

P.S.H.E. at The Meadows

An introduction to PSHE at The Meadows

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Progression of skills and knowledge

Progression of skills and knowledge

A learning journey through PSHE at The Meadows.

How can you help your child at home?

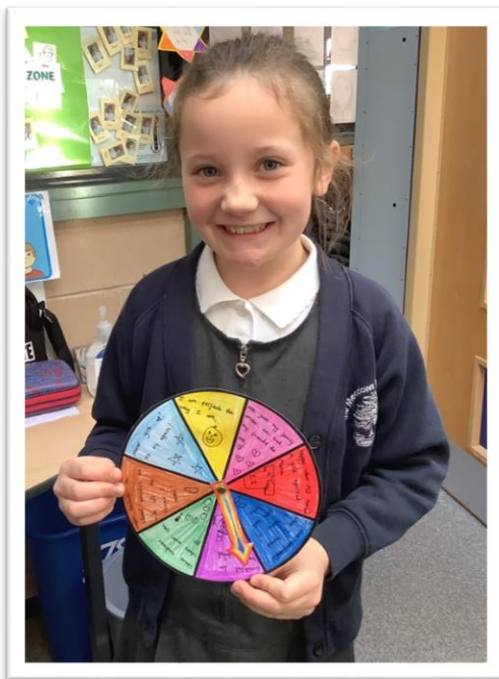
PSHE policy

An introduction to PSHE at 'The Meadows'

At 'The Meadows Primary School', we believe that PSHE an important and necessary part of every pupil's curriculum. It helps to give children the knowledge and understanding they need to lead confident, healthy and independent lives and to become informed responsible citizens. We believe it is the duty of our school to give our young people the learning that will enable them to live safe, fulfilled and healthy lives. This includes giving them all the skills they will need to survive and thrive in the modern world.

'PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. PSHE education also helps pupils to develop skills and aptitudes — like teamwork, communication, and resilience — that are crucial to navigating the challenges and opportunities of the modern world' – PSHE Association.

'I think that PSHE is important because it is teaching us about life and how to make the right choices. It also helps us to know what to do and how to deal with, or get through, bad things.' – Year 5 pupil.



A well-being activity to create a 'Feelings wheel', where the children thought of different reasons why they were 'great' or 'confident' etc.

A PSHE lesson learning all about positive body image and why it's important to respect everybody.



Intent: **Why we do what we do**

The Meadows Primary School Vision for Personal, Social, Health and Economic (PSHE) Education

Personal, Social, Health and Economic (PSHE) education is a subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

PSHE helps pupils thrive as individuals, family members and members of society. It deals with the real life issues affecting our children, families and communities and helps all children and young people to achieve their fullest potential.

At The Meadows Primary School, we believe that PSHE:

- *promotes independence and responsibility, preparing children for life in the future,*
- *contributes to the children's health and well-being; encouraging them to take responsibility for both their mental and physical health, and suggesting sources of help is needed.*
- *contributes to the safety and protection of our children by ensuring that children are aware*

Why do we teach PSHE?

At The Meadows, we teach PSHE for many different reasons. Outlined below are some of the main reasons, although many more can be found within our PSHE policy:

- PSHE helps pupils to form the effective and fulfilling relationships that are essential to life and learning, which recognise common humanity and respect the diversity of and differences between people.
- It promotes responsible attitudes towards the maintenance of good physical and mental health through an understanding of factors contributing to healthy lifestyles.
- It teaches pupils about the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect, tolerance and acceptance of those with different faiths and beliefs.
- It provides support for pupils as they learn to deal with the personal, social and moral issues they face as they grow up.
- It supports pupils in resolving differences, looking at alternatives, making choices and explaining choices.
- Pupils will become aware of different risks under a variety of circumstances and will be able to perform a risk assessment and make informed choices.
- Pupils will develop skills, which will enable them to ask for help and be made aware of peer pressure.
- There will be an increased understanding of the nature and consequences of discrimination, bullying and aggressive behaviours.
- It supports and prepares pupils for change e.g. joining the school or transferring to secondary school.
- Pupils will become aware of changes caused by puberty – see relationships and sex education policy.

Most importantly, PSHE education prepares children for life outside of school and enables them to learn essential skills within a safe environment.

Implementation: **How we teach PSHE at The Meadows**

At The Meadows Primary School, PSHE is taught discretely, each week, through three different strands:

- **Relationships Education** – During the Autumn term, children will learn all about the different types of relationships they may experience; including both families and friendships. They also learn about safe relationships and what to do/ who to tell if they ever feel worried, as well as how to respect both themselves and others.
- **Health Education** – During the Spring term, the children will learn about how to look after their physical and mental health; how their body will grow and change as they get older and how to keep themselves safe in everyday life, as well as online. For our Relationships and Sex Education lessons, we currently follow the Shropshire 'Respect Yourself' programme.
- **Living in the Wider World** – During the Summer term, the children will learn what is meant by the term community, including what is meant to 'belong' to one; they will learn about the media, digital literacy and digital resilience, as well as money and work in preparation for later in life.

Where appropriate opportunities are available, the curriculum will be supplemented by visitors and other external agencies to give children the highest quality provision available. Although PSHE can be taught by teaching assistants, where possible, a class teacher should be the lead provider of PSHE and RSE lessons.

Enrichment Weeks

At The Meadows, each term the children take part in an 'Enrichment Week', focusing on five main areas:

- My Future;
- My Healthy Body;
- My Healthy Mind;
- My Environment;
- My Community.

These weeks encourage children to extend their learning beyond the classroom and relate it to the world in which they live. Within each Enrichment week, we aim to cover aspects of PSHE in much more detail, allowing more time for off-site visits and visitors from the wider community to reinforce key messages.

❖ Impact: **How we will know if we have been successful**

When we have been successful in achieving our vision for PSHE:

We will see:	We will hear:	We will have children who:
• A safe learning environment where all children feel valued and respected, • Happy, confident and resilient children, • Children who are well behaved and respectful of themselves and others • Motivational displays promoting children's work / activities which they have taken part in • Celebrations of children's achievements • Enrichment weeks where children can become more independent learners and show an interest in areas • Successful team work amongst groups, • Photographic evidence / written work in PSHE books. • Mind maps and other assessment strategies used at the beginning / end of a unit to show the progression of learning.	• Positive and motivational comments from both children and staff. • In depth discussions about the world today and the future. • Topical debates which children are passionate about. • Children asking questions to deepen their understanding of certain topics. •	• Can build strong, healthy relationships with friends and family, • Have a full and positive image of themselves and an understanding of how to achieve a happy, well, healthy mind and body. • Are responsible citizens of the future, and have a sound understanding of how to keep themselves safe and healthy. • Have an awareness of society and the world they live in, • Are aware of how their choices affect themselves and others (rules / laws).

Whole school long term planning

PSHE Long Term Overview

	Autumn Term – Relationships			Spring Term – Mental Health and Wellbeing			Summer Term – Living in the Wider World		
	Families and friendships	Safe Relationships	Respecting ourselves and others	Physical health and mental wellbeing	Growing and Changing (Respect Yourself)	Keeping Safe	Belonging to a community	Media literacy and digital resilience	Money and Work
Year 1	Roles of different people; families; feeling cared for.	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	Keeping healthy; food and 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 online	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community
Year 2	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	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 and safety at home; emergencies	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money
Year 3	What makes a family;	Personal boundaries; safely	Recognising respectful behaviour;	Health choices and habits; what affects	Personal strengths and	Risks and hazards; safety in	The value of rules and laws; rights, freedoms	How the internet is used; assessing	Different jobs and skills; job stereotypes;
	features of family life	responding to others; the impact of hurtful behaviour	the importance of self-respect; courtesy and being polite	feelings; expressing feelings	achievement; managing and reframing setbacks	the local environment and unfamiliar places	and responsibilities	information online	setting personal goals
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Healthy sleep habits; sun safety; medicines, vaccinations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues.	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transitions	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks

Progression of skills and knowledge in PSHE

❖ Progression of skills: Relationships

❖ Progression of skills: Health

❖ Progression of skills: Living in the Wider World

How can you help your child at home?

There are many different ways that you can support your child at home. Modelling safe and respectful behaviour is a brilliant first step in helping them to understand what is and isn't acceptable, both at home, in school and in the wider world. Allowing them to openly talk about their feelings and having time to share concerns or worries can also be a great way to support their mental health and well-being. Finally, giving them some responsibility both inside and outside the home is a great way to encourage them to be responsible citizens.

Here are some links to websites which you may find useful:

- Understanding Relationships and Health Education - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf
- KS1 PSHE videos - <https://www.bbc.co.uk/teach/ks1-pshe/zfyskmn>
- KS2 PSHE videos - <https://www.bbc.co.uk/teach/ks2-pshe/zbrg7nb>
- Yoga and mindfulness for children - <https://cosmickids.com/about/>
- Information leaflets about relationship, dealing with change and managing emotions: <https://emotionallyhealthyschools.org/latest-news/pshe-matters-free-resources-for-families-of-primary-age-children/>
- Support for Mental Health - <https://www.youngminds.org.uk/professional/resources/>