

Curriculum: PSHE



'Be yourself; everyone else is already taken.'

Oscar Wilde

Why do we learn PSHE?

PSHE is about preparing children for life and careers alongside academic success. It helps children and young people to achieve their potential by supporting wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. Research shows that pupils who are emotionally healthy do better at school. PSHE education also helps pupils to develop skills and aptitudes - like teamwork, communication and resilience, preparing them for life in our modern world. The three recurring themes in PSHE allow children at Werrington Primary School to revisit and elaborate on previous learning. For example, children learn about 'What makes a good friend' in Year 1 and 'How friends can communicate safely' in Year 5.

What are the aims of our PSHE curriculum?

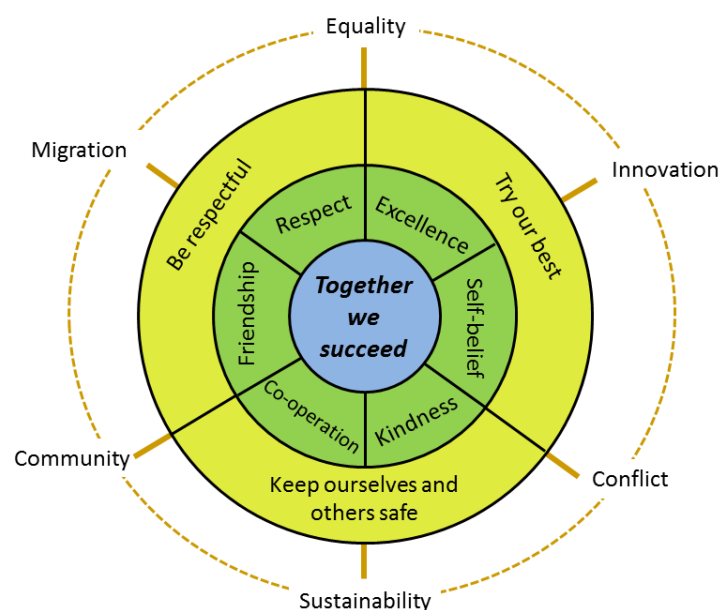
At Werrington Primary School, we want to inspire our pupils' curiosity about the wider world. Whilst learning about Personal, Social, Health and Economic education, pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. Within PSHE lessons, we also teach the knowledge needed to prepare pupils to be happy, productive, responsible, ethical and compassionate members of society.

We believe that PSHE should focus on helping pupils to thrive as individuals, family members and members of society. We aim for the children to develop a sense of identity and a cultural understanding. We teach children to understand how to cope with everyday life and deal with difficult decisions they may face as they grow into young adults. We teach PSHE through lots of discussions and use scenarios which develop our understanding.

The PSHE curriculum is split into three strands – Health and Wellbeing, Relationships and Living in the Wider World. We believe that pupils learn better if they can relate to an event or concept so, wherever possible, we try to make links to their everyday life ensuring learning is relevant and purposeful.

At Werrington Primary School, our bespoke curriculum has six golden strands which encompass the core values of our school. These strands run through the PSHE curriculum from Nursery to Year 6. Examples of this can be found in the table below.

Equality	Year 5 learn about what makes up a person's identity and explore ethnicity, family, faith, culture and stereotypes.
Innovation	Year 2 learn about what jobs people do, exploring how people use the internet and digital devices to do this.
Conflict	Year 1 learn about what bullying is and how they can report actions and words which make them feel uncomfortable.
Sustainability	Year 4 learn about how their choices make a difference to the environment, exploring Fairtrade and single use plastics.
Community	Year 3 learn about what makes a community. Studying diverse communities, customs and traditions.

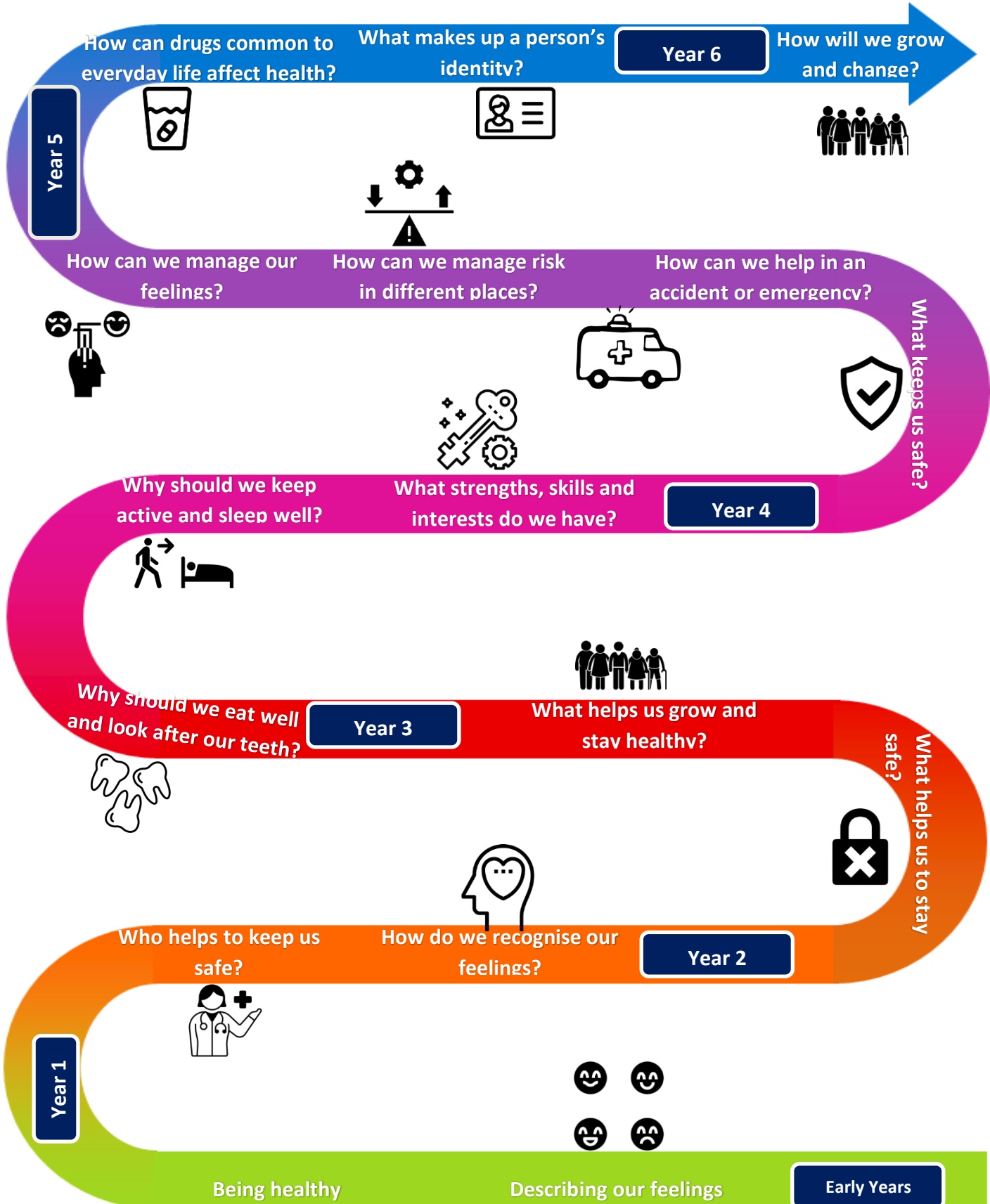


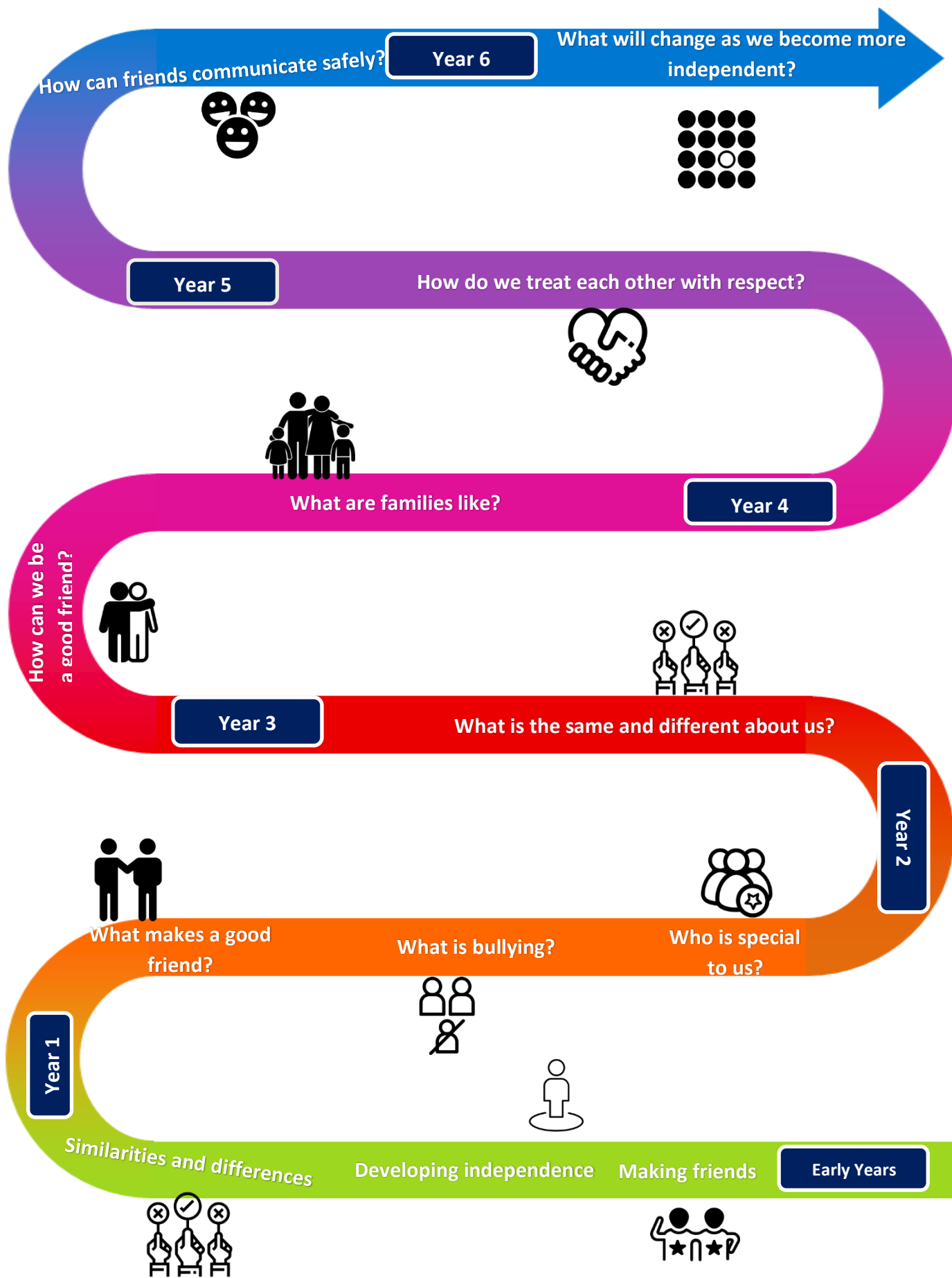
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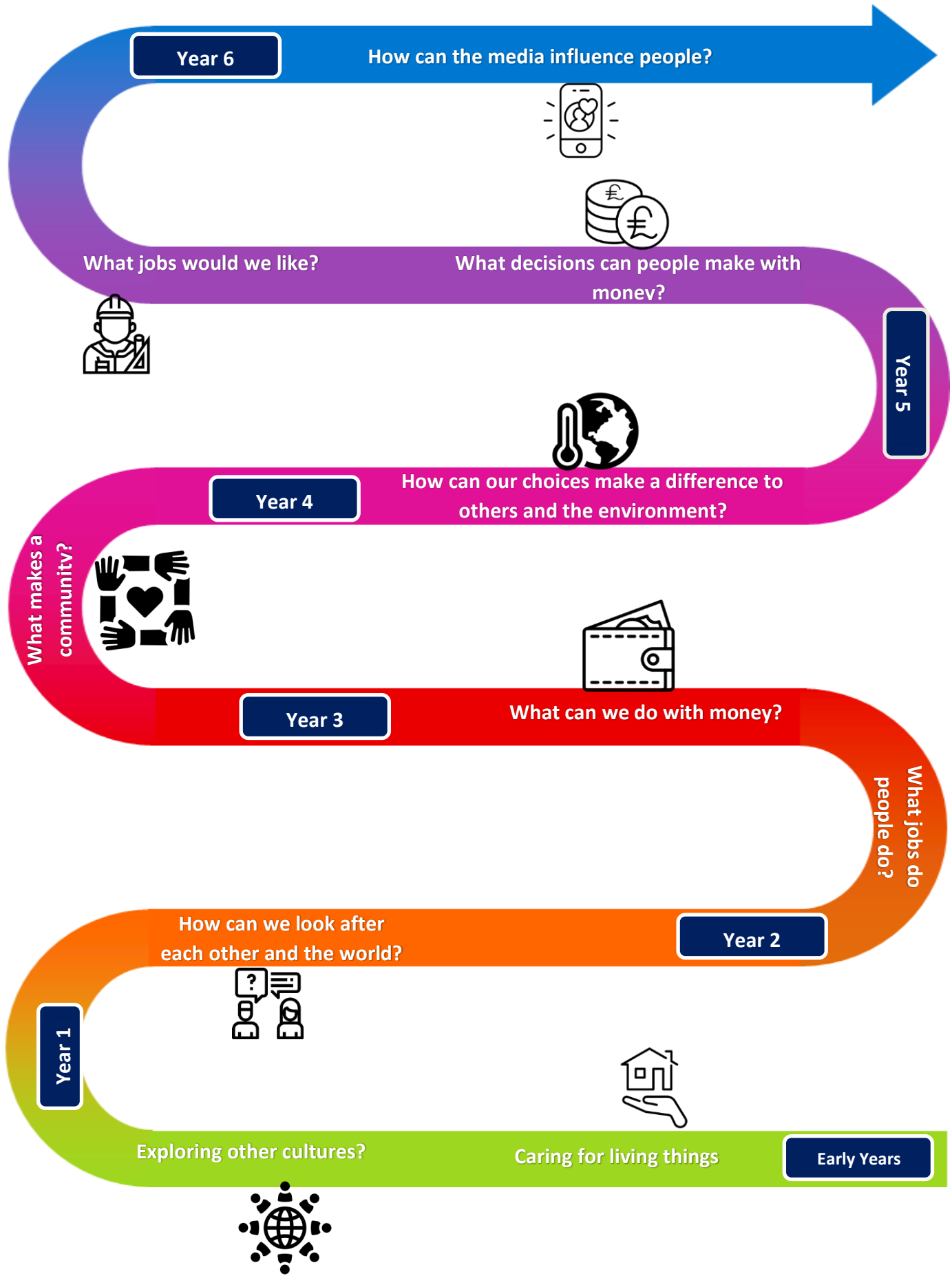
Year 6 learn about how they change as they become more independent, exploring transitions to secondary school.

What do we learn about in PSHE at Werrington Primary School?

Health and Wellbeing







An example of progression: PSHE

Year 6

Learn that people have different kinds of relationships in their lives and as they grow up and become more independent, friendships may grow and change and how to manage this.

Year 5

Children explore how personal qualities make up someone's identity and there are a range of factors including gender, culture, religion, family, faith etc which contribute to this. They also explore stereotypes and the negative effect this can have on people's lives.

Year 4

Learn that feelings can change over time and in different situations, and that they can vary in levels of intensity. Children also learn about ways to manage their feelings at times of loss, grief and change.

Year 3

Children explore how friendships support wellbeing and the importance of seeking support if they feel lonely. They learn that friendships sometimes have difficulties and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences.

Year 2

Children learn about what is the same and different about us, reflecting on their personal skills and qualities. They explore their own strengths and difficulties and think about how this can be the same/different from others.

Year 1

Learn how to recognise, name and describe a range of feelings and understand how feelings can affect people in the bodies and behaviour. Children learn about ways to manage big feelings and the importance of sharing their feelings with someone they can trust.

EYFS

Children begin to form relationships with others, playing co-operatively and taking turns. They show sensitivity to others' needs and feelings.

