PSHE / RSE

'All that is valuable in human society depends upon the opportunity for development accorded the individual'.
Albert Einstein

Here at Blackawton Primary School we have designed our curriculum to meet the needs of all our pupils and inspires them to be the best they can be. We have high aspirations for all pupils and through our creative curriculum we teach children the core values of the school alongside the Blackawton Way.

PSHE Curriculum Statement
At Blackawton, personal, social, health and economic (PSHE) education is an embedded part of our broad and balanced curriculum. Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school ethos. British Values are promoted through the overarching aims and objectives of PSHE by supporting our children to become healthy and responsible members of society, as well as preparing them for life and work in modern Britain.

At Blackawton Primary School, 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. PSHE is embedded in all that we do to enable our children to become independent, responsible, healthy and confident members of society. Our PSHE curriculum has been built with the aim to support the development of the 'whole child', by helping them to understand how they are developing personally and socially as well as promoting their social, mental and physical development. Children will be able to develop the ability to tackle the moral, social and cultural issues that are part of growing up. Through our discreet lessons as well as wider cross curricular approach to teaching PSHE, children are taught how to keep themselves safe, physically and emotionally resulting in the acquisition of knowledge and skills, which enables children to access the wider curriculum. We provide our children with opportunities for them to learn about the UNCRC rights and appreciate what it means to be a member of society in modern Britain. 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.

At Blackawton, our PSHE programme of learning and wider curriculum will enable children to meet the End of Key Stage Statements as set out in the Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance 2019.
Our PSHE programme is an integral part of our whole school PSHE education provision and is designed to meet the unique needs of pupils, the PSHE Association thematic builder is the spine to our curriculum offer which is then built upon to meet the needs of our pupils.
Pupils learn through activities which suit the ethos of PSHE in our school. All learning activities allow opportunities for discussion and debate. Our ever expanding wider provision of PSHE promotes opportunities to link British Values and Social, Moral, Spiritual and Cultural (SMSC) responsibilities. Along with our broad and balanced curriculum, there are overlaps with other subjects, for example Computing (E-safety), Science (recycling), PE (leading healthy active lives). Therefore, flexibility in the timetable needs to be accounted for as objectives for PSHE education will be met outside of the allocated timetable slot. Flexibility in the timetable is also important to allow us to respond to local/national/global events that may occur and allow us to responds to any such event in an age appropriate way. The distribution of lessons complements key campaigns throughout the year, such as; AntiBulling Week, Black History Month, International Women's Day and Mental Health Week.

At Blackawton, our PSHE curriculum and wider provision will ensure that children will be equipped to support their decision making in regards to their wellbeing, health and relationships. From the outset pupils begin their journey treating each other with kindness and respect. Our embedded school values of being cultured, considerate, creative and confident support pupils to foster good relationships between all in line with the protected characteristics under the Equality Act 2010. Our curriculum allows children to build upon their understanding of British Values in an age appropriate way, in order for them to become positive citizens in a forever changing community and ultimately preparing them for

life and work in modern Britain. By the end of each key stage, children will have had the opportunities to meet the end of key stage statements in line with the statutory guidance outlined in the Relationships Education, Relationships and Sex Education (RSE) and Health Education.

Children will have enhanced knowledge and understanding through our quality links with our community and others around the country and world. Through real life experience, our carefully selected external visitors will promote the teaching of different aspects of our PSHE curriculum, such as: Careers weeks, Child Assault Prevention CAP workshops, Junior citizen and First Aid to name a few. Ultimately, our overarching aims and objectives in supporting our children to become healthy and responsible members of society, enables pupils to develop the ability to collaborate, build upon their emotional security, improve concentration due to a focus on their wellbeing as well as ensuring children are self-reliant with an understanding of self-care and nutrition. We aim for children to end their journey moving onto the next stage of their education with self-confidence and a high sense of self-worth.

Curriculum overview 2023 -2024

		Autumn: Relationship s		Spring: Living in the wider world			Summer: Health and Wellbeing		
		Families and friendships	**Safe relationships**	**Respecting ourselves and others**	**Belonging to a community**	**Media literacy and digital resilience**	**Money and work**	**Physical health and Mental wellbeing**	**Growing and changing**	**Keeping safe**
Class 2	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behavior affects others; being polite and respectful	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	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
Class 3	What makes a family; features of Family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of selfrespect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Class 4	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	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	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Class 5	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	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

	Autumn: Relationship s			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	**Safe relationships**	**Respecting ourselves and others**	**Belonging to a community**	**Media literacy and digital resilience**	**Money and work**	**Physical health and Mental wellbeing**	**Growing and changing**	**Keeping safe**
Class 2	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behavior affects others; being polite and respectful	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	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
Class 3	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	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	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
Class 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognizing risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	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
Class 5	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	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media