

Implementation for PSHE



At St. George's Primary School, our PSHE curriculum's foundations are taken from the National Curriculum programme of study for Key Stage 1 and Key Stage 2.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

PSHE is taught in weekly lessons by the class teacher using the Jigsaw scheme, so we can be confident that pupils at St George's have a comprehensive PSHE experience.

Units of work explored

Being Me In My World covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.

Celebrating Difference focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normality'. Anti-bullying, including cyber and homophobic bullying, is an important aspect of this Puzzle.

Dreams and Goals aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, using team-work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.

It's great for children to have this experience, to think ambitiously, and to have aspirations.

Healthy Me covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this unit.

Relationships starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals, and love and loss. A vital part of this Unit is about safeguarding and keeping children safe; this links to online safety and social networking. Children learn how to deal with conflict, build assertiveness skills, and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups, and consider stereotypes.

Changing Me deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Life cycles and human reproduction are taught in some year groups at the school's discretion.

Please see the link below for our policy on Relationships and Sex Education.

<https://primarysite-prod-sorted.s3.amazonaws.com/stgeorgeskent/UploadedDocument/93bb8ff2-852f-46c2-bddd-a583e3172115/relationships-and-sex-education-policy.pdf>

There are also many opportunities for PSHE to be learnt throughout every school day in addition to the PSHE lessons and these are actively encouraged.

These include:

- daily acts of worship,
- themed days and weeks,
- school council projects,
- well-being award participation

and charity events.

We promote regular mindfulness experiences, allowing children to advance their emotional awareness, concentration and focus.

We also recognise the necessity to teach some stand-alone PSHE lessons should events at school, in the community or in the wider world require explanation, guidance or reassurance for pupils; for example, the recent events linked to Covid that greatly disrupted our pupils' lives.

Our PSHE curriculum provides continuous updates as well as 'one off' lessons to help support teachers in these special circumstances.

Children self-assess their learning at the end of each lesson and the class teacher uses assessment to check understanding and develop key learning points.