



Martin Primary School

PSHE and RSHE

Curriculum aim and intent

At Martin Primary School, personal, social, health and economic (PSHE) education is an embedded part of our broad and balanced curriculum. The Jigsaw Programme, which is embedded from EYFS to Year 6, offers us a comprehensive, carefully thought through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. PSHE enables our children to become independent and responsible members of society by teaching them about their rights and responsibilities. In addition, it approaches the many moral, social and cultural issues that they will face in the wider world, in a safe and supported environment. Through our Rights Respecting Agenda, children are encouraged to develop their self-worth by playing a positive role in contributing to school life and the wider community. Within our curriculum, we learn about equality and challenge all forms of discrimination.

Our Relationships, Sex and Health Education (RSHE) enables our children to learn how to be safe and to understand and develop healthy relationships, both now and in their future lives.

Through our PSHE and RSE curriculum and Rights Respecting Agenda we intend to:

- Promote pupils' spiritual, moral, social and cultural development
- Promote pupils' awareness of the Convention of the Rights of the Child, ensuring children know their rights, the rights of others and how to exercise them
- Equip pupils to develop a confidence in sharing their own thoughts and opinions in a safe environment
- Teach our pupils about personal safety (online and offline) and ensure pupils know how to get help if needed and where to find it
- Deepen our pupils' understanding of the fundamental British values of democracy, individual liberty, the rule of law and mutual respect and tolerance
- Celebrate the differences between people and appreciate the cultures that our diverse community can offer
- Foster high aspirations, a belief in themselves and realise that anything is possible with a growth mind-set
- Prepare pupils for their next key stage and to thrive in an ever-changing and diverse wider society
- Nurture mental and physical health
- Respect others and discuss issues sensitively, thinking critically and developing relationship skills
- Reflect on opportunities and influences (such as from peers, media, culture) that may shape attitudes
- Develop knowledge and understanding of the changes that happen to our bodies as we grow and change

Links to the EYFS - Personal, Social and Emotional Development

Children's PSED is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. We aim to build strong, warm and supportive relationships with all of the children. The Characteristics of Effective Learning are intrinsically linked to PSED and these are reflected strongly in this area of learning as well as across all curriculum areas. Following the pandemic, we recognise that PSED has been affected for many children in our setting due to limited opportunities for social interaction, in particular for our youngest children.

PSHE & RSHE overview

<p>Year 1</p>	<p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences</p>	<p>Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone</p>	<p>Setting goals Identifying successes and achievements Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success</p>	<p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p>	<p>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</p>	<p>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</p>
<p>Year 2</p>	<p>Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p>	<p>Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p>	<p>Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success</p>	<p>Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p>	<p>Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>

<p>Year 3</p>	<p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p>	<p>Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p>	<p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p>	<p>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</p>	<p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p>
<p>Year 4</p>	<p>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</p>	<p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p>	<p>Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p>

<p>Year 5</p>	<p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p>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</p>	<p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>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 SMARRT internet safety rules</p>	<p>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</p>
<p>Year 6</p>	<p>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</p>	<p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p>Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p>Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p>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 use</p>	<p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>