

PSHE: Our Curriculum

Our broad and balanced PSHE curriculum allows our children to explore their emotions, relationships and personal development. It is linked to our Values Education and permeates every aspect of school life. Our curriculum enables our pupils to become healthy, independent and responsible members of our school community and the wider society. It aims to help them understand how they are developing personally and socially, while taking into consideration many of the moral, social and cultural issues that are part of growing up in modern Britain. Our pupils are provided with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our pupils are encouraged to explore their sense of place in the world in a secure, well-supported learning environment.

	Autumn	Spring	Summer
Nursery	Me and My Community Be increasingly able to talk about and manage their emotions. Thrive as they develop self-assurance. Play with increasing confidence on their own and with other children.	Starry Night Talk about their feelings in more elaborated ways. Begin to show 'effortful control'. Develop friendships with other children.	Sunshine and Sunflowers Understand gradually how others might be feeling. Find solutions to conflicts and rivalries. Play with one or more other children, extending and elaborating play ideas.
	Once Upon a Time Be increasingly able to talk about and manage their emotions. Thrive as they develop self-assurance. Play with increasing confidence on their own and with other children. Anti-bullying	Dangerous Dinosaurs Talk about their feelings in more elaborated ways. Begin to show 'effortful control'. Develop friendships with other children.	Big Wide World Understand gradually how others might be feeling. Find solutions to conflicts and rivalries. Play with one or more other children, extending and elaborating play ideas.
Reception	Let's Explore Understand gradually how others might be feeling. Find solutions to conflicts and rivalries. Play with one or more other children, extending and elaborating play ideas. Anti-bullying RSHE – Family and Friendship	Long Ago Express their feelings and consider the feelings of others. Think about the perspectives of others. Build constructive and respectful relationships.	Ready, Steady, Grow Identify and moderate their own feelings socially and emotionally. Show resilience and perseverance in the face of challenge. Build constructive and respectful relationships.
		Animal Safari Express their feelings and consider the feelings of others. Think about the perspectives of others. Build constructive and respectful relationships.	On the Beach Identify and moderate their own feelings socially and emotionally. Show resilience and perseverance in the face of challenge. Build constructive and respectful relationships.
Year 1	Childhood New beginnings – feeling sad/scared Getting on and falling out – what is fair, right or wrong. Anti-bullying Drug and Alcohol Education – medicines and people who help us PiXL – Living without harm A mind to be kind Trying out tasks/reflecting upon when someone's feelings were hurt. Caring for others in different ways instead of using harming words.	Big Lights, Big City Going for goals- understanding targets Good to be me – feeling proud of our own achievements RSHE – Growing and caring for ourselves Mental Health and Wellbeing PiXL – Kindness To understand what is meant by kindness.	School Days Relationships – feeling proud or jealous of others Changes – exploring what is change First aid – stay safe PiXL – Respect To accept differences as positive and of equal value to similarities. To begin to understand how we can respect ourselves.

	Autumn	Spring	Summer
Year 2	Movers and Shakers New beginnings – exploring feelings at the start of a new year. Getting on and falling out – seeing something from someone else’s point of view. Anti-bullying Drug and Alcohol Education – keeping safe PiXL – Living without harm A mind to be kind Trying out tasks and reflecting upon when someone’s feelings were hurt. Caring for others in different ways instead of using harming words.	Coastline Going for goals – setting targets Good to be me – identifying feeling stressed. Exploring relaxation techniques RSHE – Differences Mental Health and Wellbeing PiXL – Kindness To understand what is meant by kindness.	Magnificent Monarchs Relationships – exploring feeling loved or cared for. Understanding who can help me in the community Changes – understanding habits, overcoming obstacles. First aid – stay safe PiXL – Respect To accept differences as positive and of equal value to similarities. To begin to understand how we can respect ourselves.
	Through the Ages New beginnings – debating ideas Getting on and falling out – making an informed choice. Anti-bullying Drug and Alcohol Education - smoking PiXL – Living without harm Predicting the impact of our actions on the feelings of others.	Rocks, Relics and Rumbles Going for goals – taking responsibility for own behaviour and learning Good to be me – understanding assertiveness, sharing a worry RSHE – Valuing difference and keeping safe Mental Health and Wellbeing PiXL – Kindness What is meant by kindness?	Emperors and Empires Relationships – feeling guilty, making amends Changes – making changes to our behaviour. First aid – help save lives PiXL – Respect To distinguish between demanding respect and earning it.
Year 3	Misty Mountain, Winding River New beginnings – why do we have different rules in different places Getting on and falling out – calming down techniques, managing feelings of anger. Anti-bullying Drug and Alcohol Education – alcohol PiXL – Living without harm Predicting the impact of our actions on the feelings of others.	Invasion Going for goals – understanding barriers to learning Good to be me – acting assertively, feeling hopeful and disappointed RSHE – Growing up Mental Health and Wellbeing PiXL – Kindness To understand what is meant by kindness?	Ancient Civilisations Relationships – exploring animals and people, dealing with the loss of someone special Changes – exploring feelings associated with change First aid – help save lives PiXL – Respect To understand how we show respect for our community.
	Ground breaking Greeks New beginnings – learning and playing together Getting on and falling out – how to deal with conflict, exploring feelings of fear, loneliness and its effect on people. Anti-bullying Drug and Alcohol Education – legal and illegal drugs PiXL – Living without harm	Dynamic Dynasties Going for goals – exploring different skills and attributes to be an effective learner Good to be me – understanding the difference of being proud and boasting, making a judgement on whether to take a risk or not RSHE – Puberty Mental Health and Wellbeing PiXL – Kindness What is meant by kindness?	Sow, Grow and Farm Relationships – embarrassment, challenging stereo types Changes – exploring how to respond to loss First aid – emergency action PiXL – Respect Exploring and demonstrating how to be respectful.
Year 4	Maafa New beginnings – reflection on group work Getting on and falling out – seeing another person’s point of view Anti-bullying Drug and Alcohol Education – preventing early use PiXL – Living without harm Predicting the impact of our actions on the feelings of others.	Frozen Kingdoms Going for goals – persistence goals, breaking goals into smaller steps Good to be me – feeling worried and what to do about it, exploring how to behave in an assertive way. RSHE – Puberty, relationships and reproduction Mental Health and Wellbeing PiXL – Kindness To understand what is meant by kindness.	Britain at War Relationships – exploring how to manage your own feelings when you lose something or someone close to you Changes – exploring why we may behave in a certain way when we feel uncomfortable First aid - emergency action PiXL – Respect Exploring and demonstrating how to be respectful.
Year 5			
Year 6			

Impact

Our children:

- Are able to cope positively with a range of real life situations using the skills, knowledge and guidance presented during PSHE lessons, our Values Education, thoughtful assemblies and daily interactions in school.
- Learn about a range of global issues and problems and build up tolerance, resilience and a sense of responsibility to ensure they are able to make informed choices and be responsible global citizens.
- Have an understanding and respect for different family structures and lifestyles.
- Learn to make choices that will impact positively on their future lives relating to keeping healthy, making good behaviour choices and being aware and respectful of all in their community and beyond.