Long Term Overview for PSHE/RSE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R	Self-Regulation: My Feelings	Building Relationships: Special Relationships	Managing Self: Taking on Challenges	Self-Regulation: Listening and Following instructions	Building Relationships: My Family and Friends	Managing Self: My Wellbeing Transition
	.**ELG: Self-Regulation** Children will have an understanding of their own feelings and begin to regulate their behaviour. They will set simple goals and give their attention to what the teacher says. They will follow instruction involving several ideas or actions. **ELG: Managing Self** Children will try new activities and show independence, resilience and perseverance in the face of challenge. They will know right from wrong and explain why rules are important. Children will manage their own basic hygiene needs and make healthy food choices. **ELG: Building Relationships** Children will work and play cooperatively and take turns with others. They will form positive relationships with others and show sensitivity to their own and others' needs.					
Year 1	Introduction lesson. Family and Relationships - friendships	Health and Wellbeing – routines, allergies	Safety and the Changing Body – staying safe at home and outside	Safety and the Changing Body – staying safe at home and outside	Citizenship – caring for others	Economic Wellbeing – what is money, spending and saving. Transition
Year 2	Introduction lesson. Family and Relationships – different families, courtesy, loss	Health and Wellbeing – breathing, growth mindset, healthy diet and teeth	Safety and the Changing Body – online safety, road safety, privacy and private parts	Safety and the Changing Body – online safety, road safety, privacy and private parts	Citizenship – local community	Economic Wellbeing – wants/needs, bank cards and accounts Transition
Year 3	Introduction lesson. Family and Relationships – friendship conflict versus bullying, stereotyping	Health and Wellbeing – wonderful me, feelings, healthy diet	Safety and the Changing Body – first aid, calling for help, cyberbullying, safety out and about	Safety and the Changing Body – first aid, calling for help, cyberbullying, safety out and about	Citizenship – rights and responsibilities, recycling, charity	Economic Wellbeing – budgeting, spending, careers Transition
Year 4	Introduction lesson. Family and Relationships – bullying, stereotypes (gender, disability)	Health and Wellbeing – mistakes, emotions, mental health	Safety and the Changing Body – internet safety, asthma, intro to puberty, tobacco	Safety and the Changing Body – internet safety, asthma, intro to puberty, tobacco	Citizenship – human rights, diverse communities, local councillors	Economic Wellbeing – feelings about money, risks of gambling Transition

Year 5	Introduction lesson. Family and Relationships – family life, stereotypes (gender, race and religion)	Health and Wellbeing – rest, goals, healthy meals	Safety and the Changing Body – online safety, puberty, first aid (bleeding), drugs (tobacco, alcohol)	Safety and the Changing Body – online safety, puberty, first aid (bleeding), drugs (tobacco, alcohol)	Citizenship – law, protecting the planet, parliament	Economic Wellbeing – budget, borrowing and loaning, careers Transition
Year 6	Introduction lesson. Family and Relationships – respectful relationships, challenging stereotypes, loss	Health and Wellbeing – resilience, immunisation, habits, impact of technology on health	Safety and the Changing Body – social media, puberty* – physical and emotional, first aid (choking, basic life support.	Safety and the Changing Body – social media, puberty* – physical and emotional, first aid (choking, basic life support.	Citizenship – prejudice and discrimination, valuing diversity, national democracy	Economic Wellbeing – financial future, career routes Identity: identity and body image Transition

* *There are two lessons on Conception and Pregnancy and Birth that parents have a right to withdraw their child from in this unit.*

Meeting our Vision and Values

Vision links: At Platt C of E Primary School, we want pupils to develop a comprehensive knowledge on keeping themselves physically healthy, managing their own feelings and behaviour and look after their own mental health. We want them to recognise how it can help them contribute to being model citizens of society after their time at Platt. This begins in the Foundation Stage where pupils learn and explore the topic of valuing difference and changing and growing. As pupils progress their knowledge through school their ability to express their voice and understanding flourishing in alignment with meeting the aims of the National Curriculum. Like the parable of the mustard seed, PSHE gives pupils a way to develop understanding and compassion to grow into model citizens for modern society.

Care (compassion, friendship)	**Learn** (wisdom, koinonia)	**Forgive** (forgiveness, hope)
PSHE offers opportunities to understand the diversity of modern Britain, allowing students to flourish in their ability to form relationships with others. This naturally encourages compassion and care towards diverse social situations. Pupils learn how to take care of themselves and other in their lives.	Pupils learn to develop their emotional and physical wellbeing which helps them to thrive, both academically and socially, in preparation for adulthood. Pupils will develop their knowledge on keeping themselves physically healthy and manage their own feelings and behaviour.	Through PSHE our pupils discuss and analyse real life examples to develop their compassion and understanding of forgiveness by making links within their own lives and experiences. They learn to forgive others and themselves and are encourage by their peers to show understanding and deepen their understanding of multiple circumstances.

Intent

The personal, social, health and economic education at Platt C of E Primary School provides our pupils with opportunities to consider, discuss and reflect on the important issues to educate and inform in preparation for adult life. Our curriculum contributes to our pupils becoming successful, confident responsible citizens. Our pupils here at Platt discuss real-life dilemmas and reflect upon moral issues and how they affect their own lives as well as that of others. They are positively encouraged to consider their own feelings and actions and how these may affect other people.

Here at Platt C of E Primary School we run a pupil-led Junior Leadership Team consisting of representatives from each class who meet regularly to put forward the views of their peers in a democratic environment with our school values at the foundation of every meeting to ensure our school and local community benefit.

As a school, we facilitate fund-raising events to help others in our local and wider community which helps our pupils put their learning into practise. Every opportunity is used to promote our pupil's spiritual, moral, social and cultural developments as well as their own physical well-being to help them thrive in their community and the wider world and become model prepared citizens in modern Britain.

Implementation

Pupils at Platt C of E Primary School participate in high-quality weekly PSHE lessons covering wide range topics. Our PSHE curriculum is supported by the Kapow scheme of learning which offers continual CPD for our staff. A range of teaching and learning activities are used and are based on good practice in teaching RSE/PSHE education to ensure that all children can access learning and make progress. In Key Stage 1 and 2, there is an introductory lesson at the start of each year group which provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment. All lessons include ideas for differentiation to stretch the most able learners and give additional support to those who need it. Many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way.
Role-play activities are also included to help children play out scenarios that they may find themselves in.
There are meaningful opportunities for cross-curricular learning, for example Computing for online safety and Science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

At Platt C of E Primary School, we ensure a clear progression of skills starting in EYFS through to Year 6. Our PSHE curriculum (PSED for Early years) is structured to provide a range of social experiences, during which every pupil (including those with SEN) has the chance to express their views and ask questions to enhance compassionate understanding. Within our nurturing environment, where 'forgiveness' and 'learning' are recognised as core values, pupils are encouraged to understand how modern life situations can vary and to have a holistic understanding. PSHE lessons aim to support our pupils in adult life. Our curriculum is constructed to ensure skills and knowledge are built on each year to maximise pupils' learning across the subject of PSHE.

Impact

Each unit of lessons comes with an Assessment quiz and Knowledge catcher. The quiz contains 10 questions, nine of which are multiple-choice and can be used either at the end of the unit or at both the start and the end to help measure progress and identify any gaps in learning. The Knowledge catchers list some of the lesson titles in mind-map or table format and can be used at the start of a

unit to see what the children already know and to inform planning, and then pupils can revisit the same version of the Knowledge catcher at the end of the unit to add what else they now know, further demonstrating their progression in learning. Assessment for learning is used throughout our sessions to ensure that possible misconceptions are addressed.
Once taught the full scheme, children will have met the objectives set out within the Relationships and Health Education statutory guidance and can utilise their learning within their daily lives, from dealing with friendship issues to resilience to making healthy choices and knowing where and how to get help when needed.

Our pupils leave Platt with:

- respect for themselves and others
- an understanding of the physical aspects involved in PSHE at an age-appropriate level
- the ability to be a healthy, open minded, respectful, socially and morally responsible, active member of modern society
- the ability to look after their mental health and well-being
- an appreciation for difference and diversity
- the ability to recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- the ability to be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life.