

Hujjat Primary School



Physical, Social & Health Education Curriculum Overview

Year	Autumn Term	Spring Term	Summer Term
	Compassion and Respect	Service and Gratitude	Integrity and Excellence
EYFS	<p>Understanding their feelings and the feelings of others</p> <p>Managing personal needs independently</p>	<p>Managing emotions and developing a sense of self</p> <p>Having simple goals, which can be achieved!</p>	<p>Learning how to make good friendships</p> <p>Co-operating and resolving conflicts peacefully</p>
Developing an understanding and appreciation for the school values: compassion, respect, service, gratitude, integrity and excellence			
Year 1	<p>Relationships – Be Yourself</p> <ul style="list-style-type: none"> - Marvelous me (created and loved by Allah swt)) - Feelings (recognizing different feelings) - Things I like (what makes me happy) - Uncomfortable feelings (grief, anger etc) - Changes (loss/moving home etc) - Speaking up (polite assertiveness) <p>Relationships – Team</p> <ul style="list-style-type: none"> - Together everyone achieves more (team building) - Listening (Value: Respect) - Being Kind (Value: Compassion) - Bullying and Teasing - Brilliant Brains (Value: Excellence) - Making good choice (Value: Integrity) 	<p>Health and Wellbeing – Aiming High (Value: Excellence)</p> <ul style="list-style-type: none"> - Star Qualities - Positive Learners - Bright Futures - Jobs for All - Going for Goals - Looking Forward <p>Health and Wellbeing – It’s my Body</p> <ul style="list-style-type: none"> - My body, my business (also Amanah of Allah (swt)) - Active and Asleep - Happy Healthy Food - Clean as a whistle (incl. Taharah) - Can I Eat it? (incl. Halaal/Haraam foods) - Can I Choose? (Choosing a healthy lifestyle) - 	<p>Living in the Wider World – Money Matters</p> <ul style="list-style-type: none"> - Money - Keep it Safe - Save or Spend - Want or need (Value: Gratitude) - Look After it - Going Shopping <p>Living in the Wider World – Britain (incl. Values: with a focus on Service)</p> <ul style="list-style-type: none"> - My School - My Community - My Neighbourhood - My Country - British People - What Makes me Proud of Britain
Year 2	<p>Living in the Wider World – One World</p> <ul style="list-style-type: none"> - Families around the world - Homes around the world - Schools around the world - Environments - Resources - Planet Protectors <p>Health and Wellbeing – Safety First</p> <ul style="list-style-type: none"> - Keeping Safe - Staying Safe at Home 	<p>Relationships - VIPs</p> <ul style="list-style-type: none"> - Who are your VIPs - Families - Friends - Falling Out - Working Together - Showing You Care <p>Relationships – Growing up</p> <ul style="list-style-type: none"> - Our bodies (naming body parts - No references to genitalia) 	<p>Health and Wellbeing – Think Positive</p> <ul style="list-style-type: none"> - Think Happy, Feel Happy - It’s Your Choice - Go Getters - Let it out - Be Thankful (Value: Gratitude) - Be Mindful <p>Living in the Wider World – Value: Respect</p> <ul style="list-style-type: none"> - Rights - Protecting our Rights - Respecting Others

	<ul style="list-style-type: none"> - Stay Safe Outside - Staying Safe Online - The Underwear Rule (My body belongs to me, safe vs unsafe physical contact) - People who can help 	<ul style="list-style-type: none"> - Is it okay? (No means no, I like hugs, I don't etc) - Pink and Blue (what are stereotypes/what makes us unique) - Look at me Now! (growing from a baby) - Getting older (process of old age) 	<ul style="list-style-type: none"> - Everybody is Different - Is it Fair? - Taking Part
Year 3	<p>Living in the Wider World – Britain</p> <ul style="list-style-type: none"> - Living in Britain - Democracy (and what it means in Britain) - Rules, laws and responsibilities - Liberty - Tolerance and respect <p>Relationships Education – Team</p> <ul style="list-style-type: none"> - A new start - Together everyone achieves more - Working together - Being considerate - When things go wrong - Responsibilities (especially as a person of faith) 	<p>Relationships Education – Be yourself</p> <ul style="list-style-type: none"> - Pride in achievements (achievements as a muslim – keeping all your fasts, completing the reading of the Quran, performing Hajj etc.) - Feelings - Express yourselves - Know your mind - Media-wise - Making it right <p>Health and Wellbeing – It's my body</p> <ul style="list-style-type: none"> - My body my choice (making the right choices) - Fit as a fiddle - Good night, Good day - Cough, splutter, sneeze - Drugs: heeling or harmful - Choices everywhere 	<p>Living in the Wider World – Money Matters</p> <ul style="list-style-type: none"> - Where does money come from - Ways to pay - Lending and borrowing - Priorities - Advertising - Keeping track <p>Health and Wellbeing – Aiming High</p> <ul style="list-style-type: none"> - Achievements - Goals - Always learning - Jobs and skills - No limit! (being an aspirational Muslim) - When I grow up
Year 4	<p>Relationships Education – VIP'S</p> <ul style="list-style-type: none"> - Making friends - Staying friends (maintaining good friendships) - Falling out - Bullying (understanding 'what is bullying; knowing the strategies to communicate about bullying) - Anti bullying <p>Health and Wellbeing – Think positive</p> <ul style="list-style-type: none"> - Happy minds, happy people - Thoughts and feelings - Changes - Keep calm and relax! (The power of prayer) - You're the boss 	<p>Relationships Education – Safety first</p> <ul style="list-style-type: none"> - New responsibilities - Risks, hazards and dangers - Under pressure - Road safety - Dangerous substances - Stay safe online <p>Living in the wider world – Respecting Rights</p> <ul style="list-style-type: none"> - Rights - Are all rights equal? - Rights without responsibilities - Respect - Are we so different? 	<p>Relationships Education – It's my body (Y5 unit)</p> <ul style="list-style-type: none"> - Your body is your own - Sleep well, be well - Taking care of your changing bodies - Harmful substances - How we think and feel about our bodies - Healthy choices <p>Living in the wider world – One World</p> <ul style="list-style-type: none"> - Chiwa and Kwedne - Chiwa's dilemma (1) - Chiwa's dilemma (2) - Chiwa's sugar - Chiwa's world

	<ul style="list-style-type: none"> - Always learning (Understanding humility) 		<ul style="list-style-type: none"> - Charity for Chiwa
Year 5	<p>Living in the wider world – Britain</p> <ul style="list-style-type: none"> - Identities - Communities - Respecting the law - Local government - National government - Making a difference <p>Relationships Education – TEAM</p> <ul style="list-style-type: none"> - Together everyone achieves more - Communicate - Collaborate - Compromise - Care - Shared responsibilities 	<p>Relationships Education – Be Yourself</p> <ul style="list-style-type: none"> - You are unique - Let it out! - Uncomfortable feelings - The confidence track - Do the right thing - Making amends <p>Living in the wider world – Money Matters</p> <ul style="list-style-type: none"> - Look after it! - Critical consumers - Value for money - Budgeting - Borrowing and saving - Money in the wider world 	<p>Health and wellbeing – Aiming High</p> <ul style="list-style-type: none"> - You can achieve anything - Breaking down barriers - Future focus - Equal opportunities - Innovation and enterprise - Onwards and upwards <p>Relationships Education – Aiming high</p> <ul style="list-style-type: none"> - Puberty and me (Y4 unit) - Changes in boys and girls - My body, my tahara (cleanliness) - Emotional changes - Just the way you are - My hayaa (modesty)
Year 6	<p>Living in the wider world – One world</p> <ul style="list-style-type: none"> - Global citizens - Global warming - Energy - Water - Biodiversity - In our hands <p>Relationships Education – VIP’S</p> <ul style="list-style-type: none"> - Family and friends - Think before you act - It’s okay to disagree - You decide - Secrets - False friends 	<p>Living in the wider world – Respecting rights</p> <ul style="list-style-type: none"> - Know your rights - Do human rights apply to everyone? - Are everyone’s rights met - How do you respect rights - Do human rights change - Human rights heroes (references to key people in Islam who promoted human rights) <p>Health and wellbeing – Think positive</p> <ul style="list-style-type: none"> - The cognitive triangle - Thoughts are not facts - Facing your feelings - Choices and consequences - Being present - Yes, I can! 	<p>Health and wellbeing – Think positive</p> <ul style="list-style-type: none"> - You are responsible - What are the risks? - Making your mind up - In an emergency - Keep it safe - Click safe, click happy - <p>Relationships Education – Growing up</p> <ul style="list-style-type: none"> - Changing bodies - Emotional changes - Love in Islam - Different families (Example: living with grandparents) - Moving on: my Muslim identity - Moving on: looking back and looking forward <p>Transition to secondary school</p>