



## Oare CofE Primary School PSHE Curriculum

*'I have learnt that people will forget what you said, people will forget what you did,  
but people will never forget how you made them feel'*  
Maya Angelou

### **Intent**

*Why do we teach this? Why do we teach it the way we do?*

Our whole curriculum is shaped by our school vision 'WE CARE' which aims to enable all children, regardless of background, ability, additional needs, to flourish to become the very best version of themselves they can possibly be.

Our Personal, Social, Health education curriculum has incorporated the statutory guidance, 2019: 'Relationships Education, Relationships and Sex Education (RSE) and Health Education', as well as considering the document "Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE) in Church of England Schools" which sets out key principles and a charter for Church of England Schools.

Throughout their time at Oare CofE Primary School, we aim for our PSHE curriculum to; support children to grow their knowledge of the world of which they are a part, develop an understanding of themselves, learn about the many factors that contribute to a happy, healthy and fulfilled life, arrive at informed opinions and critically challenge the ideas of others and develop an awareness of our feelings, thoughts and emotions whilst learning how to manage these in a positive way.

PSHE supports our learners to develop their own values and explore those values that underpin a healthy society including those that are explicitly identified as British Values:

- Democracy.
- Rule of Law.
- Respect & Tolerance.
- Individual Liberty.

## Implementation

### *What do we teach? What does this look like?*

We use the Jigsaw scheme of work to support our teaching of PSHE and this is taught as a discreet lesson every week across YR – 6. The Jigsaw curriculum follows a spiral model where a theme is introduced each term (across the 6 terms in the school year). Each class follows the same theme at a level appropriate to the children in the that class. This means that all classes are working on the same theme at the same time for e.g. 'Celebrating Difference' enabling us to link classroom learning to whole school collective worship or other activities where relevant. We have mixed year group classes and because of this we operate a Year A and Year B curriculum. Teachers look carefully at the planned objectives to ensure that the learning materials are appropriate and relevant to the children that they are teaching and will adjust lesson content where necessary.

In addition to weekly PSHE lessons, teachers identify strands across other curriculum areas either to make links with taught PSHE content or to support the understanding of our six global citizenship themes:

- Our Place in the World
- What are We Fighting For?
- Our World United
  - What's Fair?
- Nurturing Nature
- Leading the Way

The opportunity to develop children's understanding of these themes is a built-in part of teachers blocked planning, but we also understand that an opportunity to develop this understanding can also be more incidental for e.g., a discussion about a character in the class novel.

Resources are used from The World's Largest Lesson website linked to the United National Sustainable Development Goals. In addition, we use the immersive platform Lyfta to provide real life human stories that extend the children's experiences beyond their everyday reality.

As part of our cycle of whole school and class worship, we take time to explore our school's WE CARE values: **W**ONDER, **E**FFORT, **C**OMMUNITY, **A**SPIRATION, **R**ESPECT and **E**MPATHY.

Links are made (where they exist) to other learning to deepen understanding and support our learners to become citizens of the world that they live in.

## **Impact**

### *What will this look like?*

By the time children leave Oare CofE Primary school they will have been supported to:

- become active and responsible citizens who recognise and value their contribution to society
- view themselves as both local and global citizens
- be well prepared for their future lives and to flourish in the next stage in their journey
- be well prepared for the changes that will happen to themselves and others as they grow up
- recognise the differences between right and wrong and the consequences of the choices we make
- understand what it means to lead a healthy lifestyle
- understand the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs
- appreciate and celebrate diversity and difference as a valuable part of life in a vibrant democracy

## Coverage Progression in each Year Group.

Our EYFS curriculum is taught annually.

EYFS					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in my World	Celebrating differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Help each other to feel welcome. Try to make our EYFS community a better place. Think about everyone's right to learn. Care about other people's feelings. Work well with others. Choose to follow the Learning Charter.</p>	<p>Accept that everyone is different Include others when working and playing Know how to help if someone is bullied Try to solve problems Try to use kind words Know how to give and receive compliments</p>	<p>Stay motivated when doing something challenging Keep trying even when it is difficult Work well with a partner or in a group Have a positive attitude Help others to achieve their goals Are working hard to achieve their dreams and goals.</p>	<p>Have made a healthy choice Have eaten a healthy, balanced diet. Have been physically active. Have tried to keep them and other's safe. Know how to be a good friend and enjoy health relationships. Know how to keep calm and deal with difficult situations.</p>	<p>Know how to make friends. Try to solve friendship problems when they occur. Help others to feel part of a group. Show respect in how they treat others. Know how to help themselves and others when they feel upset and hurt. Know and show what makes a good relationship.</p>	<p>Understand that everyone is unique and special. Can express how they feel when change happens. Understand and respect the changes they feel in themselves. Understand and respect the changes they see in other people. Know who to ask for help if they are worried about change. Are looking forward to change.</p>

Our KS1 PSHE curriculum is taught on a 2-year cycle.

Teachers look carefully at the planned objectives to ensure that the learning materials are appropriate and relevant to the children that they are teaching. Lesson content will be adjusted where necessary or taught to a single year group.

YEAR A					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in my World	Celebrating differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Feeling special and safe. Being part of a class. Rights and responsibilities. Rewards and feeling proud. s Owning the Learning. Charter Consequences of behaviour choices.	Similarities and differences. Understanding bullying and knowing how to deal with it. Making new friends. Celebrating the differences in everyone.	Setting goals. Identifying successes and achievements. Learning styles Working well and celebrating achievement (with a partner). Tackling new challenges.  Identifying and overcoming obstacles.  Feelings of success.	Keeping myself healthy. Healthier lifestyle choices. Keeping clean. Being safe. Medicine safety/safety with household items. Road safety Linking health and happiness.	Belonging to a family. Making friends/being a good friend. Physical contact preferences. People who help us. Qualities as a friend and person. Self-acknowledgement † Being a good friend to myself. Celebrating special relationships.	Life cycles – animal and human. Changes in me. Changes since being a baby. Differences between female and male bodies (correct terminology).  Linking growing and learning.  Coping with change. Transition.

YEAR B					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in my World	Celebrating differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Hopes and fears for the year. Rights and responsibilities. Rewards and consequences. Safe and fair learning environment. Valuing contributions. Choices. Recognising feelings.	Assumptions and stereotypes about gender.  Understanding bullying. Standing up for self and others. Making new friends. Gender diversity Celebrating differences and remaining friends.	Achieving realistic goals. Perseverance.  Learning strengths. Learning with others. Group cooperation. Contributing to and sharing success.	Motivation. Healthier choices.  Relaxation. Healthy eating and nutrition. Healthier snacks and sharing food.	Different types of family. Physical contact (boundaries). Friendship and conflict. Secrets and Trust. Expressing appreciation for special relationships.	Life cycles in nature. Growing from young to old. Increasing independence. Differences in female and male bodies (correct terminology). Assertiveness. Preparing for transition.

Our LKS2 PSHE curriculum is taught on a 2-year cycle.

Teachers look carefully at the planned objectives to ensure that the learning materials are appropriate and relevant to the children that they are teaching. Lesson content will be adjusted where necessary or taught to a single year group.

YEAR A					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in My World	Celebrating differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Setting personal goals. Self-identity and worth. Positivity in challenges Rules, rights and responsibilities. Rewards and consequences. Responsible choices. Seeing things from others' perspectives.	Families and their differences. Family conflict and how to manage it. Witnessing bullying and how to solve it. Recognising how words can be hurtful. Giving and receiving compliments.	Difficult challenges and achieving success. Dreams and ambitions. Challenges Motivation and Enthusiasm. Recognising and trying to overcome obstacles. Evaluating learning processes. Managing feelings. Simple budgeting.	Exercise. Fitness Challenges. Food labelling and healthy swaps. Attitudes towards drugs. Keeping safe - online and off - line (scenarios). Respect for myself and others. Healthy and safe choices.	Family roles and responsibilities. Friendship and negotiation. Keeping safe online and who to go to for help. Being a global citizen. Being aware of how my choices affect others. Awareness of how other children have different lives. Expressing appreciation for family and friends.	How babies grow. Understanding a baby's needs. Outside body changes. Inside body changes. Family stereotypes. Challenging my ideas. Preparing for transition.

YEAR B					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in my World	Celebrating differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Being part of a Class team. Being a school citizen. Rights, responsibilities and democracy (School Council). Rewards and consequences. Group decision-making. Having a voice. What motivates behaviour.	Challenging Assumptions. Judging by Appearance. Accepting self and others. Understanding influences. Understanding bullying. Problem-solving. Identifying how special and unique everyone is. First impressions	Hopes and Dreams. Overcoming Disappointment. Creating new, Realistic dreams. Achieving goals.  Working in a group. Celebrating contributions. Resilience. Positive attitudes.	Healthier Friendships. Group Dynamics. Smoking. Alcohol. Assertiveness.  Peer pressure. Celebrating inner strength.	Jealousy. Love and loss. Memories of Loved ones. Getting on and Falling out. Girlfriends and Boyfriends. Showing Appreciation to people and animals.	Being unique. Having a baby (Girls) and Puberty. Confidence in Change. Accepting Change. Environmental change. Preparing for transition.

Our UKS2 PSHE curriculum is taught on a 2-year cycle.

Teachers look carefully at the planned objectives to ensure that the learning materials are appropriate and relevant to the children that they are teaching. Lesson content will be adjusted where necessary or taught to a single year group.

YEAR A					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in my World	Celebrating differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Planning the forthcoming year. Being a citizen. Rights and responsibilities. Rewards and consequences. How behaviour affects groups. Democracy, having a voice - (participation).	Cultural differences and how they can cause conflict. Racism. Rumours and name calling. Types of bullying. Material wealth and happiness. Enjoying and respecting other cultures.	Future dreams. The importance of money. Jobs and careers. Dream job and how to get there. Goals in different cultures. Supporting others (charity). Motivation.	Smoking, including vaping. Alcohol and anti-social behaviour. Body image. Relationships with food. Healthy choices. Motivation and behaviour.	Self-recognition and self-worth. Building self-esteem. Safer online communities. Rights and responsibilities online. Online gaming and gambling. Reducing screen time. Dangers of online grooming. SMART internet safety rules	Self- and body image. Influence of online and media on body image. Puberty for girls. Puberty for boys. Conception (including IVF). Growing responsibility. Coping with change. Preparing for transition.

YEAR B					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in my World	Celebrating differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Identifying goals for the year. Global citizenship. Children's universal rights. Feeling welcome and valued. Choices, consequences and rewards. Group dynamics. Democracy, having a voice. Anti-social behaviour. Role-modelling.	Perceptions of normality. Understanding disability. Power struggles. Understanding bullying. Inclusion/exclusion. Differences as conflict, difference as celebration. Empathy.	Personal learning goals, in and out of school. Success criteria. Emotions in success. Making a difference in the world. Motivation. Recognising achievements Compliments.	Taking personal responsibility How substances affect the body. Exploitation, including 'county lines' and gang culture. Emotional and mental health. Managing stress.	Mental health. Identifying mental health worries and sources of support. Love and loss. Managing feelings. Power and control. Assertiveness. Technology safety. Take responsibility with technology.	Self-image. Body image. Puberty and feelings. Conception to birth. Reflections about change. Physical attraction Respect and consent. Boyfriends/girlfriend Sexting. Transition to Secondary School.