

Pennine Way Primary School



CPRSSHE Curriculum and Skills Plan

National Curriculum Objectives and skills

CPRSSHE curriculum at Pennine Way

Our CPRSSHE Curriculum conveys the crucial motivational message that everyone within our school community is able to achieve their potential. Keeping our children safe through the promotion of spiritual, moral, cultural, mental and physical development and preparing pupils for the opportunities, responsibilities and experiences of later life is the goal of our Jigsaw Programme and sex and relationships education. Where being me in my world, celebrating differences, dreams and goals, healthy me, relationships and changing me, support our skills in becoming the best you, you can be.

CPRSSHE Recovery Curriculum focus

Critical content for our recovery curriculum in CPRSSHE has been evaluated and our key priorities for pupils are mental wellbeing, physical health and fitness, respectful relationships and being safe.

Safety is a key priority, particularly with the increased risks that have developed over the pandemic such as online exploitation, abuse and grooming. The 'being me in my world' theme is essential in children's learning and is strongly linked to our CARE values which are core across school.

Skills across the year groups linked to stereotypes and gender are becoming ever more important in the current climate and it is critical that this is reflected upon in school. It is essential that children are taught about their sense of belonging, fairness, and rules that help to keep them safe. This is again reflected upon throughout the skills document and Jigsaw scheme.

Children are given the opportunity to experience a broader range of rights and responsibilities, leading into the community, again reflected upon within the skills. The 'healthy me' sections of the skills document are critical for our children in our community in developing the children's understanding on how to keep their minds and bodies healthy. The 'changing me' and 'relationships' skills are a critical part of the RSE curriculum. Children should know from a young age that their privates are private and as they move through the school should know how to keep themselves safe to reduce their risk of exploitation. A lot of the Jigsaw scheme I believe could be/ is already covered through circle times around CARE, assemblies, PANTS talk, but this should still be a critical part of CPHSRE.

Specific skills identified as critical content and being essential building blocks for each child's progression in their CPRSSHE curriculum have been **highlighted**.

CPRSSHE National Curriculum Expectations Year 1			Year 1		
			Aut	Spr	Sum
Being me in my World	CP1.1	<i>I can explain why my class is a happy and safe place to learn.</i>			
	CP1.2	I can give different examples where I or others make my class happy and safe.			
Celebrating Difference	CP1.3	<i>I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.</i>			
	CP1.4	<i>I can explain what bullying is and how being bullied might make somebody feel.</i>			
Dreams and Goals	CP1.5	I can explain how I feel when I am successful and how this can be celebrated positively.			
	CP1.6	I can say why my internal treasure chest is an important place to store positive feelings.			
	CP1.7	What are your strengths and interests- how do these link to a job in your community?			
Healthy Me	CP1.8	<i>I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</i>			
	CP1.9	I can give examples of when being healthy can help me feel happy.			
Relationships	CP1.10	<i>I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</i>			
	CP1.11	I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.			
Changing Me	CP1.12	I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.			
	CP1.13	<i>I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</i>			
	CP1.14	I can explain why some changes I might experience might feel better than others.			

CPRSSHE National Curriculum Expectations Year 2			Year 2		
			Aut	Spr	Sum
Being me in my World	CP2.1	<i>I can explain why my behaviour can impact on other people in my class.</i>			
	CP2.2	<i>I can compare my own and my friends' choices and can express why some choices are better than others.</i>			
Celebrating Difference	CP2.3	<i>I can explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.</i>			
	CP2.4	I can explain how it feels to have a friend and be a friend. I can also explain why it is ok to be different from my friends.			
Dreams and Goals	CP2.5	I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complimented each other.			
	CP2.6	I can explain how it felt to be part of a group and can identify a range of feelings about group work.			
	CP2.7	<i>Understand money and how to look after it</i>			
Healthy Me	CP2.8	<i>I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.</i>			
	CP2.9	I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.			
Relationships	CP2.10	<i>I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</i>			
	CP2.11	I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.			
Changing Me	CP2.12	<i>I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.</i>			
	CP2.13	<i>I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.</i>			

CPRSSHE National Curriculum Expectations Year 3			Year 3		
			Aut	Spr	Sum
Being me in my World	CP3.1	I can explain how my behaviour can affect how others feel and behave.			
	CP3.2	<i>I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.</i>			
Celebrating Difference	CP3.3	I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.			
	CP3.4	<i>I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It together or asking for help.</i>			
Dreams and Goals	CP3.5	I can explain the different ways that help me learn and what I need to do to improve.			
	CP3.6	I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.			
	CP3.7	Understand job stereotypes and different jobs require different skills.			
Healthy Me	CP3.8	<i>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</i>			
	CP3.9	I can express how being anxious/ scared and unwell feels.			
Relationships	CP3.10	I can explain how my life is influenced positively by people I know and also by people from other countries.			
	CP3.11	I can explain why my choices might affect my family, friendships and people around the world who I don't know.			
Changing Me	CP3.12	<i>I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</i>			
	CP3.13	<i>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</i>			

CPRSSHE National Curriculum Expectations Year 4			Year 4		
			Aut	Spr	Sum
Being me in my World	CP4.1	<i>I can explain why being listened to and listening to others is important in my school community.</i>			
	CP4.2	<i>I can explain why being democratic is important and can help me and others feel valued.</i>			
Celebrating Difference	CP4.3	I can tell you a time when my first impression of someone changed as I got to know them.			
	CP4.4	<i>I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</i>			
	CP4.5	I can explain why it is good to accept myself and others for who we are.			
Dreams and Goals	CP4.6	I can plan and set new goals even after a disappointment.			
	CP4.7	<i>I can explain what it means to be resilient and have a positive attitude.</i>			
	CP4.8	I can make sensible decisions about money and know how to use money safely and keep it safe.			
Healthy Me	CP4.9	<i>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</i>			
	CP4.10	<i>I can identify feelings of anxiety and fear associated with peer pressure.</i>			
Relationships	CP4.11	I can recognise how people are feeling when they miss a special person or animal.			
	CP4.12	I can give ways that might help me manage my feelings when missing a special person or animal.			
Changing Me	CP4.13	<i>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</i>			
	CP4.14	I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestion about how I might manage my feelings when changes happen.			

CPRSSHE National Curriculum Expectations Year 5			Year 5		
			Aut	Spr	Sum
Being me in my World	CP5.1	<i>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</i>			
	CP5.2	<i>I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</i>			
Celebrating Difference	CP5.3	I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.			
	CP5.4	<i>I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</i>			
Dreams and Goals	CP5.5	I can compare my hopes and dreams with those of young people from different cultures.			
	CP5.6	I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.			
	CP5.7	I can understand what has influenced their career choice and explore workplace stereotypes.			
Healthy Me	CP5.8	<i>I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</i>			
	CP5.9	I can summarise different ways that I respect and value my body.			
Relationships	CP5.10	<i>I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</i>			
	CP5.11	<i>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</i>			
Changing Me	CP5.12	<i>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.</i>			
		I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.			

CPRSSHE National Curriculum Expectations Year 6			Year 6		
			Aut	Spr	Sum
Being me in my World	CP6.1	<i>I can explain how my choices can have an impact on people in my immediate community and globally.</i>			
	CP6.2	<i>I can empathise with others in my community and globally and explain how this can influence the choices I make.</i>			
Celebrating Difference	CP6.3	<i>I can explain ways in which difference can be a source of conflict or a cause for celebration.</i>			
	CP6.4	I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.			
Dreams and Goals	CP6.5	I can explain different ways to work with others to help make the world a better place.			
	CP6.6	I can explain what motivates me to make the world a better place.			
	CP6.7	I can understand influences and attitudes towards money. To have knowledge of money and financial risks.			
Healthy Me	CP6.8	<i>I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</i>			
	CP6.9	<i>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</i>			
Relationships	CP6.10	I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.			
	CP6.11	<i>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</i>			
Changing Me	CP6.12	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.			
	CP6.13	I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.			