

# PSHE in the Primary School



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Presentation to Parents - Wednesday 8th January 2020

# PSHE in the Primary School



## What is PSHE / RSE?

PSHE - Personal Social Health Education

RSE - Relationship Education (inc. Sex Education)

A program of learning through which children acquire the knowledge, skills and understanding they need to manage their lives - now and in the future.

As part of our broad curriculum, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

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## Why do we teach it?

Schools need a broad and balanced curriculum that

- Promotes the spiritual, moral, cultural, mental and physical development of pupils
- Prepares pupils for opportunities, responsibilities and experiences for NOW and later in life.
- Promotes Citizenship and the Aloha College values.
- Promotes the pupil well being.
  
- Though a robust PSHE, Relationships Education, (including Sex Education), we can insure that accurate and appropriate information is given.

**If we don't teach them, they will find out for themselves and this leads to worry, concern and misinformation.**

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## How are we doing it?

With the agreement and the full backing of the Board of Trustees, who represent the Parent Body, we have set out a curriculum outline for PSHE.

To insure accuracy, appropriateness, consistency and continuity of information and learning, the College has adopted and adapted the JIGSAW PSHE Programme: **a Mindful approach to PSHE.**



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A full programme running from Year 1 through to Year 6, with some key themes also running into Reception and Nursery.

Key aims of the Programme are -

1. To build children's learning capacity
2. To equip them for life



6 Key topics covered during the year - each year group covering the same topic at the same time, but with **age appropriate content**. These are referred to as Puzzles.

Mindfulness is also a key focus to ALL Puzzles and runs through each and every lesson. Mindfulness empowers children with the tools to reflect and relax on the day to day challenges and events in their lives - enabling them to deal more effectively with their daily routines.

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## The 6 Puzzles (units)

1. Being Me in My World - covers a wide range of topics including a sense of belonging, welcoming others and being part of a school community, a wider community and a global community. It also looks at children's rights and responsibilities and working and socializing with others.
2. Celebrating Difference - focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships and conflict. Children learn to accept everyone's right to a difference.  
**Difference is the only thing we ALL have in common.**  
The unit also covers bullying in relation to cyber, and homophobia.

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3. Dreams and Goals -aims to help children think about the hopes and dreams, their goals for success, what personal strengths are and how to overcome the challenges they will face, There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success and how different cultures approach these.
  
4. Healthy Me - covers two main areas  
Emotional Health - relaxation, being safe, friendships, mental health skills, body image, relationships with food and managing stress.  
Physical Health - balanced diets, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe and first aid.

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5. Relationships - a wide subject area addressing areas such as friendship, families, pets & animals, and love and loss.
6. Changing Me - deals with changes of many types, from growing up, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body Image, puberty and attraction and accepting change. Also, looking ahead to the next stages in their lives.



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This term, we will be focusing on

**Dreams and Goals and Healthy Me.**

The following slides highlight the outcomes for the children from these 2 units.

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## EYFS and Year 1

**DG** - I can stay motivated when presented with something challenging.

- I can keep trying even when it's difficult and have a positive attitude.
- I can work well with a partner and in a group and help others to achieve a goal.
- I work hard to achieve my dreams and goals

**HM** - I can make a healthy choice:

- I understand the need to exercise and that moving and resting and keeping clean are good for my body.
- I keep physically healthy: have eaten a healthy, balanced diet and I know which foods are healthy and which are not.
- I can keep myself and others safe. I am aware of medicine safety and road safety
- I know how to make myself sleep and the need for good sleeping habits
- I know how to be a good friend and enjoy healthy relationships, keeping calm and reacting well in different situations. I also know how to behave with strangers

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## Year 2

**DG** -I can stay motivated when presented with something challenging.

- I know what my goals need to be to achieve success.
- I can keep persevering even when problems may be difficult and have a positive attitude.
- I can recognise who I work well with and who is challenging.

**HM**- I can make a healthy choice:

- I know what I need to keep my body healthy and am motivated to make healthy lifestyle choices, including decisions about my diet and my selection of healthy snacks. I am informed of the main food groups for healthy living and am aware of which ones are most nutritious and provide energy for an active lifestyle.
- I keep physically healthy: I can identify the feelings of being relaxed and stressed and what causes them. I know how to be a good friend and enjoy healthy relationships, keeping calm and reacting well in different situations. I also know how to behave with strangers

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## Year 3

**DG** - I can recognise motivation and determination in others and respect them for this.

- I know what my goals need to be to achieve success and attain my dreams.
- I can keep persevering with a positive attitude even when problems may be difficult.
- I enjoy a challenge and the feeling of being motivated and enthusiastic.
- I can recognise who I work well with and who is challenging. I am aware of obstacles that hinder my achievement.

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**HM** - I can make a healthy choice:

- I understand how exercise affects my body and know why my heart and lungs are such important organs. I know that the amount of calories, fat and sugar I put into my body will affect my health
- I am aware of the need for safety in using medicines. I can tell you my knowledge and attitude towards drugs
- I keep physically healthy: I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help. I can express how being anxious or scared feels. I understand how complex my body is and how important it is to take care of it

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A Future presentation will further elaborate on the remaining 2 units covered during the summer term.

Next Meeting....

Relationships & Changing Me

Key Stage 1 - March 3pm

Key Stage 2 - March 3pm

March - detail to follow

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## Any Questions

