



Bollington St John's CE
Primary School

Personal, Social, Health and
Economic (PSHE)
and
Relationships and Sex
Education (RSE)

"The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success."

Department for Education [review](#) of PSHE education impact and effective practice



What's New?

- The **Health Education and Relationships Education** aspects of PSHE (personal, social, health and economic) education will be compulsory in all primary schools from September 2020.
- The Department for Education published [statutory guidance for Health Education, Relationships Education and RSE](#) in June 2019.
- This covers broad areas of particular relevance and concern to children and young people today. It should ensure that every child is guaranteed a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.

What about sex education?

- These new statutory requirements do not extend to **sex education** at KS 1 and 2 (beyond the biological/reproductive aspects schools are already required to cover in science)
- However, the Department for Education *'continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'*
- Parents will continue to have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education

PSHE Curriculum Intent

Working alongside Tytherington High school, our aim as a partnership is to develop and deliver a bespoke PSHCE curriculum, which is designed to meet the needs of the children in our diverse community. The curriculum intends to enable both primary and secondary children to forge a cohesive and progressive pathway from Reception to KS4. We aim to equip children and young people with the skills, knowledge, attitudes and understanding that they need to navigate through a smooth transition between the different stages of their school journey and ready them as citizens in our complex world.

Aims and Objectives of PSHE at Bollington St John's

The teaching of PSHE helps to meet the national outcomes set out in 'The Children's Act 2004' which underpin the ethos of Bollington St John's Primary School, and are a central focus of the PSHE curriculum.

- . Be healthy
- . Stay safe
- . Enjoy and achieve
- . Make a positive contribution
- . Achieve economic well-being

The objectives of PSHE are to enable the children to:

- . Know and understand what constitutes a healthy lifestyle
- . Be aware of ways to recognise and manage risk, making safer choices
- . Understand what makes for good relationships with others
- . Be independent and responsible members of the school community
- . Develop good relationships with other members of the school and the wider community
- . Be positive and active members of a democratic society and respect the rule of law
- . Promote mutual respect and tolerance for the diverse national, regional, religious and ethnic identities in the U.K.
- . Develop their self-awareness and ability to understand and manage their experiences and feelings
- . Develop their self-confidence and self-esteem and self-awareness to make informed choices regarding personal and social issues
- . Make positive choices regardless of any peer pressure
- . Develop positive character traits such as resilience and determination in order to develop ways of resisting pressures, including when and where to get help
- . Build pupils' resilience to radicalisation by promoting fundamental British values
- . Develop good relationships with our global links and continue to learn about the Global Goals.
- . Provide a safe place in which children and young people can understand risks and develop the knowledge and skills to enable them to challenge others' views
- . Provide a safe environment for exploring and debating sensitive and contentious issues

Implementation:

We teach PSHE in a variety of ways. Each class will have some direct teaching time, but much more of the work is ongoing throughout the day and encompassed in other areas of work.

PSHE is happening at all times throughout the school day.

The personal and social development of young people is the responsibility of all members of the school staff. Every member of staff is regarded as delivering aspects of the PSHE curriculum, including teaching assistants, clerical staff and mid-day lunch supervisors.

PSHE in the Early Years and Foundation Stage

PSHE is referred to as PSE. It is a Prime Area in the EYFS curriculum.

The aspects include:

- . Self-confidence and self-awareness
- . Managing feelings and behaviour
- . Making relationships

It is also covered through the Prime Area P.D. (Physical Development)

This aspect covers:

- . Health and self-care

PSHE is about making connections and is strongly linked to play. PSHE is taught through activities that are part of topics, as well as on an individual basis to develop personal skills such as dressing, feeding and toileting. Positive experiences are built through daily opportunities to share and enjoy a range of different activities. Each child has a 'mini me', a small puppet of themselves and these are used in calm down time alongside question sheets. The mini me is placed on the question sheet and the children are encouraged to discuss their feelings and the feelings of others. Each week the class has the choice of two books relating to feelings and emotions to vote for in their weekly book vote.

Implementation:

Key Stage 1 and Key Stage 2

During KS1 and KS2, learners build upon the skills, attitudes and values, knowledge and understanding they began to acquire in EYFS. PSHE offers learning opportunities and experiences which reflect their increasing independence and physical and social awareness. They learn skills to develop effective relationships, assume greater personal responsibility and keep themselves safe. PSHE education assists pupils to cope with changes at puberty, introduce them to the wider world and enables them to make an active contribution to their communities.

PSHE is delivered through 3 core themes:

1. Health and Wellbeing
2. Relationships
3. Living in the wider world - economic wellbeing and being a responsible citizen.

We also use the cross curricular approach of teaching PSHE through philosophy for children and also through our literacy planning from the literacy tree. These aim to put high quality picture books at the heart of the lessons which cover topics such as relationships and acceptance, overcoming adversity and similarities and differences. Our International Primary Curriculum also covers society and international goals which are covered in every unit and our 'No outsiders' program inspires the children to be global citizens.

Next Step: Policy

We now need to introduce our new RSE policy. This will be freely available for parents to access, and will include:

- an outline of what will be taught to children within the Relationships Education/RSE curriculum
 - a rationale for this learning (for example in relation to safeguarding)
 - a clear procedure for withdrawal from sex education
 - reasons why the school believes children should not be withdrawn from these lessons
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- Please see the policy

Bollington St John's PSHE/RSE/Wellbeing Curriculum Map

Chris Winters SE lessons

Mental Health lessons

Relationships lessons using No Outsiders

PSHE curriculum relating to PSHE Assessment Grids

EYFS curriculum

Each year group will receive:

ONE SE lesson per term delivered using the Chris Winters resources

ONE Mental Health lesson per term using the PSHE Association resources

ONE relationships lesson per half term (6 total) across the year using the No Outsiders Resources

Weekly PSHE lessons using PSHE Association resources

Sample of a full years teaching:

<p>Year 3</p>	<p>Body differences</p> <p>To understand how difference can affect someone (Text: Oliver)</p> <p>CORE THEME THREE LIVING IN THE WIDER WORLD: Rights and Responsibilities</p> <p>CORE THEME 2 RELATIONSHIPS: Feelings and Emotions</p>	<p>Everyday feelings</p> <p>To understand what discrimination means (Text: This is Our House)</p> <p>CORE THEME 2 RELATIONSHIPS: Healthy Relationships</p>	<p>Personal space</p> <p>To find a solution to a problem (Text: Two Monsters)</p> <p>CORE THEME 1 HEALTH AND WELLBEING: Keeping Safe</p>	<p>Expressing feelings</p> <p>Use strategies to help someone who feels different (Text: The Hueys in the new jumper)</p> <p>CORE THEME 2 RELATIONSHIPS: Valuing Difference</p>	<p>Help and support</p> <p>To be welcoming (Text: Beegu)</p> <p>CORE THEME 1 HEALTH AND WELLBEING: Healthy Lifestyles</p> <p>CORE THEME 1 HEALTH AND WELLBEING: Growing and Changing</p>	<p>Managing feelings</p> <p>CORE THEME 3 LIVING IN THE WIDER WORLD: Taking Care of the Environment</p> <p>CORE THEME 3 LIVING IN THE WIDER WORLD: Money</p>
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CWP Curriculum Overview

reception

year 1

year 2

year 3

year 4

year 5

year 6

Additional

Reception Family and Friendship

- Lesson 1: **Caring Friendships**
- Lesson 2: **Being Kind**
- Lesson 3: **Families**

Year 1 Growing and Caring For Ourselves

- Lesson 1: **Different Friends**
- Lesson 2: **Growing & Changing**
- Lesson 3: **Families & Care**

Year 2 Differences

- Lesson 1: **Differences**
- Lesson 2: **Male & Female Animals**
- Lesson 3: **Naming Body Parts**

Year 3 Valuing Difference and Keeping Safe

- Lesson 1: **Body Differences**
- Lesson 2: **Personal Space**
- Lesson 3: **Help and Support**

Year 4 Growing Up

- Lesson 1: **Changes**
- Lesson 2: **What is Puberty?**
- Lesson 3: **Healthy Relationships**

Year 5 Puberty

- Lesson 1: **Talking about Puberty**
- Lesson 2: **The Reproductive System**
- Lesson 3: **Help and Support**

Year 6 Puberty, Relationships & Reproduction

- Lesson 1: **Puberty & Reproduction**
- Lesson 2: **Communication in Relationships**
- Lesson 3: **Families, Conception & Pregnancy**
- Lesson 4: **Online Relationships**

Additional Folder Year 5/6

- Unit 1: **FGM**
- Unit 2: **Respect and Equality**

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)</p>	<p>Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence</p>	<p>Lesson 1 Puberty and Reproduction</p>	<p>Puberty Changes Teacher Guide Puberty Body Part cards Reproduction questions sheet Reproduction answer cards Reproduction whiteboard summary Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide</p>
<p>Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)</p>	<p>Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important</p>	<p>Lesson 2 Communication in Relationships</p>	<p>Communication and Touch cards Pupil Questions template</p>
<p>Relationships Education Families and people who care for us (1c,1d,1e) Key Stage 2 Science - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents</p>	<p>Learning Intention To consider different ways people might start a family Learning Outcomes Describe the decisions that have to be made before having children Know some basic facts about conception and pregnancy</p>	<p>Lesson 3 Families, Conception and Pregnancy</p>	<p>Couple pictures How does a baby start? cards (one set per group) How does a baby start? whiteboard summary Pupil Questions from previous lesson - typed Additional Activities Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Reproductive System slides</p>
<p>Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)</p>	<p>Learning Intention To explore positive and negative ways of communicating in a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong</p>	<p>Lesson 4 Online Relationships</p>	<p>Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from www.thinkuknow.co.uk</p>

Lesson 1: We all have feelings

Key stage 1: Year 1/2

This is the first in a series of three lessons written for Year 1 or 2 (KS1) about mental health and wellbeing. This lesson helps pupils to recognise and describe different feelings in themselves and others; and what (or who) helps them with their feelings. Neither this, nor any of the other lessons, is designed to be taught in isolation, but should always form part of a planned, developmental PSHE education programme.



Learning objective

Pupils will learn

- To recognise and describe different feelings in themselves and others



Learning outcomes

By the end of the lesson, pupils will be able to:

- recognise and name some feelings that they might have
- explain how feelings can make their bodies feel inside
- describe how other's might be feeling
- identify who can help them with feelings, and how they can help others



Resources required

Box or envelope for anonymous questions



Flipchart paper and pens



Pens and pencils



Resource 1: Image



NO OUTSIDERS IN OUR SCHOOL

Teaching the Equality Act in Primary Schools