



ACCESS FOR ALL CHILDREN

An inclusive environment and the establishing of ground rules at the beginning of PSHE/RSHE lessons helps to ensure all children feel comfortable and confident to share their thoughts and contribute to open discussions. The discussion based curriculum supports all children to access the learning and complete given tasks.

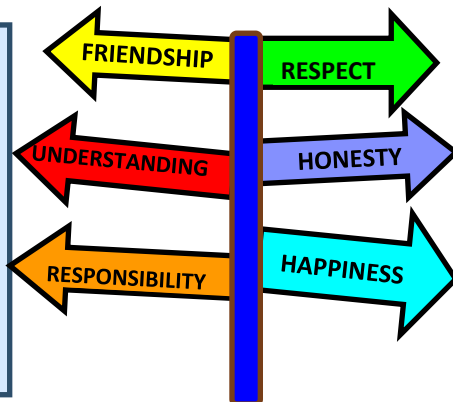


LET YOUR LIGHT SHINE

Matthew 5:16

PSHE & RSHE

Learning Journey



PEDAGOGY

PSHE/RSHE lessons are carefully planned and adapted to ensure they meet the needs of the children in our school. Lessons encourage discussion and reflection. In EYFS Stories are often used to support this and introduce new ideas. Drama, group work, role play and Art support learning and expression of ideas.



SUBJECT OVERVIEW

PSHE /RSHE is taught using a scheme of work that stands alone from curricular topics although where they sit well together those links are made and the order of units over two years cycles reflects this. Our PSHE and RSHE Schemes of Work have been drafted based upon the sequence set out by Twinkl based upon the Department for Education's Relationships Education, Relationships and sex Education (RSE) and Health Education statutory guidance and the recommendations of the PHSE Association in terms of strands and progression through the year groups. Staff adapt resources to meet the needs of our children but keep the same learning objectives. Cross curricular links are continually made throughout the year and biological elements of the RSHE curriculum are taught within the Primary Science Curriculum. Cross curricular links are also made between Computing and Media Literacy and Digital Resilience. Links are also made to the Protected Characteristics whenever the opportunity arises in lessons, collective worships or British Values assemblies. Children begin by learning to build friendships. As they progress through school, children learn about different types of friendships and relationship, about managing money, the digital world, how to maintain good physical and mental health, about growing up and contributing to communities. A combination of facts (substantive knowledge), skills (disciplinary knowledge)-especially around managing relationships and persontought every year in schoolnal opinions and experiences (personal knowledge) give rise to thought provoking and reflective discussion. The NSPCC Pants Rule is taught every year to all year groups to support children's safety and safeguarding.

KEY Relationships Health and Wellbeing Living in the wider world

Biological elements of the RSHE curriculum are taught within the primary Science curriculum.	Children learn the importance of looking after their bodies, healthy lifestyles, harmful substances and ways to avoid ill health. NSPCC pants rule.	Children practice mindfulness and positivity, consider helpful and unhelpful thoughts and potential outcomes and reflect on how emotions feel physically.	Children about value for money, being critical consumers, persuasive advertising, financial risk, budgeting and ethical spending.	We discuss the conflict between fitting in and being true to yourself. And think about ways to resolve tricky situations and mistakes.	Children taught to recognise the signs of harmful online relationships; to know online bullying is wrong and to verify information.	Positive and toxic friendships, calming techniques, handling disagreement, resisting pressure and understanding when secrets should not be kept.	All classes take part in Antbullying week activities with Andy and the Odd Sox Gang. There is an annual theme and an Odd Sox Day to celebrate everyone's unique qualities and differences.
Y7	It's my Body Health & Wellbeing	Think Positive Health & Wellbeing	Money Matters Living in the Wider World	Be Yourself Relationships	Digital Wellbeing Relationships	VIPs Relationships	Y5/6 YEAR B YEAR A
Digital resilience is taught through dedicated days, Computing lesson & PHSE.	Safety First Health & Wellbeing	Growing Up Health & Wellbeing	TEAM Relationships	One World Living in the Wider World	Diverse Britain Living in the Wider World	Aiming High Living in the Wider World	Y5/6 Growing up –taught every year Lesson 1 term 1: puberty Lesson 2 term 2: what makes a loving relationship Lesson 3 term 5: love, commitment, conception Lesson 4 Term 6: pregnancy & birth
Links to the protected characteristics are made during Collective Worships and PSHE lessons where appropriate.	How do we show respect on and off line? Making new friends, positive and toxic relationships and identifying and combatting bullying.	How to stay safe on line, assess reliability of information, understand what personal information is and how to protect it and combat online bullying.	We learn about where money comes from and why we work, the importance of tracking spending, why people borrow and different ways to spend.	What's it like to live in Britain? Children explore the meaning of rules, laws, democracy and liberty and consider what living in Britain means to them.	We consider and identify dangers and risks eg roads and water. We introduce the danger of alcohol, some drugs and smoking, rules for staying safe, calling 999.	We introduce the term 'puberty' & where to get information or support. Children are reminded they can discuss puberty with a trusted adult. NSPCC Pants rule.	
YEAR B	VIPS Relationships	Digital Wellbeing Relationships	Money Matters Living in the Wider World	Diverse Britain Living in the Wider World	Safety First Health & Wellbeing	It's my Body (including puberty) Health & Wellbeing	
YEAR A	TEAM Relationships	Be Yourself Relationships	Aiming High Living in the Wider World	One World Living in the Wider World	Think Positive Health & Wellbeing	Growing Up (including puberty) Health & Wellbeing	Children's Mental Health Week is a focus for each year group every year. This is an opportunity to recap and highlight prior learning on mental wellbeing. Mindfulness is taught to each class and practised throughout the year. Children are encouraged to learn and practise calming strategies.
Year 4 girls begin to learn about puberty in the summer term.	Children consider the different emotions and responsibilities experienced when working within a team and the way emotions support or weaken the team.	We link emotions to facial expressions, learn about being assertive, say what we are proud of achieving and consider uncomfortable feelings and mistakes.	Children share achievements and skills and consider the importance of a positive attitude.. They explore skills needed for different jobs and their interests	We compare & contrast different lives, reflect on how our actions affect others around the world and how to care for the natural world.	Children build on prior learning about the importance of good mental health, reflect on responses to change and how to be calm.	Children identify trusted adults to talk to about puberty, learn a simple version of human life cycle and learn about how they may feel as they grow & change. NSPCC Pants rule.	
Children in all year groups are taught about internet safety on safer internet day and throughout the year in computing lessons.	Children are encouraged to think about their own and each other's likes and dislikes, how people change as they grow older from being a baby. NSPCC pants rule.	Children learn how to keep their mind healthy and discuss different things they can do to help them manage big feelings.	Children think about the difference between needs and wants, learn what money is & that you can make different choices to save or spend.	Children discuss the different groups they belong to and think about the different roles and responsibilities people have in our community.	Children think about the different ways we use the internet, what to do if something makes them uneasy online and what personal information is.	Children think about the importance of family and what makes a good friend; they consider how to show we care and how to resolve differences.	
	Growing Up Health & Wellbeing	Think Positive Health & Wellbeing	Money Matters Living in the Wider World	Diverse Britain Living in the Wider World	Digital Wellbeing Relationships	VIPs Relationships	
PSHE forms the basic structure of the EYFS with numerous opportunities for the children to develop within each of the strands.	It's my Body Health & Wellbeing	Safety First Health & Wellbeing	Aiming High Living in the Wider World	One World Living in the Wider World	Be Yourself Relationships	TEAM Relationships	Y1/2 YEAR B YEAR A
	The importance of sleep, healthy snacks, personal hygiene and exercise. Children learn that they can choose what happens to their bodies.	Children think about everyday dangers and people who help keep them safe. They learn that private body parts are private. NSPCC Pants Rule revisited.	As part of this unit children will learn how everyone has different strengths and interests and will discuss different jobs that people do.	We discuss different homes and places. Children learn what an environment and reflect on the things they love about our world.	Children to think about what makes them unique & special. They talk about feelings, what makes them happy, sad, cross and how to deal with loss.	We identify teams we belong to, how to listen to each other, and different choices that we can make to be positive members of the team.	
	Making Relationships	Making Relationships	Health & Self Care	Managing Feelings and Behaviour	Managing Feelings and Behaviour	Health & Self Care	In EYFS PSHE is taught through a variety of adult led and child initiated activities. All activities and play based learning opportunities are guided by the interests of the children.
Yr R	Children develop positive relationships with adults and other children. Children are taught to play cooperatively and get to know each other through 'All About Me' activities.		Children are encouraged to manage their own basic hygiene and personal needs including dressing and going to the toilet independently.	Children are given opportunities to talk about how they and others show feelings and talk about their own and others' behaviour. Children work as part of a class or group and understand the importance of our golden rules		Children explore the importance of healthy eating, exercise, sleep and keeping clean and safe. NSPCC PANTS rule	