

# Personal, Social and Health Education



Christ Church Primary School, Moreton

Personal, Social and Health Education (PSHE) is a planned subject taught weekly throughout Primary School. It is a subject that helps children shape their future and gives them opportunities to develop into thoughtful, informed and respectful citizens.

PSHE is taught at Christ Church Primary school from FS2 to Year 6, teaching is linked to all areas of the curriculum and it is a National Statutory Requirement that PSHE is taught in all Primary Schools.

Part of PSHE is Relationships and Sex Education. Highlighted in this document is how this area of the PSHE curriculum will be taught in an age appropriate way.



## AIMS OF THIS DOCUMENT

- Inform parents as to how Christ Church intend to teach PSHE FS2-Year 6
- Give parents links to resources used to teach PSHE
- Enable parents to feedback to school and ask any questions they may have.
- Provide information to assist parents to make informed choices about their child's learning
- Give important information about how Relationship and Sex Education is taught in a supportive way that is linked to the ethos of a Christian School

# Personal, Social and Health Education (PSHE)



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**PSHE** is a subject that helps children understand their choices and to explore their role within their family, school, community and the world. The teaching of PSHE gives opportunities for children to discuss how they feel and how they can best deal with everyday events and challenges in a positive and respectful way. **PSHE** is taught from FS2 to Year 6; staff use a whole school overview to support their teaching, ensuring progression of knowledge and skills. **PSHE** is split into **Health, Relationships** and **Sex Education** and is part of everything we do such as problem solving, collaboration, reflection, resilience and perseverance. It also underpins our developing relationships, respect for others and the care we not only show ourselves but to all around us. PSHE is taught once a week in all age groups.

## What are the different elements of PSHE and how are they taught at Christ Church?

**We have spent a long time researching different schemes that meet our pupils' needs and maintain the Christian approach to teaching that our school is based upon. We have selected the following resources to support our delivery of PSHE & RSE:**

- ***Goodness & Mercy***
- ***Go Givers***
- ***Christopher Winter's***

The **British Values** are democracy, the rule of law, individual liberty, and mutual respect for and tolerance of those with different faiths and beliefs and for those without faith. They help everyone to be aware of their rights and responsibilities to make a happy, safe and secure environment to live and work. They also help children to learn about their place in society and how our country operates.

We follow Chester Diocese syllabus for **Religious Education**. As a church school we support the spiritual, moral, social and cultural development of our school community. There are many interlinking elements with PSHE and our chosen schemes support **SMSC** so that teaching is driven by our school motto adapted from Philippians 4:13: **Together we can do all things through Christ who strengthens us.**

**RSE** or **Relationships and Sex Education** is taught so that children can learn how to be safe online, understand their growing bodies and learn to form healthy, loving relationships in an age appropriate way.



## What will PSHE look like in each Year Group?

FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Understand their own and others feelings.</p> <p>Work and play with others and collaborate adapting behaviour appropriately.</p> <p>Form positive relationships with those who are familiar to them.</p> <p>Talk about the lives of others around them and their role in the community.</p>	<p>Talk about their family and how families can be different.</p> <p>Friendships and making positive choices around others.</p> <p>Love for others and God. How we show love to those around us.</p> <p>Keeping ourselves clean and healthy and looking after our bodies.</p> <p>Looking after our environment and caring for animals.</p>	<p>God’s family and people who care for us.</p> <p>Looking out for others and making choices that are respectful.</p> <p>Loving ourselves and thinking about what makes us special.</p> <p>What is the law and protecting our environment.</p> <p>Healthy eating and keeping active.</p>	<p>Different families and friends &amp; anti-bullying.</p> <p>Marriage as a Christian celebration</p> <p>My emotions and who I can ask for help If I need it.</p> <p>Keeping my body well, what can harm and help it.</p> <p>The NHS- who looks after us.</p> <p>Changes and differences in our bodies.</p> <p>Children’s rights, rules and helping our planet.</p>	<p>What families look like. Marriage and Commitment.</p> <p>Staying safe and consequences to our body through choices.</p> <p>Mental health and wellbeing.</p> <p>Being honest and different friendships.</p> <p>Resolving conflict.</p> <p>Inspirational people.</p> <p>Cultural diversity in Great Britain.</p> <p>Benefits of sport and exercise.</p> <p>Good technology and fake news.</p>	<p>Who loves us and the wonder of relationships.</p> <p>Bullying based on different factors.</p> <p>Human rights and dilemmas.</p> <p>Emotions, staying healthy and being food smart. Personal hygiene.</p> <p>Understanding Cancer linking to disease, prevention, cure and the Science behind diseases.</p> <p>Impact of smoking.</p> <p>What a stereotype is and how we respect everyone around us.</p> <p>Understanding</p>	<p>Different ways to show love.</p> <p>Suffering of others, discrimination and bullying.</p> <p>Strong societies, marriage and the law.</p> <p>Our emotions and others’ emotions.</p> <p>Taking care of our bodies and understanding the impact of drugs and alcohol.</p> <p>The importance of sleep and how to look after our changing bodies.</p> <p>Identities and democracy.</p> <p>Taxes, what these are</p>

- **Each year group will teach lessons following the sequence of age appropriate learning.**
- **Alongside this overview there will be key dates and times such as Anti-Bullying Week and Internet Safety Week where children will link their learning.**
- **Children will learn about different aspects of British life through British Values.**

# Relationship and Sex Education (RSE)



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*Young children are growing up in a complex world where they live their life online and offline which presents positive experiences but also challenges and risks - SRE and PSHE Statutory Guidance 2020*

In an ever changing world RSE has never been so important, it gives children the tools to make positive choices and know when and how to look after themselves. We understand that parents will be interested to know about the content of the teaching within this area. The overview of the areas that will be taught and the resources that will support this are outlined below. A lot of our RSE content is linked to the teaching of Science and the relationship content is linked to our Christian ethos. The teaching of RSE is done carefully and appropriately at Christ Church; staff use resources that are supportive of our Christian Values whilst driving our duty of care to all children entrusted to us. We have selected year group texts to prompt open discussion and contexts for children to learn from. We use Goodness and Mercy and the Christopher Winter's resources to embed our RSE teaching.

Our Governors and church representatives as well as Chester Diocese are familiar with these resources and have questioned and challenged approaches to result in effective resources that aid teachers to plan well thought out lessons that have impact and engage children in a meaningful way.

FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Family and friendships.</p> <p>Pantosaurus- NSPCC character to support children in knowing their body is theirs.</p>	<p>Growing and changing.</p> <p>The underwear rule- knowing you body is yours.</p> <p>Captain Underpants- child friendly character to support children knowing their body is theirs.</p>	<p>Differences in male and female animals.</p> <p>Naming body parts.</p> <p>'Your body belongs to you' Cornelia Spelan &amp; Terry Weldier.</p>	<p>Body differences.</p> <p>Personal space.</p> <p>Help and support.</p> <p>'Stranger Danger' Anne Fine.</p>	<p>Changes.</p> <p>What is puberty and healthy relationships.</p> <p>'My body is private' Linda Girard.</p>	<p>Talking about puberty.</p> <p>Reproductive System.</p> <p>Help and support.</p> <p>'It's my body' Lory Freeman.</p>	<p>Puberty and reproduction.</p> <p>Communication in relationships.</p> <p>Online relationships.</p> <p>Attraction.</p> <p>Impact of intercourse on social, emotional and mental wellbeing.</p> <p>'Loving touches' Lory Freeman.</p>

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## Useful Links:

<https://goodnessandmercy.co.uk>

<https://www.gogivers.org>

<https://www.sexeducationforum.org.uk>

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

## Jargon Buster:

PSHE- Personal, social and health education

RSE/SRE- Relationships and sex education

RE- Religious Education

## Parent Help Sheet and Links

### By the end of Primary school children should know

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

*from SRE and PSHE Statutory Guidance 2020*