Personal Social Health Education (PSHE)

*“PSHE education gives pupils the knowledge, skills and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain”.*

 PSHE Association

*“Today’s children and young people are growing up in a rapidly changing world, full of opportunities but with few guarantees. PSHE education is the school subject which prepares them for life and work in this changing world, helping to keep pupils safe, healthy and boosting their life chances”.*

 A curriculum for life, PSHE Association.

How PSHE links to the ethos and values at Green Lane

Our school motto “education for life in all its fullness” (St John’s Gospel, chapter 10, verse 10) does just that with a strong and enriching PSHE curriculum. We want to provide our children with a well-rounded education and at the forefront of that is a curriculum for life in PSHE.

A character education for PSHE

We hope to build an ethos of caring, considerate and understanding children, ready to approach life in all its greatness far beyond the school walls. Our children at Green Lane grow up to be confident and happy members of a broader society and we want them to have a positive impact in the world – just as they do here, at Green Lane.

Our vision for PSHE

*“Sometimes it is important to talk about your own emotions.”*

 *Mariam, Year 4*

Our Personal, social and health education (PSHE) curriculum promotes children’s personal, social and economic development, as well as their health and wellbeing. It gives children the knowledge, skills and understanding they need to lead healthy, independent lives and become informed, active and responsible citizens. Here at Green Lane, we want to ensure that children are given as many opportunities as possible to develop the knowledge and skills that they will need in order to deal with the many growing challenges and responsibilities that they may have to deal with throughout life.

At Green Lane, children’s wellbeing and happiness is our first priority and PSHE is the way in which we ensure children are able to access, develop and apply a range of skills in a safe and nurturing environment where they feel cared for and loved.

Our curriculum hopes to concentrate on six main areas:

* Being me in my world
* Celebrating difference
* Dreams and goals
* Healthy me
* Relationships
* Changing me

We know, here at Green Lane, that children who are confident within themselves, happy to be open and honest about their feelings and secure in the knowledge that they are safe, are children who will flourish in all areas of school life as well as set them up for a rewarding adulthood. We aim to help children understand how they develop personally and socially, facing many of the moral, social and cultural issues that are part of growing up.

How do we teach PSHE at Green Lane?

PSHE will be taught as a separate and distinct lesson, although the fundamental foundations of PSHE will be woven through each and every lesson and subject throughout the course of the child’s school life. Children will have a chance to apply their PSHE learning in other subjects and will be given plenty of opportunities to refine and enhance their skills.

We like to think we are unique at Green Lane, offering children plenty of opportunities to work alongside their peers in a range of activities and accepting parents/carers into our school to be a part of our exciting PSHE curriculum days. Throughout the year, children get a chance to display their skills in our unique ‘drop down’ days which allow for whole school activities to occur.

We understand that some children really benefit from working in small, structured groups and this is also something we are developing at Green Lane as part of our PSHE curriculum. We hope that children will get more opportunities to work alongside their peers in a smaller, less intense environment that allows for children to talk and have space to feel open and listened to.

Children will be given opportunities throughout their school life to participate in role-play activities which will help develop their social, communication and problem-solving skills. They will be able to explore ideas and relationships, co-operate with others and work collaboratively in small groups.

PSHE doesn’t just stay in the classroom, however! We want our children to build on their knowledge and be part of the wider social community. In order to do this, we want children to build up strong links with others within our community.

Children will help plan, assess and evaluate their own learning alongside their teacher. Teachers will update a termly tracking system which will be monitored throughout the year by the lead in PSHE as well as governors. This will be evidenced in a class scrap book.

*Talking about my feelings makes me understand it more. If I was sad I could talk to my teacher. “*

 *Selena, Year 3*

PSHE skills and knowledge taught for each year group

All skills and knowledge will be tailored to children by their year group following an over linking theme from Early Years Foundation Stage through to Year 6. These skills and knowledge are covered throughout the year using the framework by The Jigsaw Approach and is heavily resourced using a range of resources linked to the PSHE Association.

Specific skills and knowledge are available in the school assessment pack (Appendix 1) which outlines the specific skill criteria for each child by year group. These are split into 6 half-termly topic headings.

Measuring impact

PSHE gives children the knowledge, skills and attributes they need to keep themselves healthy and safe and to prepare them for life and work in today’s society. It allows children to manage their lives now and in the future.

When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they need throughout later life. From making responsible decisions to succeeding in future job prospects, PSHE allows children to manage critical opportunities, challenges and responsibilities. Teamwork, communication, resilience.

Here at Green Lane we know that children who are emotionally healthy and confident are children who will do better academically. Although schools are not required to teach PSHE education, we know that it is fundamentally important for all our children to experience a broad and balanced curriculum.

*“PSHE helps you to have a clearer and happy mind”.*

 *Bel, Year 4*

**Green Lane Church of England Primary School**

Subject Learning Plan

Year 1 PSHE

|  |  |  |
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| **Term 1 Knowledge Based** **Relationships****Learning Objectives** | **Term 2 Knowledge Based** **Living in the Wider World Learning Objectives** | **Term 3 Knowledge Based** **Health and Wellbeing****Learning Objectives** |
| Being Me In My World* Feeling special and safe
* Being part of a class
* Rights and responsibilities
* Rewards and feeling proud
* Consequences
* Owning the Learning Charter

I can explain why my class is a happy and safe place to learn. | Dreams and Goals* Setting goals
* Identifying successes and achievements
* Learning styles
* Working well and celebrating achievement with a partner
* Tackling new challenges
* Identifying and overcoming obstacles
* Feelings of Success

I can explain how I feel when I am successful and how this can be celebrated positively. | Relationships* 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

I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. |
| Celebrating Differences * Similarities and differences
* Understanding bullying and knowing how to deal with it
* Making new friends
* Celebrating the differences in everyone

I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special. | Healthy Me* Keeping myself healthy
* Healthier lifestyle choices
* Keeping clean
* Being safe
* Medicine safety/safety with household items
* Road safety
* Linking health and happiness

I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. | Changing Me* 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

I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. |

**Green Lane Church of England Primary School**

Subject Learning Plan

Year 2 PSHE

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| **Term 1 Knowledge Based** **Relationships****Learning Objectives** | **Term 2 Knowledge Based** **Living in the Wider World Learning Objectives** | **Term 3 Knowledge Based** **Health and Wellbeing****Learning Objectives** |
| Being Me In My World* Hopes and fears for the year
* Rights and responsibilities
* Rewards and consequences
* Safe and fair learning environment
* Valuing contributions Choices
* Recognising feelings

I can explain why my behaviour can impact on other people in my class. | Dreams and Goals* Achieving realistic goals
* Perseverance
* Learning strengths
* Learning with others
* Group co-operation
* Contributing to and sharing success

I can explain how I playedmy part in a group and the parts other people played to create an end product.I can explain how our skillscomplemented each other. | Relationships* Different types of family
* Physical contact boundaries
* Friendship and conflict
* Secrets
* Trust and appreciation
* Expressing appreciation for special relationships

I can explain why some things might make me feeluncomfortable in a relationship and compare this with relationships that make me feel safe and special. |
| Celebrating Differences * Assumptions and stereotypes about gender
* Understanding bullying
* Standing up for self and others
* Making new friends
* Gender diversity
* Celebrating difference and remaining friends

I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. | Healthy Me* Motivation
* Healthier choices
* Relaxation
* Healthy eating and nutrition
* Healthier snacks and sharing food

I can explain why foods andmedicines can be good for my body comparing my ideas with less healthy/ unsafe choices. | Changing Me* Life cycles in nature
* Growing from young to old
* Increasing independence
* Differences in female and male bodies (correct terminology)
* Assertiveness
* Preparing for transition

I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.I can explain why some types of touches feel OK and others don’t. |

**Green Lane Church of England Primary School**

Subject Learning Plan

Year 3 PSHE

|  |  |  |
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| **Term 1 Knowledge Based** **Relationships****Learning Objectives** | **Term 2 Knowledge Based** **Living in the Wider World Learning Objectives** | **Term 3 Knowledge Based** **Health and Wellbeing****Learning Objectives** |
| Being Me In My World* Setting personal goals
* Self-identity and worth
* Positivity in challenges
* Rules, rights and responsibilities
* Rewards and consequences
* Responsible choices
* Seeing things from others’ perspectives

I can explain how my behaviour can affect how others feel and behave. | Dreams and Goals* 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

I can explain the different ways that help me learn and what I need to do to improve. | Relationships* 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

I can explain how my life isinfluenced positively by people I know and also by people from other countries. |
| Celebrating Differences * 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

I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. | Healthy Me* Exercise
* Fitness challenges
* Food labelling and healthy swaps
* Attitudes towards drugs
* Keeping safe and why it’s important online and offline scenarios
* Respect for myself and others
* Healthy and safe choices

I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services. | Changing Me* How babies grow
* Understanding a baby’s needs
* Outside body changes
* Inside body changes
* Family stereotypes
* Challenging my ideas
* Preparing for transition

I can explain how boys’ and girls’ bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. |

**Green Lane Church of England Primary School**

Subject Learning Plan

Year 4 PSHE

|  |  |  |
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| **Term 1 Knowledge Based** **Relationships****Learning Objectives** | **Term 2 Knowledge Based** **Living in the Wider World Learning Objectives** | **Term 3 Knowledge Based** **Health and Wellbeing****Learning Objectives** |
| Being Me In My World* Feeling special and safe
* Being part of a class
* Rights and responsibilities
* Rewards and feeling proud
* Consequences
* Owning the Learning Charter

I can explain why my class is a happy and safe place to learn. | Dreams and Goals* Hopes and dreams
* Overcoming disappointment
* Creating new, realistic dreams
* Achieving goals
* Working in a group
* Celebrating contributions
* Resilience
* Positive attitudes

I can plan and set new goals even after a disappointment. | Relationships* Jealousy
* Love and loss
* Memories of loved ones
* Getting on and Falling Out
* Girlfriends and boyfriends
* Showing appreciation to people and animals

I can recognise how people are feeling when they miss a special person or animal. |
| Celebrating Differences * Challenging assumptions
* Judging by appearance
* Accepting self and others
* Understanding influences
* Understanding bullying
* Problem-solving
* Identifying how special and unique everyone is
* First Impressions

I can tell you a time whenmy first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I’m not sure. | Healthy Me* Healthier friendships
* Group dynamics
* Smoking
* Alcohol
* Assertiveness
* Peer pressure
* Celebrating inner strength

I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. | Changing Me* Being unique
* Having a baby
* Girls and puberty
* Confidence in change
* Accepting change
* Preparing for transition
* Environmental change

I can summarise the changes that happen to boys’ and girls’ bodies that prepare them for making a baby when they are older. |

**Green Lane Church of England Primary School**

Subject Learning Plan

Year 5 PSHE

|  |  |  |
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| **Term 1 Knowledge Based** **Relationships****Learning Objectives** | **Term 2 Knowledge Based** **Living in the Wider World Learning Objectives** | **Term 3 Knowledge Based** **Health and Wellbeing****Learning Objectives** |
| Being Me In My World* Planning the forthcoming year
* Being a citizen
* Rights and responsibilities
* Rewards and consequences
* How behaviour affects groups
* Democracy, having a voice,
* Participating

I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. | Dreams and Goals* Future dreams
* The importance of money
* Jobs and careers
* Dream job and how to get there
* Goals in different cultures
* Supporting others (charity)
* Motivation

I can compare my hopes and dreams with those of young people from different cultures. | Relationships* 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

I can compare different types of friendships and the feelingsassociated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. |
| Celebrating Differences * 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

I can explain the differencesbetween direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. | Healthy Me* Smoking, including vaping
* Alcohol
* Alcohol and anti-social behaviour
* Emergency aid
* Body image
* Relationships with food
* Healthy choices
* Motivation and behaviour

I can explain different roles that food and substances can play in people’s lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. | Changing Me* 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

I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception. |

**Green Lane Church of England Primary School**

Subject Learning Plan

Year 6 PSHE

|  |  |  |
| --- | --- | --- |
| **Term 1 Knowledge Based** **Relationships****Learning Objectives** | **Term 2 Knowledge Based** **Living in the Wider World Learning Objectives** | **Term 3 Knowledge Based** **Health and Wellbeing****Learning Objectives** |
| Being Me In My World* 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

I can explain how my choicescan have an impact on peoplein my immediate communityand globally. | Dreams and Goals* Personal learning goals, in and out of school
* Success criteria
* Emotions in success
* Making a difference in the world
* Motivation
* Recognising achievements
* Compliments

I can explain different ways to work with others to help make the world a better place. | Relationships* 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

I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power orcontrol. |
| Celebrating Differences * Perceptions of normality
* Understanding disability
* Power struggles
* Understanding bullying
* Inclusion/exclusion
* Differences as conflict, difference as celebration
* Empathy

I can explain ways in whichdifference can be a source ofconflict or a cause for celebration. | Healthy Me* Taking personal responsibility
* How substances affect the body
* Exploitation, including ‘county lines’ and gang culture
* Emotional and mental health
* Managing stress

I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. | Changing Me* Self-image
* Body image
* Puberty and feelings
* Conception to birth
* Reflections about change
* Physical attraction
* Respect and consent
* Boyfriends/girlfriends
* Sexting
* Transition

I can describe how a baby develops from conception through the nine months of pregnancy, and how it isborn. |