

Personal Social Health Education

These 5 intentions underpin our curriculum because we want our pupils to have a love of learning which they can share, a sense of understanding and pride of where they live, and be safe in different situations.

How to communicate using appropriate vocabulary

About Corsham and their local area

Through experiences inside and beyond the classroom

New knowledge and understanding appropriate to their age

How to keep themselves safe



The essential skills and knowledge that we want our pupils to learn by the end of:

| EYFS | |
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| <ul style="list-style-type: none"> Please see PSED for EYFS | |
| KS1 | |
| <ul style="list-style-type: none"> know why we have rules in school know how I am the same and different from my friends be able to talk about my feelings know how to be careful when walking on the pavement listen well to other people when they are talking think about how to keep safe know about the different types of work people do know how we learn and how we can achieve a goal, and some of our strengths as learners know who friends and family are, which people are important to us, care for us and how we feel about them make people we care about happy know that exercise keeps us fit and healthy know not to touch medicines and other dangerous substances tell you something that makes us feel proud know about different ways to keep myself healthy know that friends can help each other know that some changes are natural and "happen by themselves" | <ul style="list-style-type: none"> know about working as a team help make our classroom a safe and happy place welcome someone into our class know about how our behaviour can affect others know about stranger danger including meeting strangers online work well in a group know what to do if we are in dangerous situations know that you can choose to spend or save money consider what might be best way to use money choose between ideas and give reasons know about ways of keeping my teeth healthy know about 5 portions of fruit and veg a day know what makes us feel relaxed and what makes us feel stressed know about the importance of a balanced diet know how to cope with changes that can be exciting or worrying plan to overcome obstacles that might get in the way know how to make sensible choices |

| LKS2 | UKS2 |
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| <ul style="list-style-type: none"> • know something about everyone in our class • work in a cooperative way with others • understand everyone has to live by rules • know how to take turns when talking • know how to stay safe and spot dangers in the home including dangers online • know some enterprising ways to support a charity • know how to cooperate to achieve a goal and the importance of teamwork • know that families can be different from one another • say no to peer pressure (including being offered cigarettes, vapes, illegal & prescription drugs) • understand the importance of caring for ourselves and keeping clean • recognise when we find something difficult and have strategies to cope with this • know how to keep my body healthy • know people to turn to for help at difficult times • know that everybody goes through many sorts of change all the time • know ways of keeping myself safe including how to contact Childline • know what it feels like to be unwelcome • develop and maintain a positive learning environment • know how to enjoy fireworks safely • use peaceful problem solving to sort out difficulties • know what can influence how people spend or save and why • be responsible for my own learning and behaviour • be able to stop and think before acting and make sensible choices • know ways of dealing with changes that make us feel uncomfortable • know ways to keep myself safe when I am out with my friends <p>RSE</p> <ul style="list-style-type: none"> • The conventions of courtesy and manners. • Each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. | <ul style="list-style-type: none"> • know that I am valued at school • identify our strengths and how we contribute to a group • understand the importance of rules and keeping them consistently • know that different ways of behaving are appropriate in different types of relationships • protect our personal safety and take responsibility for our own safety including online • understand how stereotyping can affect people in different ways • explain how people manage their money • know the skills and attributes of a successful learner • understand that saving may how to restrict other spending • know some things to do when embarrassed • describe the physical changes of puberty, how we may feel about this and what to do about these feelings • know that alcohol is a drug • describe the Eat Well plate and a balanced diet • stand up for what we think after listening to others and making our own choices • know about having a healthy body and mind and how they are connected • know how people often respond to difficult changes • have some understanding of how to deal with difficult feelings to do with loss • listen to and show respect for other people's views to work well in a group • consider what makes a group function well so that we can learn together • use skills for solving problems peacefully to help other people resolve conflict • know what strategies we can use to stay safe when faced with risky situations • help organize an enterprise activity • think about how money affects the way we live • know some of the feelings people have when someone close dies or leaves • recognise and challenge stereotyping and discrimination • consider how the media can influence the way we think and feel about people and situations • know what addiction means |

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| | <ul style="list-style-type: none"> • understand that sometimes the feeling part of our brain takes over and we might make mistakes • know what I can do when we feel pressured • know that sometimes there can be positive outcomes from changes that we didn't welcome initially • look for the positives in big changes we face • consider the positive aspects of moving on to secondary school |
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| Teaching of RSE & CSE | Weekly Teaching |
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| We believe that children learning about their bodies is an essential part of PSHE. We believe that learning scientific names for body parts and learning about safe and unsafe touching is an important part of safeguarding. The children learn (in age-appropriate ways) about how their bodies change, and how babies grow and develop. We address issues regarding CSE in an age appropriate manner and sometimes with the support of outside agencies such as the NSPCC. | Children immerse themselves in a PSHE lesson every week and these are often started by the holding of a circle time. During circle time activities, children develop healthy communication skills based on: listening, speaking, thinking/concentrating and looking using questions in line with question based learning which are differentiated for the different key stages. To support emotional literacy a stem sentence may be used. |
| Wider Promotion of Health and Wellbeing | |
| We promote healthy living by ensuring that our children in our school eat healthily and have opportunities to be active during lunchtimes. Our ELSA is available to provide emotional support when needed. All classes have a worry monster that children can use to correspond with their teacher by posting a note and we also have a black box where children can write and post their worries that is located centrally in school. Wellbeing pupil ambassadors run a mindful club along with the other subject leaders and promote positive mental health and wellbeing. The nurturing and caring ethos of our school is felt by staff and pupils alike. We recognise that in order to give to the children we need to ensure staff are supported in their mental health and wellbeing. | |

As a responsible citizen leaving Regis, every child will have the skills to:

Express their thoughts and emotions effectively, having a good range of emotional vocabulary.

Know some of the key skills required in having and maintaining healthy relationships, such as honesty, respect and caring.

Make healthy choices regarding their wellbeing such as exercising regularly, making healthy food choices and looking after their own mental health.