring feelings and emotions in a safe, non-threatening manner.



We also have a School Council that meets regularly to discuss any issues or ideas that the children have. The councillors are elected by their own class and represent them at meetings.



ICT

Children have access to a range of ICT resources through the use of the ICT suite. The Internet is a particularly useful source of information when researching particular topics.

Suggested Activities and Homework

Homework is not regularly set in P.S.H.E and Citizenship. When you receive our topic letters you are informed of the particular theme that your child will be studying. Encourage your child to talk about, and reflect on what they have found out.

Other leaflets that support the P.S.H.E and Citizenship curriculum include;

Circle Time

Drug Education

Sex and Relationship Education

**Green Meadow
Primary School**



**P S H E &
C I T I Z E N S H I P**

**A parents guide to our
curriculum**

Aims and Objectives

At Green Meadow we aim to ensure that:

- ◆ each child develops confidence and responsibility
- ◆ each child makes the most of their abilities
- ◆ each child learns how to play an active role as citizens
- ◆ each child develops a healthy, safe lifestyle
- ◆ each child develops good relationships and respects the differences between people
- ◆ standards of achievement are raised through children who are more secure, motivated, confident and independent learners

We recognise the importance of developing the physical and mental well being of our pupils. We believe that P.S.H.E. and Citizenship should:

- ◆ encourage children to value their achievements
- ◆ enable children to deal with risks and meet the challenges of life now and in the future
- ◆ enable children to identify their values and strive to live up to them
- ◆ enable children to relate positively to their neighbourhood and local communities
- ◆ promote equality for all
- ◆ improve the health of the children

Progression and Continuity

How many hours of P.S.H.E. and Citizenship teaching does my child have each week?

Foundation Stage, Key Stage One and Key Stage Two receive 45 minutes per week.

How is this time organised?

There is flexibility as to when P.S.H.E. and Citizenship takes place. Units of work may be taught on a weekly basis or as a block.

Is my child taught a specific programme of skills?

P.S.H.E. and Citizenship themes are planned across the key stages to provide pupils with the opportunities to develop skills, knowledge & understanding and attitudes & values in a range of contexts.

Topics are revisited yearly and activities are planned to consolidate and extend the previous skills and knowledge.

Relationships

Themes covered within this topic:

Self	Being me Myself and others Appearances
Feelings	How I feel Feeling good, feeling bad Liking and loving
Other people	People I know Friends Bullying Respecting others



Citizenship

Themes covered within this topic:

Rules	Taking turns Being fair Rules for games Laws
Communities	All sorts of people Our community Different communities
Conflict	Being angry Influences Making choices



Health

Themes covered within this topic:

Hygiene	Keeping clean Clean body, clean teeth
Our bodies	Healthy habits Food and clothing Our food Nutrition
Illness	In hospital Microbes: good and bad Things that cause illness



Lifestyle

Themes covered within this topic:

Exercise	Fit is fun Keeping fit Healthy heart
Leisure	Having fun Hobbies Our world/environment
Disability	All kinds of people What is disability? Understanding disability



Growing up

Themes covered within this topic:

Families	People we care for My family Independence and responsibility
My growing body	Changes Me now, me later Puberty
Reproduction	Babies New baby Male and female



Safety

Themes covered within this topic:

People	People who help us Secrets Things that worry us Personal privacy
Environment	Safe places, safe play Decisions Making judgements
Substances	Medicine Feeling safe Harmful materials Drugs

