



RSE & PSHE

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum.

PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE the government consider it unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription. Schools are expected to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle. Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils.

At Dane Ghyll, lessons follow the Kapow Primary Scheme of Work and ensure that skills and subject knowledge build upon previous learning. We follow the condensed primary scheme to give teachers the opportunity to have time to flexibly approach issues that arise and are children and class specific. We also offer transition lessons during the Summer term to give children time to adjust to their new year group. Every year group also take part in a Kidsafe unit each year led by our Kidsafe practitioners – this is in place of or alongside the Safety and the Changing Body unit. We also highlight various topics, celebrations and awareness weeks throughout our assemblies during the year.

The school nurse visits Years 5 and 6 during the summer term to provide sessions relating to puberty and sex education, parents are informed of these sessions and the content before these are delivered.

RSE & PSHE – KS1

Year 1

Family and Relationships

Children will be learning about:

- Family
- Friendships
- Healthy Friendships
- Gender stereotypes

Health and Wellbeing

Children will be learning about:

- Emotions
- Handwashing
- Sun Safety
- Allergies

Safety and the Changing Body

Children will be learning about:

Year 2

Family and Relationships

Children will be learning about:

- Different families
- Unhappy friendships
- Manners and courtesy
- Change and loss
- Gender stereotypes: careers and jobs.

Health and Wellbeing

Children will be learning about:

- Experiencing emotions
- Developing a growth mindset
- Healthy diet
- Looking after teeth

Safety and the Changing Body

Children will be learning about:

<ul style="list-style-type: none"> • Adults in and out of school • Making emergency calls • Appropriate contact • Safety with substances. <p><u>Citizenship</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Rules • Similarities and differences <p><u>Economic Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • What money is • Saving and spending 	<ul style="list-style-type: none"> • Communicating online • Secrets and surprises • Appropriate contact • Staying safe with medicine <p><u>Citizenship</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Rules beyond school • Similarities and differences in local community • Giving personal opinions <p><u>Economic Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Exploring needs and wants
---	--

Key Skills Progression

<p>Over the year, children will develop the following skills:</p> <ul style="list-style-type: none"> • Exploring how families are different to each other. • Exploring how friendship problems can be overcome. • Exploring friendly behaviours. • Learning how to wash hands properly. • Learning how to deal with an allergic reaction. • Exploring positive sleep habits. • Identifying different ways to manage feelings. • Learning what is and is not safe to put in or on our bodies. • Practising making an emergency phone call. • Recognising why rules are necessary. • Exploring the differences between people. • Exploring how money is used by people. • Exploring choices people make about money 	<p>Over the year, children will develop the following skills:</p> <ul style="list-style-type: none"> • Understanding ways to show respect for different families. • Understanding difficulties in friendships and discussing action that can be taken. • Exploring the conventions of manners in different situations. • Exploring how loss and change can affect us. • Exploring the effect that food and drink can have on teeth. • Exploring some of the benefits of a healthy balanced diet. • Suggesting how to improve an unbalanced meal. • Exploring strategies to manage different emotions. • Developing empathy. • Exploring the need for perseverance and developing a growth mindset. • Discussing the concept of privacy. • Exploring ways to stay safe online. • Exploring what people can do to feel better when they are ill. • Learning how to be safe around medicines. • Explaining why rules are in place. • Learning how to discuss issues of concern to them.
--	--

RSE & PSHE - KS 2

Year 3	Year 4	Year 5	Year 6
<p><u>Family and Relationships</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Healthy families • Friendship conflicts 	<p><u>Family and Relationships</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Respect and manners • Healthy friendships 	<p><u>Family and Relationships</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Friendship skills • Marriage 	<p><u>Family and Relationships</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Respect • Respectful relationships

<ul style="list-style-type: none"> • Bullying • Who to trust • Respecting differences • Gender stereotype <p><u>Health and Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Health diaries • Resilience • Diet and dental health <p><u>Safety and the Changing Body</u> Children will be learning about:</p> <ul style="list-style-type: none"> • First aid: emergencies • Cyberbullying • Influences • Keeping safe out and about <p><u>Citizenship</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Rights of the child • Charity • Local democracy <p><u>Economic Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Budgeting • Career quest 	<ul style="list-style-type: none"> • Bullying • Stereotypes – disability • Change and loss <p><u>Health and Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Looking after teeth • Celebrating mistakes • Personal happiness • Emotions • Mental Health • <p><u>Safety and the Changing Body</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Internet safety – age restrictions • Share aware • Privacy and security • Tobacco • <p><u>Citizenship</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Human rights • Diverse communities <p><u>Economic Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Value for money • Looking after money 	<ul style="list-style-type: none"> • Respecting myself • Family life • Bullying • Stereotypes – race and religion <p><u>Health and Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Rest • Taking responsibility of feelings • Healthy meals • Sun safety <p><u>Safety and the Changing Body</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Online friendships • Staying safe online • First Aid: Bleeding • Alcohol, drugs and tobacco: making decisions <p><u>Citizenship</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Breaking the law • Parliament <p><u>Economic Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Risks handing money online 	<ul style="list-style-type: none"> • Challenging stereotypes • Resolving conflict • Change and loss • <p><u>Health and Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Health responsibility • Impact of technology on health • Resilience toolbox • Immunisation • Physical health concerns <p><u>Safety and the Changing Body</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Alcohol • Social media • Puberty • First Aid: Basic life support <p><u>Citizenship</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Human rights • Prejudice and discrimination • National democracy <p><u>Economic Wellbeing</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Career routes <p><u>Identity</u> Children will be learning about:</p> <ul style="list-style-type: none"> • Identity and body image
---	---	--	--

Key Skills Progression

<p>Over the year, children will develop the following skills:</p> <ul style="list-style-type: none"> • Learning that problems can occur in families and that there is help available if needed. • Exploring ways to resolve friendship problems. 	<p>Over the year, children will develop the following skills:</p> <ul style="list-style-type: none"> • Exploring physical and emotional boundaries in friendships. • Discussing how to help someone who has experienced a bereavement. 	<p>Over the year, children will develop the following skills:</p> <ul style="list-style-type: none"> • Identifying ways families might make children feel unhappy or unsafe. • Exploring the impact that bullying might have. 	<p>Over the year, children will develop the following skills:</p> <ul style="list-style-type: none"> • Identifying ways to resolve conflict through negotiation and compromise.
--	--	---	--

<ul style="list-style-type: none"> • Developing an understanding of the impact of bullying and what to do if bullying occurs. • Identifying who they can trust. • Exploring the negative impact of stereotyping. • Understanding why it is important to look after teeth. • Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. • Being able to breakdown a problem into smaller parts to overcome it. • Exploring ways to respond to cyberbullying or unkind behaviour online. • Developing skills as a responsible digital citizen. • Identifying things people might do near roads which are unsafe • Exploring that people and things can influence me and that I need to make the right decision for me. • Exploring choices and decisions that I can make • Learning what to do in a medical emergency, including calling the emergency services. • Exploring how children's rights help them and other children. • Considering the responsibilities that adults and children have to maintain children's rights • Contemplating budgeting benefits. • Planning and calculating within a budget. • Reflecting on future job based on goals. 	<ul style="list-style-type: none"> • Developing independence in looking after my teeth • Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. • Learning to take responsibility for their emotions by knowing that they can control some things but not others. • Developing a growth mindset. • Discussing how to seek help if I need to. • Exploring what to do if an adult makes me feel uncomfortable. • Learning about the benefits and risks of sharing information online. • Discussing the benefits of being a non-smoker • Discussing some physical and emotional changes during puberty • Discussing how we can help to protect human rights. • Identifying the benefits different groups bring to the local community. • Discussing the positives diversity brings to a community. • Recognising value for money. • Understanding differing opinions on spending. • Exploring how to safeguard money effectively. 	<ul style="list-style-type: none"> • Exploring issues which might be encountered in friendships and how these might impact the friendship • Exploring and questioning the assumptions people make about people based on how they look. • Exploring the process of grief and understanding that it is different for different people • Developing independence for protecting themselves in the sun. • Considering calories and food groups to plan healthy meals. • Developing greater responsibility for ensuring good quality sleep. • Taking responsibility for their own feelings • Developing an understanding of how to ensure relationships online are safe. • Learning to make 'for' and 'against' arguments to help with decision making. • Identifying reliable sources of help with puberty. • Learning about how to help someone who is bleeding • Developing an understanding of how parliament and Government work • Discussing money risks and management. Implementing money safeguarding strategies 	<ul style="list-style-type: none"> • Discussing how and why respect is an important part of relationships. • Identifying ways to challenge stereotypes. • Discussing ways to prevent illness. • Identifying some actions to take if they are worried about personal health or friends' health. • Setting achievable goals for a healthy lifestyle • Developing strategies for being resilient in challenging situations. • Exploring online relationships including dealing with problems. • Discussing the reasons why adults may or may not drink alcohol. • Discussing problems which might be encountered during puberty and using knowledge to help. • Placing an unresponsive patient into the recovery position. • Discussing how education and other human rights protect them. • Discussing how people can influence what happens in parliament. • Discussing ways to challenge prejudice and discrimination. • Identifying appropriate ways to share views and ideas with others. • Evaluating the suitability of different career paths. • Aligning career options with personal interests and strengths. • Exploring how the media might influence our identity.
---	---	---	---