

# PSHE (including RSE)

MATTHEW HEDAR & JULIA NEESOME

# Intent of meeting

- ▶ What is PSHE?
- ▶ Changes to the curriculum
- ▶ Our school policy
- ▶ The curriculum map
- ▶ Looking at a model year group
- ▶ Changing me
- ▶ Sex education
- ▶ Other areas of interest

# What is PSHE?

PSHE (personal, social, health and economic) education is a school curriculum subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

PSHE education helps pupils to stay healthy, safe and prepared for life – and work – in modern Britain. When taught well, PSHE also helps pupils to achieve their academic potential.

# Changes to the curriculum

“The **Health Education** and **Relationships Education** aspects of PSHE (personal, social, health and economic) education will be compulsory in all primary schools from September 2020.”

(Implementation delayed to September 2021 due to school closure during Lockdown)

- ▶ All primary schools will need to have a Relationships Education policy in place (or where sex education is also taught, an RSE policy). This must be freely available for parents to access, and include:
  - an outline of what will be taught to children within the Relationships Education/RSE curriculum
  - a rationale for this learning (for example in relation to safeguarding)
  - a clear procedure for withdrawal from sex education
  - reasons why the school believes children should not be withdrawn from these lessons

# Our school policy



PSHE Policy  
2021/2022

(including Relationships and Health Education statutory from September 2020, and our position on Sex Education )



Person responsible for policy:	Donna Howard
Approved by:	Lynn Mathers
Role:	Chair of Governors
Review date:	January 2021

At Windhill Primary School we will be delivering the RSE curriculum through PSHE.

The PSHE Policy has been updated to meet the DfE statutory guidelines.

A copy of the policy that outlines the aims and goals of our PSHE (including RSE) curriculum can be found on the school's website.



# Whole school curriculum map

- ▶ Our PSHE curriculum is based upon the Jigsaw Programme which offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area.

# Whole school curriculum map

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. This table gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
<b>Autumn 1:</b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

# Year group example

Each year is split into six areas of learning. There is a new area each half term. Here's an example from a Year group in school.

## Year 5

### Being me in my world

Weekly Celebration	Piece
Help others to feel welcome	1. My Year Ahead
Try to make our school community a better place	2. Being a Citizen of My Country
Think about everyone's right to learn	3. Year 5 Responsibilities
Care about other people's feelings	4. Rewards and Consequences
Work well with others	5. Our Learning Charter
Choose to follow the Learning Charter	6. Owning our Learning Charter ★

### Celebrating difference

Weekly Celebration	Pieces
Accept that everyone is different	1. Different cultures
Include others when working and playing	2. Racism
Know how to help if someone is being bullied	3. Rumours and Name-calling
Try to solve problems	4. Types of Bullying
Try to use kind words	5. Does Money Matter? Puzzle outcome: Culture displays
Know how to give and receive compliments	6. Celebrating Difference across the world ★ Assessment Opportunity

### Dreams and goals

Weekly Celebration	Pieces
Stay motivated when doing something challenging	1. When I Grow Up (My Dream Lifestyle)
Keep trying even when it is difficult	2. Investigate Jobs and Careers
Work well with a partner or in a group	3. My Dream Job. Why I want it and the steps to get there
Have a positive attitude	4. Dreams and Goals of Young People in Other Cultures
Help others to achieve their goals	5. How Can We Support Each Other? Puzzle Outcome: Charity fundraising
Are working hard to achieve their own dreams and goals	6. Rallying Support Assessment Opportunity ★

### Healthy me

Weekly Celebration	Pieces
Have made a healthy choice	1. Smoking
Have eaten a healthy, balanced diet	2. Alcohol
Have been physically active	3. Emergency Aid
Have tried to keep themselves and others safe	4. Body Image
Know how to be a good friend and enjoy healthy friendships	5. My Relationship with Food Puzzle Outcome : Healthy Body Image
Know how to keep calm and deal with difficult situations	6. Healthy Me Assessment Opportunity ★

### Relationships

Weekly Celebration	Pieces
Know how to make friends	1. Recognising Me
Try to solve friendship problems when they occur	2. Safety with Online Communities
Help others to feel part of a group	3. Being in an Online Community
Show respect in how they treat others	4. Online Gaming
Know how to help themselves and others when they feel upset or hurt	5. My Relationship with Technology: screen time
Know and show what makes a good relationship	6. Relationships and Technology Assessment Opportunity ★ Puzzle outcome: Internet Safety Poster (staying safe and happy online)

# 'Changing Me'

## Year 1 – Changing Me

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Life cycles	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
Can express how they feel when change happens	2. Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
Understand and respect the changes that they see in themselves	3. My Changing Body	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private
Know who to ask for help if they are worried about change	5. Learning and Growing Puzzle Outcome: Piece 5 Flowers	I understand that every time I learn something new I change a little bit	I enjoy learning new things
Are looking forward to change	6. Coping with Changes Assessment Opportunity ★	I can tell you about changes that have happened in my life	I know some ways to cope with changes

## Year 5 – Changing Me

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Self and Body Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
Understand and respect the changes that they see in themselves	3. Puberty for boys	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in other people	4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made  I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways
Know who to ask for help if they are worried about change	5. Looking Ahead 1 Puzzle Outcome: Change Cards	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring
Are looking forward to change	6. Looking Ahead 2	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.

# Sex Education

Before the statutory curriculum was introduced, parents/carers were given the option for their child to 'opt out' of these curriculum sessions.

Moving forward, these will be the only sessions where this continues to be an option.

Before delivering the changing me unit, a letter will be provided to all parents and carers detailing options with regards to removing your child from these sessions.

▶ Year 4

Can express how they feel when change happens	2. Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby
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▶ Year 5

Understand and respect the changes that they see in other people	4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby
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▶ Year 6

Understand and respect the changes that they see in other people	4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend
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▶ Opting out – The content will be taught at secondary

# Sign post to other links...

- ▶ LGBT+

<https://jigsaw3-11.com/article-for-subject-leaders/how-does-jigsaw-approach-gender-identity/>

- ▶ DFE guidance

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

- ▶ What is PSHE

Downloaded leaflet

- ▶ Curriculum understanding and changes

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/explainer-slides-statutory-pshe-changes-and-new>