

PSHE Curriculum **Knowledge Informed; Skills Rich.**

Vision

Through our diverse and relevant PSHE curriculum, we nurture pupils to develop a love and respect for themselves and others, to celebrate differences, learn about their places in the world and how to keep their mind and body healthy. Pupils will use the values of respect and honesty to create safe spaces for themselves and their peers to improve socially and emotionally and develop their emotional literacy for their own positive mental health and well-being. Penpol's pupils are at the heart of PSHE and its cohesive vision will help children to understand and value how they fit into and contribute to the wider and global community.

Curriculum Intent: Why do we teach PSHE at Penpol Primary School?

The principal aim of PSHE at Penpol Primary School is to give children the knowledge, skills and understanding to lead confident, healthy and independent lives. The intent of our PSHE curriculum is to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child so that they know more, remember more and understand more. As a result of this they will become healthy, independent and responsible members of society, who understand how they are developing personally and socially, and give them confidence and resilience to tackle many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Implementation: How is PSHE taught at Penpol School?

At Penpol Primary School we utilise the Cornwall Council approved Brooke Learn resources and syllabus, this curriculum is in line with the National Curriculum and is CBT-based and trauma-informed throughout. It applies a spiral structure and key themes are revisited and built upon year on year. It provides a flexible approach to teaching PSHE where key lessons are suggested for each half term but because the design is flexible it can easily meet the needs of the children we work with. We aim to teach PSHE through relatable and situation-specific discussion and exploration. Through adaptable,

weekly lessons, we create a safe space for all learners so that they know they are safe, respected and valued in every lesson, utilising cross curricular links and relatable area and need specific examples when possible.

Impact: What will we see from the teaching of PSHE?

PSHE allows children to explore the world around them and approach a range of real-life situations by applying their skills and attributes to help navigate modern life. It allows them to become healthy, open minded and respectful members of society who appreciate diversity and difference. They are able to recognise and apply British values and can manage and understand their emotions, being better equipped to look after their own mental health and develop positive, healthy relationships with their peers. PSHE helps to build positive self-esteem in the pupils and creates a respectful environment in which they can begin to understand themselves and others around them.

	Autumn Term				Spring Term				Summer Term			
EYFS	Settling in/Classroom rules/expectations.		Celebrating feelings		How does the weather make us feel?		What do we need to grow?		Showing sensitivity to others needs and how to share.	Showing sensitivity to others needs and how to share.	How would I feel about going on holiday?	How would I feel about going on holiday?
Year 1	Welcome to School	Emergencies and Calling 999	People who care for us	Rights, Responsibilities and Respect	Healthy Friendships	Our Bodies and Boundaries	Our Health	Healthy Food Choices	We all have feelings	Good and Not too good feelings	Keeping our teeth healthy	
Year 2	Respecting Uniqueness	Our Communities	Everyday Safety	Basic First Aid	Learning About Work	Horrible Hands	Jessie and her friends taking pictures (Thinkuknow)	Jessie and her friends playing games L1 (Thinkyouknow)	Jessie and her friends playing games L2 (Thinkyouknow)	Big Feelings	Keeping our teeth healthy	
Year 3	The World of Work	Spending and Saving Money	Road Safety	Individuals and Collective Strength	Physical Activity	Drugs	The Internet and Everyday Life – Hey! Time’s up, Gran & Turn it off, let’s play	Everyday Feelings	Expressing Feelings	Strategies to support Positive Mental Wellbeing	Sun Safety	
Year 4	What Makes a Good Friend?	Respecting Others	Resolving Conflict and Managing Negative Pressure	Everyday Safety and Basic First Aid	Money Choices	Volunteering and Citizenship	Play, Like, Share – Session 1	Play, Like, Share – Session 2	Play, Like, Share – Session 3	Managing Feelings	The Environment	
Year 5	A Diverse Community	Respectful Relationships	Illness	Nutrition and Healthy Eating	Puberty – Lesson 1 Bodies and Reproduction	Puberty – Lesson 2 Changes	Online Content – Can you trust everything you see online?	Online Contact – Can you trust everyone who contacts you online?	Mental Health and Keeping Well	Managing Challenges and Change	Exploring Risk – Lesson 1	
Year 6	Different Types of Families	Healthy and Harmful Relationships	Keeping your Body Safe – Lesson 1	Keeping your Body Safe – Lesson 2	Spending Decisions	Exploring Risk – Lesson 2	Online Friendships and Keeping Safe – Share Aware L1	Online Friendships and Keeping Safe – Share Aware L2	Social Media – PHE Rise Above Resource	Feelings and Common Anxieties when Changing Schools	Transition to Secondary School	

- **My Place in the world** (Practical and personal understanding of the world around me: Who am I? What are my rights? Understanding my own identity and how I fit well in the class, school and global community as well as practical information for the world around me; i.e. use of money and what to do in emergencies.)
- **Celebrating differences** (Understanding diversity, respect, anti-bullying including cyber and homophobic bullying)
- **Healthy me** (body and mind, drugs and alcohol education, self-esteem, confidence, healthy lifestyles, sleep, nutrition, rest and exercise)
- **Relationships and change** (Friends, family and other relationships; i.e. technology. Conflict resolution and communication skills, bereavement and loss, change, transition, relationships and Sex Education)