

## PSHE (Personal, Social, Health and Economic Education)

Blue Coat Junior School has developed a thematic approach to the PSHE curriculum so that different year groups would be working on similar themes at the same time throughout the year, allowing for cross-phase collaboration and to enable them to link the PSHE curriculum to whole school assemblies. They have chosen to use the core themes from the **PSHE Association Programme of Study** and the suggested topic titles from the **PSHE Association Primary Planning Toolkit** as a basis for their curriculum framework.

Core Themes from the PSHE Association Programme of Study – School Terms:

☑ Core Theme 1: **Health and Wellbeing** - Autumn Term

☑ Core Theme 2: **Relationships** - Spring Term

☑ Core Theme 3: **Living in the Wider World** - Summer Term

Topic Titles from the PSHE Association Primary Planning Toolkit:

☑ Core Theme 1: **Health and Wellbeing** – Healthy Lifestyles, Growing and Changing, Keeping Safe (Autumn Term)

☑ Core Theme 2: **Relationships** – Feelings and Emotions, Healthy Relationships, Valuing Difference (Spring Term)

☑ Core Theme 3: **Living in the Wider World** – Rights and Responsibilities, Environment, Money (Summer Term)

The school chose to cover every learning opportunity from the Programme of Study at least once within the primary phase, and usually more than once, to help build a spiral programme of learning year on year. The school decided in which year groups to address the learning opportunity and the corresponding learning objectives (from the Primary Toolkit) to reflect the context of the school and local community, and to address their pupils’ needs and stages of development.

TERM	AUTUMN			SPRING			SUMMER		
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>		
TOPIC	Healthy Lifestyles	Growing and Changing	Keeping Safe	Feelings and emotions	Healthy Relationships	Valuing difference	Rights and Responsibilities	Environment	Money
<b>Year 3</b>	What makes a balanced diet; opportunities for making own choices with food; what influences their food choices; habits	Recognising what they are good at; setting goals. Describing feelings; conflicting feelings and how to manage feelings	School rules on health and safety; basic emergency aid; people who help them stay healthy and safe	Recognising feelings in others; responding to how others are feeling	Positive; healthy relationships and friendships; maintaining friendship; actions affect ourselves and others; working collaboratively	Recognising and responding to bullying	Discuss and debate health and wellbeing issues. Being a part of the community and who works in the community	Responsibilities; rights and duties	Enterprise; what it means; developing skills in enterprise <i>(Poss CROSS YEAR-GROUP PROJECT WITH YEAR5))</i>
<b>Year 4</b>	What makes a balanced	Recognising what they are	How to keep safe in local	Keeping something confidential or	Acceptable and unacceptable	Listen and respond effectively to	Discuss and debate health and	Sustainability of the environment across	Role of money; managing money

	lifestyle and making choices; drugs common to everyday life; hygiene and germs	good at; setting goals. Changes at puberty. Changes that happen in life and feelings associated with change	area and online; people who help them stay healthy and safe	secret; when to break a confidence; recognise and manage dares	physical contact; solving disputes and conflicts amongst peers	people; share points of view	wellbeing issues. Appreciating difference and diversity in the UK and around the world	the world	(saving and budgeting); what is meant by interest and loan
<b>Year 5</b>	What positively and negatively affects health and wellbeing; making informed choices; benefits of a balanced diet; different influences on food; skills to make choices	Recognising what they are good at; setting goals; aspirations. Intensity of feelings; managing complex feelings. Coping with change and transition; bereavement and grief	Strategies for managing personal safety in the local environment; online safety; including sharing images; mobile phone safety	Responding to feelings in others	Actions have consequences of actions; working collaboratively; negotiation and compromise; giving feedback	Listening to others; raise concerns and challenge	Discuss and debate health and wellbeing issues. Rules and laws; changing rules and laws; anti-social behaviour; respecting and resolving	Different rights; responsibilities and duties	Importance of finance in people's lives; being a critical consumer; looking after money; interest; loan; debt management of money; tax
<b>Year 6</b>	Images in the media and reality; how this can affect how people feel; risks and effects of drugs	Recognising what they are good at; setting goals; aspirations. Changes at puberty ( <i>recap Y4</i> ); human reproduction; roles and responsibilities of parents	Independence; increased responsibility; keeping safe; influences on behaviour; resisting pressure; rights to protect their body and speaking out (including against FGM); who is responsible for their health and safety; where to get help and advice	Confidentiality and when to break a confidence; managing dares	Different types of relationships; positive and healthy relationships; maintaining relationships; recognising when a relationship is unhealthy (including forced marriage); committed; loving relationships; marriage. Acceptable and unacceptable physical touch; personal boundaries and the right to	Listening to others; raise concerns and challenge. What makes people the same or different; recognising and challenging stereotypes; discrimination and bullying	Discuss and debate health and wellbeing issues. Human rights; the rights of child; cultural practices and British law. Being part of a community; groups that support communities. Being critical of what is in the media and what they forward to others	How resources are allocated; effect of this on individuals; communities and environment	Enterprise; setting up an enterprise A 'Dragon's Den' presentation

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