

PSHCE: Curriculum Overview



PSHE stands for Personal, Social, Health and Economic Education.

Personal, Social, Health and Economic education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain.

At Wigginton Primary School we take pride in the emphasis we place upon 'personal development'. We support our pupils to become kind, caring and thoughtful young people who respect themselves and others. We focus on the 'whole child', and the PSHE curriculum supports us with this ethos.



There are three core themes of PSHE:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World: economic wellbeing and being a responsible citizen.

Core theme: Health and Wellbeing

This area of PSHE teaches children:

- What is meant by a healthy lifestyle
- How to maintain physical, mental and emotional health and wellbeing
- Ways of keeping physically and emotionally safe
- How to manage change, including puberty and transition
- How to make informed choices about health and wellbeing, and where to get help with this
- How to respond in an emergency
- To identify different influences on health and wellbeing

Pupils learn things like the importance of personal hygiene; road safety, cycle safety and online safety; people who help us; how to talk about their feelings; and the benefits of physical activity.

Core theme: Relationships

This theme includes:

- How to develop and maintain a variety of relationships, within a range of social and cultural contexts
- How to recognise and manage emotions within relationships
- How to respond to risky or negative relationships, including bullying and abuse
- How to respond to risky or negative relationships and ask for help
- How to respect equality and diversity in relationships

Among other things, children learn to recognise that their behaviour can affect other people; to listen to other people and work and play cooperatively; to identify special people in their lives (parents, siblings, friends) and how they should care for each other and what to do if they're being bullied

Core theme: Living in the Wider World

Through this theme, children learn:

- About respect for themselves and others, and the importance of responsible actions and behaviour
- About rights and responsibilities as members of families, other groups and citizens
- About different groups and communities
- To respect equality and diversity, and how to be a productive member of their community
- About the importance of respecting the environment
- About where money comes from, keeping it safe, and the importance of managing it effectively
- The part that money plays in people's lives

Some of the things our children learn include: how to make and follow group, class and school rules; what protects and harms the environment; how to make choices about spending or saving money; ways in which we are all unique and the things we have in common; about basic human rights; and to respect national, regional, religious and ethnic identities.

At Wigginton Primary School we develop personal and social skills through class circle time, daily classroom activities and through wider school involvement such as being a member of the school council. We aim for pupils to learn and develop the skills to recognise and celebrate their personal strengths. Alongside this we support and encourage pupils to recognise areas for development so that they can set personal targets and work towards self-improvement.

Children are encouraged to develop an awareness of personal health, hygiene and safety through lessons covering aspects of health and well-being. Aspects of health are also covered through the Science curriculum, such as naming body parts, how the body works etc. Our community school nurse works well with us and supports our programme of "Relationships" Education with Year 5 and 6 pupils.

A wide range of opportunities enable pupils to develop the skills and knowledge to contribute positively to their community. Pupils will consider issues relating to "Living in a Diverse World", looking after the environment, anti-bullying, supporting charity fund raising, democracy, understanding how rules are made and why they are important.

Pupils are supported to develop skills and interests to prepare for their future as independent young people. Opportunities to find out about how and where people work are created through workshops, visits out of school and by inviting people from different professions into school.

In Foundation Stage, PSHE is a large part of everyday activities. Personal, social and emotional development (PSED) in the EYFS supports children to learn to get on with others and make friends, understand and talk about feelings, learn about 'right' and 'wrong', develop independence and ultimately feel good about themselves.

This term, we are finalising our school RSE (Relationship and Sex Education) policy. Once this is completed, we will share it on this page. We are also putting the finishing touches to our PSHE progression appendix. This will detail which PSHE vocabulary and terminology will be used with the children at which phases across the school.

