

PSHE (Personal, Social, Health and Economic Education)

Our curriculum is balanced and broadly based. It promotes the spiritual, moral, cultural, mental and physical development of pupils and prepares them for the opportunities, responsibilities and experiences of later life. PSHE is embedded into all of our teaching at Blue Coat Infant School, in addition we have isolated PSHE lessons and make links to our creative curriculum where appropriate (see our topic webs). We have developed a thematic approach so that different year groups will be working on similar themes at the same time where appropriate throughout the year, allowing for cross-phase collaboration and links to whole school and class assemblies.

Core Themes for our PSHE Curriculum :

- Core Theme 1: **Health and Wellbeing** - Healthy Lifestyles, Growing and Changing, Keeping Safe
- Core Theme 2: **Relationships** - Feelings and Emotions, Healthy Relationships, Valuing Difference
- Core Theme 3: **Living in the Wider World** - Rights and Responsibilities, Environment, Money

PSHE CURRICULM FRAMEWORK - WHOLE SCHOOL OVERVIEW									
Core Theme	Health and Wellbeing <i>Minimum of 10 lessons</i>			Relationships <i>Minimum of 10 lessons</i>			Living in the Wider World <i>Minimum of 10 lessons</i>		
	Healthy Lifestyles	Growing and Changing	Keeping Safe	Feelings and Emotions	Healthy Relationships	Valuing Difference	Rights and Responsibilities	Environment	Money
Year 1	What helps keep bodies healthy; hygiene routines	Recognising what they are good at; setting goals. Change and loss and how it feels	Keeping safe around household products; how to ask for help if worried about something	Recognising feelings in self and others; sharing feelings	Secrets and keeping safe; special people in their lives	Respecting similarities and differences in others; sharing views and ideas	Group and class rules; everybody is unique in some ways and the same in others	Looking after the local environment	Where money comes from; how to use money - saving and spending money
	Healthy Lifestyles H1. To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health (Green Fingers Sp2; Forest School) H6/H7. To learn the importance of and how to maintain personal hygiene. To learn how some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading (Green Fingers Sp2 + Forest School)			Feelings and emotions R1. For pupils to communicate their feelings to others, to recognise how others show feelings and how to respond (Forest School; RE/WASY1A How do people Celebrate) Healthy Relationships R3. To learn the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid (Whole			Rights and Responsibilities L1/L2. To learn how they can contribute to the life of the classroom and school. To help construct, and agree to follow, group and class rules and to understand how these rules help them (Incredible Me Aut 1; Forest School) L8. To recognise ways in which they are all unique; understand that there has never been and will never be another 'them' (Incredible Me Aut 1;)		

	<p>Growing & Changing</p> <p>H3. To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals (Incredible Me A1 + Forest School)</p> <p>H5. To understand about change and loss and the associated feelings (including moving home, losing toys, pets or friends) (RE A1 Let's Celebrate-Baptism and new Baby)</p> <p>Keeping Safe</p> <p>H11. To learn that household products, including medicines, can be harmful if not used properly</p> <p>H13/H14/H15. To recognise people who look after them, their family networks, who to go to if they are worried and how to attract their attention. To understand about the ways that pupils can help the people who look after them to more easily protect them. To recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets. PANTS Safeguarding-(Whole school assembly 'The Huge Bag of Worries' Aut 1. WS assembly 'Anti Bullying Week' with IBSS Aut 2. WS assembly and activities: Internet Safety Day Spring 1. NSPCC PANTS campaign Summer 1)</p>	<p>school assembly 'The Huge Bag of Worries' Aut 1)</p> <p>R9. To identify their special people (family, friends, and carers), what makes them special and how special people should care for one another. (Aut1 Incredibles)</p> <p>Valuing difference</p> <p>R5. For pupils to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class (Wild Things Sp1; RE WASY1A How do people celebrate?)</p> <p>R8. To identify and respect the differences and similarities between people (Incredible Me Aut1; RE WASY1A How do people celebrate?)</p>	<p>L9. To understand the ways in which we are the same as all other people; what we have in common with everyone else (Incredible Me Aut 1; RE WAS1YC Stories and Prayers about Jesus)</p> <p>Environment</p> <p>L5. To learn about what improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy) Forest School</p> <p>Money</p> <p>L6/L7. To learn that money comes from different sources and can be used for different purposes, including the concepts of spending and saving. To learn about the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices Maths</p>
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