



## PSHE Curriculum appendix

Subject Leader - Nicki Bradbury

Structure

Our PSHE curriculum includes Health and Wellbeing, Relationships and Sex Education and Living in the Wider World.

Core Theme 1 Health and Wellbeing	Core Theme 2 Relationships and Sex Education	Core Theme 3 Living in the Wider World
Healthy Lifestyles (physical wellbeing)	Families and positive close relationships	Shared responsibilities
Mental Health	Friendships	Communities
Ourselves, growing and changing	Managing hurtful behaviour and bullying	Media literacy and digital resilience
Keeping Safe	Safe relationships	Economic wellbeing- money
Drugs, alcohol and tobacco	Respecting self and others	Economic wellbeing- aspirations, work, career

Developing children's personal and social skills, understanding of relationships and ensuring their physical, mental and emotional wellbeing is central to our ethos as a school. We teach the PSHE curriculum in a variety of ways including:

Whole school assembly themes - these are reinforced in assemblies in the hall and in class throughout the week. They cover themes such as: honesty, putting yourself in someone else's shoes, anti-bullying, wisdom, friendship, achieving our goals, taking risks, perseverance, independence, etc.

PSHE sessions in class - these may take the form of games, circle time, discussions or debates or may cover specific aspects such as road safety including sessions from the police and fire brigade, puberty, cycle safety, dental health or the world of work.

Life Education Bus – all children have a half-day session on the Life Education Bus each year. Children learn about medicines and drugs, keeping their bodies healthy and peer pressure in fun interactive sessions on the bus.

Our PSHE curriculum is taught in a structured way but it also underpins everything we do so much of our PSHE work is incidental and is conveyed in the many conversations and lessons we do with the children each and every day. Fundamental to our school ethos is the way in which the children interact with each other and the values and skills that they develop for themselves so these are woven through all aspects of school life and reinforced by all adults in school.

Planning guidelines

We use the SCARF resources linked with the Lancashire Life Education Bus as the basis for our PSHE curriculum:

<b>Autumn 1</b>	<b>Autumn 2</b>
<b><i>Relationships</i></b> <b>Me and My Relationships</b>	<b><i>Living in the Wider World</i></b> <b>Rules, Rights and Responsibilities</b>
SCARF lessons: Feelings, secrets, safeguarding, bullying, friendships, conflict, healthy relationships	SCARF lessons: R&R, money, caring for the environment, understanding the world and issues, first aid
Assemblies throughout the year (this term): friendships, words and how you use them, somebody else’s shoes, bullying, resolving conflict, feelings, communication, cooperation, honesty.	Assemblies throughout the year (this term): rights and responsibilities, caring for the environment, heroes, people who make a difference, courage, British Values, people who look after us, belonging, people with disabilities, racial discrimination, different faiths.
Curriculum: Kidsafe, teamwork, P4C, Life Ed Bus	Curriculum: Money awareness, enterprise, first aid, P4C
<b>Spring 1</b>	<b>Spring 2</b>
<b><i>Health and Wellbeing</i></b> <b>Being My Best</b>	<b><i>Health and Wellbeing</i></b> <b>Keeping Myself Safe</b>
SCARF lessons: Growth mindset, goals for the future, perseverance, risk taking, creativity, keeping healthy, healthy lifestyles, hygiene	SCARF lessons: Kidsafe, road safety, water safety, cycle safety, drugs awareness, e-safety
Assemblies throughout the year (this term): Growth mindset, goal setting, risk taking, perseverance, independence, decision maker, resilience, creativity, healthy lifestyles, courage, honesty and wisdom.	Assemblies throughout the year (this term): safer internet, water safety, road safety, keeping myself safe, Life Ed. Bus.
<b>Curriculum:</b>	<b>Curriculum:</b>

reference to Planet Inspiration, general ethos, science - healthy lifestyle, PE - healthy lifestyle. Goal setting, Life Ed Bus	Bikeability, e-safety lessons in ICT, road safety programme, personal life-saving, water safety
<b>Summer 1</b>	<b>Summer 2</b>
<b><i>Relationships</i></b> <b>Valuing Difference</b>	<b><i>Health and Wellbeing</i></b> <b>Growing and Changing</b>
<b>SCARF lessons:</b> Tolerance and diversity, global issues, disability awareness, British Values, citizenship	<b>SCARF LESSONS:</b> RSE, changing bodies and emotions, independence, taking responsibility
<b>Assemblies throughout the year (this term):</b> British Values, diversity, respecting others' differences, multi-cultural celebrations, disability awareness, fair trade, anti-racism.	<b>Assemblies throughout the year (this term):</b> Independence, taking responsibility, moving on.
<b>Curriculum:</b> British values, global awareness, P4C, citizenship, democracy, Parliament visit.	<b>Curriculum:</b> changes, puberty/RSE, Life Ed Bus

### Time Allocations

PSHEE is taught for ½ an hour a week primarily through the circle time approach. Any practical activities/written work/discussion could be followed up during guided tasks during that week or the following week if needed.

Circle time discussions are linked with the assembly themes for each week and based on the objectives stated on the Medium Term Plans. The children should reflect on their learning experiences at the end of each circle time session using a variety of reflection prompts.

A selection of reflections could be recorded by either the teacher, child or adult in a class reflection book as a record of the shared discussions/ interesting comments /learning experiences undertaken throughout the term.

### Assembly Theme Overview

(see attached sheets).

Our assembly themes address many aspects of the PSHE curriculum. These sometimes fall in the half term in which that aspect is being addressed in PSHE and sometimes they fall in different half terms so the children are revisiting themes regularly.

It is also recognised that some elements of PSHEE can be taught through other subjects i.e. healthy eating in Science. Other school activities can also aid children's personal development i.e. residential experiences, school council and buddy systems.

## Resources

Resources for PSHE are located on the SCARF site with a school login.

## Assessment/Record Keeping

Pupils are encouraged to self-assess and reflect on their work within discussions: most of this will be done verbally. A selection of children's verbal reflections could be recorded in a class reflection book at the end of each circle time session either by the teacher/child or another adult as and when appropriate.

The subject leader may plan to join and participate in various circle time discussions as an aid to monitor and evaluate standards throughout the school.

Teachers informally assess the children as they observe them working within the sessions as individuals and within groups. The children's progress should then be assessed against the end of Key Stage Statements and teachers then report their progress in the end of Year report as part of the children's Personal and Social development.

## Health and Safety

Children are encouraged through PSHEE sessions to take responsibility for their own safety by learning to consider the implications and consequences of actions upon themselves and others as an integral part of the subject.