



Welton St Mary's Church of England Primary Academy



# Personal, Social and Health Education Curriculum

*'Educating the mind without educating the heart is no education at all'. - Aristotle*

### PSHE Curriculum Intent

PSHE (including new RSE content) is a weekly subject in the WSM's curriculum that aims to promote the spiritual, moral, cultural, mental and physical development of children at our school in order to prepare them for the opportunities, responsibilities and experiences of adult life. Our children will develop key skills such as debate, listening, analysis, research and public speaking – all required for living in the C21st - by learning through a diverse range of topics covering *Health and Wellbeing*, *RSE* and *Living in the Wider World*. We place great importance on children becoming 'emotionally literate', thus the modelling and use of key vocabulary forms a substantial part of a child's PSHE journey.

Our PSHE curriculum is both underpinned and enriched by constant reference to our school values of: Love and Friendship, Respect, Forgiveness, Responsibility, Trust, Peace and Harmony, along with our three school rules of: Be Kind; Be Safe; Be Responsible.



PSHE learning will be built on what has gone before and will be taught sensitively, with a positive approach that does not attempt to induce shock or guilt, but rather focuses on what our children can do to stay healthy and live fulfilling lives through every stage of their development into adulthood. Teachers will deliver content in a wide variety of styles, but this will always be interactive. For example, our children will be encouraged to reflect on their learning constantly, so that they have the confidence to transfer their thoughts between school subjects and, indeed, outside of school. Opportunity will be provided for the children to make real decisions about their lives and where they can demonstrate their ability to take responsibility for their decisions. Teachers will provide a safe and supportive learning environment where children: develop the confidence to ask questions; challenge the information they are offered; draw on their own experience; express their views and opinions; and put what they have learned into practice in their own lives.





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# PSHE Overview

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families & Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and Changing	Keeping safe
<b>EYFS</b>	"All About Me" topic: maintaining healthy relationships, how we make others feel, different families, our bodies & five senses.			British Values, People who Help Us, Road Safety & safety in the wider world, strangers and safe strangers, What to do if we get lost, towns/cities, Where we live, China and Chinese New Year, hot and cold countries, seasons, animal kingdom.			Health and Wellbeing, Coping with Change, revisiting parts of our body and introducing how boys and girls are similar and different, oral health and bodily hygiene, healthy food choices.		
<b>Y1</b>	Roles of different people and families, feeling cared for.	Recognising privacy, staying safe, seeking permission.	How behaviour affects others, being polite and respectful.	What rules are, caring for others' needs, looking after the environment.	E Safety	Strengths and interests, jobs in the community.	Keeping healthy, food & exercise, hygiene routines, sun safety.	Recognising what makes them unique and special, feelings, managing when things go wrong.	How rules and age restrictions help us, keeping safe.
<b>Y2</b>	Making friends, feeling lonely and getting help.	Managing secrets, resisting pressure and getting help, recognising hurtful behaviour.	Recognising things in common and differences, playing and working cooperatively, sharing opinions.	Belonging to a group, roles and responsibilities, being the same and different in the community.	E Safety	What money is, needs and wants, looking after money.	Why sleep is important, medicines and keeping healthy, keeping teeth healthy, managing feelings and asking for help.	Growing older, naming body parts, moving class or year.	Safety in different environments, risk, safety at home, emergencies.
<b>Y3</b>	What makes a family, features of family life.	Personal boundaries, safely responding to others, the impact of hurtful behaviour.	Recognising respectful behaviour, the importance of self-respect, courtesy and politeness.	The value of rules and laws, rights, freedoms and responsibilities.	E Safety	Different jobs and skills, job stereotypes, setting personal goals.	Health choices and habits, what affects feelings, expressing feelings.	Personal strengths and achievements, managing and re-framing setbacks.	Risks and hazards, safety in the local environment and unfamiliar places.
<b>Y4</b>	Positive friendships including online.	Responding to hurtful behaviour, managing confidentiality, recognising risks online.	Respecting differences and similarities, discussing difference sensitively.	What makes a community, shared responsibilities.	E Safety	Making decisions about money using and keeping money safe.	Maintaining a balanced and healthy lifestyle, oral hygiene and dental care.	Medicines and household products, drugs common to everyday life.	Keeping safe in different situations including responding in emergencies and first aid.
<b>Y5</b>	Managing friendships and peer influence.	Responding respectfully to a wide range of people, recognising prejudice and discrimination.	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.	Protecting the environment, compassion towards others.	E Safety	Identifying job interests and aspirations, what influences career choices, workplace stereotypes.	Healthy sleep habits, sun safety, medicines, vaccinations and immunisations, allergies.	Mental Health & Wellbeing, Personal identity; recognising individuality & different qualities.	Physical contact and feeling safe.
<b>Y6</b>	Attraction to others, romantic relationships, marriage and civil partnership, faith perspectives on different types of marriage.	Recognising and managing pressure, consent in different situations.	Expressing opinions and respecting other points of view, including discussing topical issues.	Valuing diversity, challenging discrimination and stereotypes.	E Safety	Influences and attitudes to money, money and financial risks.	What affects mental health and ways to take care of it, managing change, loss and bereavement, managing time online.	Human reproduction and birth risks.	Increasing independence, managing transition. Keeping personal information safe, regulations and choices, drug use and the law, drugs.

# Core Concepts

## CONCEPT – Exploring and Researching

- Develop knowledge through the specific topics of Health and Wellbeing, Living in the Wider World and Relationships.
- Develop understanding through different types of enquiry that help them to answer questions about the world around them.
- Researching different perspectives.

## CONCEPT - Analysis and Interpretation

- Through a range of sources including pictures, factual texts, quantitative data, opinions, debate and written work, begin to analyse and interpret their own and others beliefs, opinions and everyday situations.

## CONCEPT –Explanation and Communication

- Use a range of communication to express their own and others' beliefs, opinions and ideas.
- Become emotionally literate across a range of disciplines including written and pictorial work, public speaking and debate.
- Use key vocabulary in the correct context.

## CONCEPT – Impact on Real Life

- Apply knowledge and understanding to roles in real life.
- Consider how their understanding and opinions will impact life today and in the future.
- Understand the role that their rights and responsibilities will play in their lives.

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