

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

## Including all the statutory elements of the RSHE policy

### Long Term Plans

	Autumn			Spring			Summer		
	Families and relationships	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
	<b>Our school values and British values are part of our PSHE curriculum.</b>								
<b>Reception</b>	What is a family? Different roles within the family.  What is a friend?	To know the people I can go to for help?	How we show respect, kindness, and respect to each other? Linked to introduction of our values.	School and class behaviour expectations. How do we treat each other? School values introduced.  Our world – creation story RE and what is in our world?	Termly online safety lessons.  Strangers online.	People who help us topic. Different roles. Money – when do we need money? (Role-play i.e. shop/post office).	How can we be healthy? The importance of sleep. Managing feelings - 3 point scale and curriculum activities Medicine helps us. Handwashing (school nurse)	Starting school. Coping with changes of people, place and routines.  How are we changing?  Growing (plants)	Sun safety  How to keep safe at school?  To know who to ask for help.  Online safety.  Fire talk by fire brigade (Autumn term)
<b>Year 1</b>	How we show love to our families. Why do we have friends? How can we make friends?	Getting help when you feel unsafe or unhappy. Seeking permission.	Understanding how we treat members our families and our friends?	We belong to a home and school community. We are inclusive welcoming everyone as part of our community.  How we can look after our world? Local/community	Termly online safety.  How we use the internet for information and how to stay safe.	What is money? Why do we need/want money?	Benefits of exercise on our bodies. How can you keep healthy? How can you relax? Oral hygiene. Safety when using/storing medicine. Managing feelings.	Naming body parts.  Growing older and moving to year 2. Coping with change.	Sun safety  How to be safe.  Online safety – How to view/use online content which is age appropriate.

Medium Term Plans include all elements of RSHE/PSHE, links to School and British Values, Religious Education, science and Young Leaders award – YLA (Year 2).

<b>Year 2</b>	<p>To know there are different families</p> <p>What makes a good friend?</p> <p>Why is it important to have friends?</p> <p><b>YLA – kindness section.</b></p>	<p>Managing secrets. Recognising hurtful behaviour.</p> <p>Seeking help.</p> <p>What is bullying?</p> <p>How can I be a supportive friend?</p> <p><b>YLA – kindness sessions</b></p>	<p>Recognising common features and those that are different. Respecting and celebrating differences. Working together co-operatively.</p> <p><b>YLA – kindness sessions</b></p>	<p>We are part of different groups e.g. school, clubs and community groups. Roles and responsibilities.</p> <p>Looking after our world – recycling, using less plastic.</p> <p><b>YLA – Teamwork Action - community project</b></p>	<p>Termly online safety.</p> <p>How we use the internet. How information can be used and stored safely. Effect of using IT excessively.</p>	<p>Job roles need different skills and strengths. Different roles in the community. Why is money important? How can we look after money?</p>	<p>The importance of diet and exercise. The effect of exercise. Healthy eating-food groups. Hygiene (link to science). Different medicines e.g. inhalers/epi-pens. Managing feelings</p> <p><b>YLA - perseverance</b></p>	<p>Life cycles. Transition to junior school. How will it be different?</p> <p>What footprints have you made and what steps do you want to make? Link to leavers pause day.</p>	<p>Sun safety</p> <p>Basic First Aid</p> <p>Safety at school, home, and consequences. Fire Safety talk by fire brigade. (Autumn term).</p>
<b>Whole school</b>	<p>Class/playground and school behaviour expectations – to keep all safe (At the beginning of the Autumn term)</p> <p>Keeping safe saying – ‘Stop, I don’t like it’.</p> <p>Assemblies – school, home and community</p> <p>Anti-bullying week/Feeling good Week</p> <p>NSPCC – Pants rule</p> <p>RE – other faiths, visitors and celebrations</p> <p>Community celebrations/links – Harvest/Christmas services, come and see my learning</p> <p>Pause day – school values</p> <p>Daily run/movement breaks</p>			<p>Assembly - Puttenham Community Day and village walk (summer term)</p> <p>Online safety lessons termly and when iPads are used</p> <p>Internet safety day</p> <p>NSPCC materials for online safety</p> <p>Link to maths – money</p> <p>Visitors – Fire fighters, nurse/paramedic, police and EYFS – parents talking about their jobs.</p> <p>Money – all classes – raising money for charity/foodbanks/harvest. How do we help others?</p> <p>Summer term – selling vegetables/fruits/flowers grown for charity</p> <p>NSPCC – Pants rule</p> <p>Daily run/movement breaks</p>			<p>Well-being activities at transition times</p> <p>Emotions regulation (3 or 5 point scale)</p> <p>Lego emotions</p> <p>Calm area in each class</p> <p>Daily run/movement breaks</p> <p>Yoga</p> <p>P.E curriculum</p> <p>Growing healthy food (links to science and allotment/outdoor learning)</p> <p>Cooking linked to healthy eating</p> <p>We are a nut free school</p> <p>Discussing vaccines e.g. before flu vaccine</p> <p>Transition to new year group– growing up and moving on</p> <p>NSPCC – Pants rule</p> <p>Assembly – holiday safety including stranger danger, moving on to next stage of education and staying healthy.</p>		

Objectives may be taught cross-curricular or at a different time of year i.e. science, RE, maths, PE, art/DT and in theme days/weeks i.e. online safety day, Feeling Good Week/Anti-bullying week. This will be identified in the medium term plans.

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