

INTENT – Luddenden CE School is committed to providing an inclusive environment which nurtures health, self-respect, confidence and resilience. Our PSHE and RSE curriculum aims to ensure that all pupils develop the knowledge, skills, attributes and resilience they need to manage their lives well now and in the future. As well as meeting the statutory guidance for Relationships Education, this curriculum is designed to help children to stay healthy and safe while preparing them to make the most of life and work. Our core values in PSHE & RSE are respect, empathy, belonging and courage.

IMPLEMENTATION – Learning opportunities will be based on three core themes, with extensive overlap:

- Core theme 1: Health & Wellbeing
- Core theme 2: Relationships
- Core theme 3: Living in the wider world.

Learning is planned according to pupils’ development, readiness and needs, and takes into account prior learning, experience and understanding. PSHE education addresses both pupils’ direct experience and preparation for their future. Therefore, we feel it is important to provide a spiral programme of knowledge, skills and attribute development, where prior learning is revisited, reinforced and extended in age and key stage appropriate contexts. We believe that PSHE education should reflect the universal needs shared by all pupils as well as the specific needs of the pupils at our school.

IMPACT – Children have the information and skills they need to make good decisions about their own health and wellbeing. Pupils develop the ability to regulate their own emotions and are empathetic towards others. Pupils develop the resilience, character and inspiration that we know are fundamental to them being happy, successful and productive members of society.

PSHE & RSE CURRICULUM FRAMEWORK - WHOLE SCHOOL OVERVIEW

| Term Core Theme Topics | Autumn | | | Spring | | | Summer | | |
|---------------------------------|--|--|--|---|--|---|---|--|--|
| | Relationships | | | Living in the Wider World | | | Health & Wellbeing | | |
| | Families and friendships | Safe relationships | Respecting ourselves and others | Belonging to a community | Media literacy and digital resilience | Money and work | Physical health and Mental wellbeing | Keeping safe | Growing and changing |
| Year 1 | Roles of different people; families; feeling cared for R1, R2, R3, R4, R5 | Recognising privacy; staying safe; seeking permission R10, R13, R15, R16, R17 | How behaviour affects others; being polite and respectful R21, R22 | What rules are; caring for others’ needs; looking after the environment L1, L2, L3 | Using the internet and digital devices; communicating online L7, L8 | Strengths and interests; jobs in the community L14, L16, L17 | Keeping healthy; food and exercise, hygiene routines; sun safety H1, H2, H3, H5, H8, H9, H10 | How rules and age restrictions help us; keeping safe online H11, H12, H13, H14, H15, H21, H22, H23, H24 | Recognising what makes them unique and special; feelings; managing when things go wrong H28, H34 |
| Year 2 | Making friends; feeling lonely and getting help R6, R7 R8, R9, R24 | Managing secrets; resisting pressure and getting help; recognising hurtful behaviour R11, R12, R14, R18, R19, R20 | Recognising things in common and differences; playing and working cooperatively; sharing opinions R23, R24, R25 | Belonging to a group; roles and responsibilities; being the same and different in the community L2, L4, L5, L6 | The internet in everyday life; online content and information L8, L9 | What money is; needs and wants; looking after money L10, L11, L12, L13, L15 | Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help H4, H6, H7, H16, H17, H18, H19, H20 | Safety in different environments; risk and safety at home; emergencies H20, H25, H26, H27 | Growing older; naming body parts; moving class or year H29, H30, H31, H32, H33, H35, H36, H27 |
| Year 3 | What makes a family; features of family life R1, R6, R7, R8, R9 | Personal boundaries; safely responding to others; the impact of hurtful behaviour R19, R22, R24, R30 | Recognising respectful behaviour; the importance of self-respect; courtesy and being polite R30, R31 | The value of rules and laws; rights, freedoms and responsibilities L1, L2, L3 | How the internet is used; assessing information online L11, L12 | Different jobs and skills; job stereotypes; setting personal goals L25, L26, L27, L30 | Health choices and habits; what affects feelings; expressing feelings H1, H2, H3, H4, H6, H7, H17, H18, H19 | Risks and hazards; safety in the local environment and unfamiliar places H27, H28, H29 | Personal strengths and achievements; managing and reframing setbacks H38, H39, H41 |
| Year 4 | Positive friendships, including online R10, R11, R12, R13, R18 | Responding to hurtful behaviour; managing confidentiality; recognising risks online R20, R23, R27, R28 | Respecting differences and similarities; discussing difference sensitively R32, R33 | What makes a community; shared responsibilities L4, L6, L7 | How data is shared and used L13, L14 | Making decisions about money; using and keeping money safe L17, L19 L20, L21 | Maintaining a balanced lifestyle; oral hygiene and dental care H2, H5, H11 | Medicines and household products; drugs common to everyday life H30, H31, H32, H34 | Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty H10, H38, H40, H46 |
| Year 5 | Managing friendships and peer influence R14, R15, R16, R17, R18, R26 | Physical contact and feeling safe R9, R25, R26, R27, R29 | Responding respectfully to a wide range of people; recognising prejudice and discrimination R20, R21, R31, R33 | Protecting the environment; compassion towards others L4, L5, L19 | How information online is targeted; different media types, their role and impact L12, L14 | Identifying job interests and aspirations; what influences career choices; workplace stereotypes L27, L28, L29, L31, L32 | Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies H8, H9, H10, H12 | Keeping safe in different situations, including responding in emergencies, first aid and FGM H16, H25, H26, H27 | Personal identity; recognising individuality and different qualities; mental wellbeing H38, H43, H44, H45 |
| Year 6 | Attraction to others; romantic relationships; civil partnership and marriage R1, R2, R3, R4, R5, R7 | Recognising and managing pressure; consent in different situations R26, R28, R29 | Expressing opinions and respecting other points of view, including discussing topical issues R26, R28, R29 | Valuing diversity; challenging discrimination and stereotypes L8, L9, L10, R21 | Evaluating media sources; sharing things online H37, L11, L13, L15, L16 | Influences and attitudes to money; money and financial risks L18, L22, L23, L24 | What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online H13, H14, H15, H20, H21, H22, H23, H24 | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media H24, H33, H35, H36 | Human reproduction and birth; increasing independence; managing transition H37, H42, H46, H47, H48, H49, H50 |