

PSHE

Intent



Teaching mastery across the curriculum involves employing approaches that help our pupils to develop a deep and secure knowledge and understanding of PSHE at each stage of their learning, so that by the end of every school year or Key Stage, pupils will have acquired mastery of the skills and strategies they've been exposed to, equipping them to move on to become confident and successful in all areas of their lives.

Implementation

We teach PSHE in a variety of ways. Children will take part in role play, discussion, games, paired, group and class activities and work. PSHE is taught in a safe, non-judgemental environment where children feel comfortable to ask and answer questions (if they choose to do so) and show respect towards others. The curriculum aims to prepare children for the opportunities and experiences of modern life and covers three core themes: health and well-being, relationships and living in the wider world. British values are promoted through the themes of democracy, the rule of law, individual liberty and mutual respect for and tolerance of those with different faiths and beliefs. PSHE is also linked to our school values: Transform, Empower, Achieve, Motivate, Care and Enjoy.

A wide range of resources are available to support the teaching of PSHE, such as, PiXL Wellbeing (My Health, My Life, My Mind) and Character and Culture Units and a variety of RSHE materials (including NCC's RSE Solutions). All staff have access to the full suite of PiXL resources and activities, which are available online with the school login. Further resources for teaching about drugs, alcohol and smoking (including vaping) and sex and relationships are kept by the PSHE coordinator.

PSHE can be linked to other areas of the curriculum and where possible these links should be exploited. Links to speaking and listening skills should be made during discussion and drama activities. Keeping themselves safe will link to elements of PE, science and computing. Work on health and relationships will link with aspects of the science curriculum.

Additional opportunities - We develop children's PSHE skills through a variety of whole school events, such as assemblies, charity fundraising events, visitors. The children develop a sense of democracy each year during our elections for head-boy and head-girl. Children are responsible for abiding by the school rules which were written by the school council and based on our school values. To further support their learning, additionally, they collaboratively write and agree to a set of class rules each year. We also participate in national initiatives such as anti-bullying week. Children's self-esteem is built with the selection of a 'Pupil of the Week' in each class. Year 6 children also have the opportunity to experience a range of activities on a residential trip where there is a particular focus on promoting team-work, developing self-esteem and challenging themselves. We promote restorative justice to help to resolve conflicts between pupils.

In EYFS the PSHE curriculum links with the following areas in The Early Learning Goals: health and self-care; self-confidence and self-awareness; managing feelings and behaviour.

SEND - We teach PSHE to children, whatever their ability. PSHE forms part of the school curriculum policy to provide a broad and balanced education for all children. Through our PSHE teaching we provide learning opportunities that enable all pupils to make progress by setting suitable learning challenges and responding to differing needs.

Impact

Teachers assess children by making judgements of observations during lessons, evidence of work produced and behaviours exhibited in other aspects of school life outside of the classroom e.g. class and school council meetings, school performances, the election, playtimes and lunchtimes, on school visits etc.

Upwell Academy

Subject Overview - PSHE



	Character	Culture	Wellbeing			E-Safety
			My Health	My Life	My Mind	
EYFS	<p>Independence - doing things for myself.</p> <p>Motivation - know why we do things and who helps us to do them.</p> <p>Organisation - planning things and keeping them tidy.</p> <p>Self-control - we feel lots of emotions every day, things that we can do to help us deal with our emotions.</p> <p>Teamwork - think about how we can work together.</p>	<p>Compassion - what it means to be kind.</p> <p>Fairness - what being fair looks like.</p> <p>Honesty - why we should tell the truth.</p> <p>Patience - understand that we need to wait and be calm in different situations.</p> <p>Sharing - understand how we can share nicely.</p> <p>Taking turns - understand why it is important to take turns.</p>	<p>Being healthy</p> <p>Healthy eating</p> <p>Being active</p> <p>Sleeping</p> <p>Keeping clean</p> <p>Clothes</p> <p>Talking about feelings</p>	<p>Interaction</p> <p>Support</p> <p>Environment</p> <p>Your actions</p> <p>Healthy habits</p> <p>Balance</p> <p>Challenge</p> <p>Opportunities</p>	<p>Healthy body, healthy mind</p> <p>Feelings</p> <p>Connections</p> <p>Challenge</p> <p>Resilience</p> <p>Being positive</p> <p>All about me</p> <p>Being calm</p>	<p>What is a device</p> <p>What is the internet</p> <p>Learning new things on the internet</p> <p>All about me</p> <p>Asking for help</p>
Year 1	<p>Independence - know how to be independent.</p> <p>Leadership - what being a leader means and that leaders need to speak clearly and listen carefully.</p> <p>Motivation - understand that motivation is about having a reason to do something.</p> <p>Organisation - what being organised means, use a timetable to organise the day.</p> <p>Self-control - keeping control of our feelings and actions.</p> <p>Teamwork - ways that we can work together as a team.</p> <p>Resilience - know that resilience means bouncing back when something goes wrong.</p>	<p>Compassion - how to show compassion to animals.</p> <p>Fairness - what being fair can mean.</p> <p>Honesty - think about what being honest means.</p> <p>Patience - understand different situations where we may need to be patient.</p>	<p>Keeping healthy</p> <p>Healthy eating</p>	<p>Impressions</p> <p>Family and friends</p>	<p>Being Positive</p> <p>Self-awareness</p> <p>Happiness</p>	<p>The internet</p> <p>Searching the internet</p> <p>Facts and opinions</p> <p>Personal information</p> <p>Trusted adult</p>
Year 2	<p>Independence - being independent and doing things for myself.</p> <p>Leadership - what it means to be a leader, what a good leader is like, use my own leadership skills.</p> <p>Motivation - what motivation means.</p> <p>Organisation - think about people who are organised and what they are like, learn how to be more organised at home and at school, use organisation skills to make a timetable for the week.</p> <p>Self-control - understand what self-control is.</p> <p>Teamwork - developing teamwork skills.</p> <p>Resilience - what resilience means.</p>	<p>Compassion - how to show compassion to other people.</p> <p>Fairness - understand that being fair means showing kindness and sharing.</p> <p>Honesty - know that honesty means telling the truth and doing the right thing.</p> <p>Patience - understand what patience is and why it is important.</p>	<p>Press pause</p> <p>Personal hygiene</p> <p>Get moving</p> <p>Hydration</p>	<p>Being proud</p> <p>Personal safety</p>	<p>Determination</p> <p>Support network</p>	<p>Enjoying the internet</p> <p>Asking for help</p> <p>Chatting online</p> <p>Being a good friend online</p> <p>Top tips for staying safe on line</p>
Year 3	<p>Independence - what being independent looks and feels like, how to be more independent, goals for independence at home and school.</p> <p>Leadership - identify leaders in school, understand the qualities of a leader, use my own leadership skills.</p> <p>Motivation - what motivation means and ways to get motivated.</p> <p>Organisation - understand what organisation means, learn about organisation and use organisation skills.</p> <p>Self-control - understand what self-control is, identify times when we</p>	<p>Compassion - understand what compassion is, identify different types of feelings, how we can help in different situations.</p> <p>Fairness - understand what being fair and unfair looks and feels like, identify ways to show fairness to others.</p> <p>Honesty - understand the importance of</p>	<p>Healthy routines</p> <p>Recharge</p>	<p>Confidence</p> <p>Connections</p>	<p>Feelings</p> <p>Self-awareness</p>	<p>Enjoying the internet</p> <p>Being SMART online</p> <p>Communicating online</p> <p>Being a good friend online</p>

	<p>need to show self-control, identify ways to have self-control in different situations.</p> <p>Teamwork - learn about teamwork from how animals work as a team.</p> <p>Resilience - consider how we can be more resilient.</p>	<p>telling the truth, identify different ways that we can be truthful.</p> <p>Patience - understand what patience is, identify times where we need to show patience, identify ways to be patient in different situations.</p>				Online bullying
Year 4	<p>Independence - the meaning and importance of being independent, opportunities for being independent, what it feels like to be independent.</p> <p>Leadership - identify leadership qualities, apply my leadership skills, consider how leadership skills can be improved.</p> <p>Motivation - understand what motivation is and when we feel motivated, identify how to motivate others.</p> <p>Organisation - understand what organisation means, learn about organisation, use and evaluate organisational skills.</p> <p>Self-control - know what self-control looks and feels like, understand how to keep our feelings and actions under control.</p> <p>Teamwork - consider the link between teamwork and communication, explore which types of communication are the most effective, use communication skills to work as a team.</p> <p>Resilience - consider when we are resilient and how we can help others to be resilient.</p>	<p>Compassion - know what compassion and empathy are, identify how we can show care for others, understand how others may feel in certain situations.</p> <p>Fairness - identify what fairness and unfairness looks and feels like in different situations, understand the concept of fair play.</p> <p>Honesty - understand the importance of telling the truth, understand why it is important to play by the rules.</p> <p>Patience - identify what patience looks and feels like, understand how to be patient, set goals and identify steps to achieve them in a patient way.</p>	<p>Being active</p> <p>Physical health</p> <p>Healthy eating</p>	<p>Pride</p> <p>Lifestyle</p> <p>Making choices</p>	<p>Mind training</p> <p>Mental health</p> <p>Positivity</p>	<p>Sharing online</p> <p>Online gaming</p> <p>Reliability of information</p> <p>Looking after ourselves online</p> <p>Summary of online safety</p>
Year 5	<p>Independence - what independence is, what independence can look like at home, at school and in my community.</p> <p>Leadership - define the qualities of a good leader by looking at modern-day examples, apply my leadership skills.</p> <p>Motivation - understand what motivation is and why it is important, identify what motivates us, understand ways we can keep ourselves motivated.</p> <p>Organisation - understand what organisation means, learn about organisation, use and evaluate personal and team organisational skills.</p> <p>Self-control - define what self-control is, identify self-control techniques, understand self-control in sports and other situations.</p> <p>Teamwork - consider the link between teamwork and problem-solving, explore what makes a good problem solver, use problem solving skills as a team.</p> <p>Resilience - consider ways in which we can build resilience and how familiar figures have relied upon resilience to build success.</p>	<p>Compassion - know what compassion and empathy are, show empathy by putting ourselves in someone else's shoes, identify ways to make others feel better.</p> <p>Fairness - define what fairness is, explore what fairness looks like at home, at school and in my local community.</p> <p>Honesty - understand what telling the truth and lying feel like, identify the consequences of lying or being dishonest, consider how an honest person behaves.</p> <p>Patience - define what patience is and why it is important, explore what patience can look like in different situations, learn strategies for being patient.</p>	<p>Energy levels</p> <p>Body health</p>	<p>Responsibility</p> <p>Habits</p>	<p>Self-management</p> <p>Focus</p> <p>Game plan</p>	<p>Being SMART online</p> <p>Online friendship</p> <p>Digital citizens</p> <p>Online wellbeing</p> <p>Online scams</p>
Year 6	<p>Independence - develop my understanding of being independent, identify how I can be more independent.</p> <p>Leadership - analyse the words of good leaders from history, secure my understanding of the qualities of a good leader, apply my leadership skills.</p> <p>Motivation - define what motivation is, understand what extrinsic and</p>	<p>Compassion - define what compassion and empathy are, identify and demonstrate ways of being compassionate.</p> <p>Fairness - develop my understanding of fairness in the wider world, identify how</p>	<p>Food habits</p> <p>Fitness</p> <p>Health risks and attitudes</p>	<p>Personal growth</p> <p>Life connections</p> <p>Pride</p>	<p>Aspirations</p> <p>Support networks</p> <p>Self-control</p> <p>Life journey</p> <p>Motivation</p>	<p>Online reputation</p> <p>Online gaming</p> <p>Online trust</p> <p>Digital debate</p> <p>Digital dilemmas</p>

	<p>intrinsic motivation means, identify things that motivate me.</p> <p>Organisation - define what organisation is, consider what we can learn about organisation from others, demonstrate and evaluate our organisational skills.</p> <p>Self-control - define what self-control is, understand what can and can't be controlled, identify ways to remain in control in difficult situations.</p> <p>Teamwork - apply and evaluate our teamworking skills.</p> <p>Resilience - understand what having a positive mindset means and identify ways to build resilience.</p>	<p>to treat others fairly.</p> <p>Honesty - define what honesty is, understand honesty in different situations, identify ways that we can be honest.</p> <p>Patience - define what patience is and why it is important, practise showing patience, identify how we can be patient in the classroom.</p>				
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Subject Overview - RSHE



	Families and people who care for me	Caring friendships	Respectful relationships	Online relationships/ internet safety and harms	Being safe	My body/ changing adolescent body	Mental wellbeing	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid
Year R	What makes a family special (RSE Lesson 6) Support (PiXL My Life) Connections (PiXL My Mind)	Similarities and differences (RSE Lesson 3) Interaction (PiXL My Life) All about me (PiXL My Mind)	Likes, dislikes and decisions (RSE Lesson 4) Environment Your actions (PiXL My Life)	What is a device What is the internet Learning new things on the internet All about me Asking for help (PiXL Digital Wellbeing)	Why are 'private parts' private? (RSE Lesson 5)	Naming parts of the body	Describing and managing feelings (RSE Lesson 1) Talking about feelings (PiXL My Health) Challenge Opportunities (PiXL My Life) Feelings Challenge Resilience Being positive Being calm (PiXL My Mind)	Being healthy Being active (PiXL My Health)	Healthy eating (PiXL My Health) Balance (PiXL My Life)		Handwashing and hygiene (RSE Lesson 2) Sleeping Keeping clean Clothes (PiXL My Health) Healthy habits (PiXL My Life) Healthy body, healthy mind (PiXL My Mind)	What is first aid? Getting help
Year 1	Family and friends (PiXL My Life)	Falling out and making up (RSE Lesson 3)	Celebrating differences (RSE Lesson 4) Impressions (PiXL My Life)	The internet Searching the internet Facts and opinions Personal information Trusted adult (PiXL Digital Wellbeing)	Asking for help (RSE Lesson 6)	What are the 'private parts' called? (RSE Lesson 2)	Understanding feelings and behaviours (RSE Lesson 1) Happiness Self-awareness Being positive (PiXL My Mind)	Keeping healthy (PiXL My Health)	Healthy eating (PiXL My Health)		Bad bacteria! Protecting and preventing (RSE Lesson 5)	Calling 999 (First Aid Champions)

Year 2	Families come in different shapes and sizes (RSE Lesson 4) Support network (PiXL My Mind)	When to share a secret (RSE Lesson 6)	I am special (RSE Lesson 1)	Enjoying the internet Asking for help Chatting online Being a good friend online Top tips for staying safe online (PiXL Digital Wellbeing)	My body belongs to me (RSE Lesson 5)	Growing up (RSE Lesson 2)	Bullying is wrong (RSE Lesson 3) Press pause (PiXL My Health) Being proud (PiXL My Life) Determination (PiXL My Mind)	Get moving (PiXL My Health)	Hydration (PiXL My Health)		Personal hygiene (PiXL My Health) Personal safety (PiXL My Life)	Why is first aid important? Keeping yourself safe (First Aid Champions) Calling the emergency services
Year 3	How families care for one another (RSE Lesson 3) Connections (PiXL My Life)	Relationships (PiXL My Life)	Stereotypes stink! (RSE Lesson 4)	Enjoying the internet Being SMART online Communicating online Being a good friend online Online bullying (PiXL Digital Wellbeing)	My body, my right (RSE Lesson 5) Sharing secrets (RSE Lesson 6)	Growing up and my amazing body (RSE Lesson 2)	Happy to be me (RSE Lesson 1) Confidence (PiXL - My Life) Feelings Self-awareness (PiXL My Mind)	Physical health (PiXL My Health)	Healthy eating (PiXL My Health)		Healthy routines Recharge (PiXL My Health)	Giving first aid Safety stories (First Aid Champions)
Year 4	Love and marriage (RSE Lesson 5)	Peer pressure (RSE Lesson 6)	Respecting different identities (RSE Lesson 4)	Sharing online Online gaming Reliability of information Looking after ourselves online Summary of online safety (PiXL Digital Wellbeing)	Public or private? To touch or not to touch? (RSE Lesson 3)	Puberty predictions (RSE Lesson 2)	Emotional response (RSE Lesson 1) Pride (PiXL - My Life) Mind training Mental health Positivity (PiXL My Mind)	Being active (PiXL My Health)	Smart choices (PiXL My Health)	The dangers of alcohol (Drugs education resource)	Lifestyle Making choices (PiXL My Life)	First aid skills - bleeding, broken bones, asthma attack, head injury (First Aid Champions)
Year 5	Responsibility (PiXL My Life)	Tackling bullying (RSE Lesson 4)	Healthy relationships (RSE Lesson 3)	Sharing information (RSE Lesson 5) Being SMART online Online friendship Digital citizens Online wellbeing Online scams (PiXL Digital Wellbeing)	Online conundrums (RSE Lesson 6)	Puberty and menstrual wellbeing (RSE Lesson 2)	The emotional rollercoaster of puberty RSE (Lesson 1) Self-management Focus Game plan (PiXL My Mind)	Body Health (PiXL My Health)	Energy levels (PiXL My Health)	The dangers of tobacco and vaping (Drugs education resource)	Habits (PiXL My Life)	First aid skills - head injury, burns, choking, unresponsive and breathing (First Aid Champions)

Year 6	Support Networks (PiXL My Mind)	Life Connections (PiXL My Life)	Stamp out stereotypes (RSE Lesson 3)	Media messages and me (RSE Lesson 1) Online reputation Online gaming Online trust Digital debate Digital dilemmas (PiXL Digital Wellbeing)	When and how to get help (RSE Lesson 6) Tricky Friends (County Lines)	How a baby is conceived and born (RSE Lesson 2)	Personal growth Pride (PiXL My Life) Aspirations Self-control Life journey (PiXL My Mind)	Fitness (PiXL My Health)	Food Habits (PiXL My Health)	Health risks and attitudes (PiXL My Health) The dangers of alcohol, tobacco and other drugs (Drugs education resource)	Motivation (PiXL My Mind)	First aid skills - revisit common injuries, unresponsive and breathing, unresponsive and not breathing (First Aid Champions)
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