



Healey Primary School

PSHE, RSE and Citizenship Curriculum Statement

Intent

At Healey, we use the Twinkl Life's PSHE and Citizenship scheme of work which aims to equip children with essential skills for life; it intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. Successful PSHE curriculum coverage is a vital tool in preparing children for life in society now and in the future.

Lessons in this scheme of work have their foundations in seeing each and everybody's value in society, from appreciation of others in units such as Diverse Britain, to promoting strong and positive views of self in Think Positive and Be Yourself. The PSHE and Citizenship units aim to cover a wide range of the social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident members of their community. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing their knowledge of when and how they can ask for help.

The resources used within this scheme of work are fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association Programme of Study which is widely used by schools in England and are recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools. This scheme of work used at Healey covers all of the required objectives and follows the three core areas of Health and Wellbeing, Relationships and Living in the Wider World. In addition to this, it also fulfils the requirements of 2020 Statutory Relationships and Health Education, setting these learning intentions in the context of a broad and balanced PSHE curriculum.

Implementation

The Twinkl Life's PSHE scheme of work is designed to be taught in thematic units, which consist of six lessons, each with supporting materials including a Planning Overview, assessment statements, Learning Journey Record and display materials. It is suggested that these units are taught in a spiral curriculum that revisits each theme every two years. This enables the children of Healey to recall and build upon previous learning, exploring the underlying principles of PSHE education regularly at a depth that is appropriate for the age and stage of the child. Lessons also signpost key words, building a rich vocabulary to develop understanding.

Each of the units are designed to be delivered in a creative manner, using many approaches such as role play, discussion and games with groups of various sizes. These activities enable children to build

confidence and resilience. Resources are also provided for communicating with parents and carers about how and why each theme is covered and suggestions for extending the learning at home.

Assessment for learning opportunities are built into each lesson and enhanced by the Learning Journey Records included in each unit, which enable self-evaluation and reflective learning and allow teachers to evaluate and assess progress. Each lesson begins with a discussion of children's existing knowledge and experience, providing an opportunity for baseline assessment. Each lesson ends with an opportunity to consolidate and reflect upon learning and tools are provided for summative assessment, allowing progress to be recorded and tracked.

Impact

In Twinkl Life's PSHE scheme of work, the children of Healey are provided with an effective curriculum for wellbeing. Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in a climate of openness, trust and respect, and know when and how they can seek the support of others. They will apply their understanding of society to their everyday interactions, from the classroom to the wider community of which they are a part.

Throughout the Twinkl Life's PSHE scheme of work, there are opportunities which support the active development of the Healey school culture that prioritises physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them. At Healey, we strongly believe that offering children a successful PSHE education can have a positive impact on the whole child, including their academic development and progress, by mitigating any social and emotional barriers to learning and building confidence and self-esteem.

There is evidence to suggest that successful PSHE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations and empowering them with skills to overcome barriers they face. The Twinkl Life PSHE and Citizenship scheme of work is used as a whole-school approach to positively impact wellbeing, safeguarding and SMSC outcomes. This can ensure that all children are able to develop the knowledge, skills and attributes they need to succeed at school and in the wider world.

PSHE Citizenship and RSE Curriculum	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>Think Positive</u> – Recognising feeling and being healthy	<u>Aiming High</u> – Setting targets and reaching goals	<u>TEAM</u> – RSE Traits needed to be a good person	<u>One World</u> – Comparing how they live to others around the world	<u>Safety First</u> – Safety in the home and online, appropriate touching.	<u>Be Yourself</u> – RSE Confidence to be yourself, improving wellbeing
Year 2	<u>Diverse Britain</u> – Learning about Britain and what it means to be British	<u>VIPs</u> – RSE Identifying special people in their lives and showing that they care	<u>Digital Wellbeing</u> – Using the internet in a safe and responsible way	<u>Money Matters</u> = Where money comes from, how it is used, keeping it safe	<u>Growing Up</u> – RSE Learning about their bodies, how to keep them safe, Gender stereotypes*	<u>It's My Body</u> Healthy lifestyles, sleep, diet and exercise
Year 3	<u>TEAM</u> – RSE What does a class need to work well together	<u>Aiming High</u> Growth mindset and resilience	<u>Think Positive</u> Mental health – managing feelings/motions	<u>Be Yourself</u> – RSE How to express your thoughts respectfully	<u>One World</u> Inequality around the world/now to make the world a fairer place	<u>Safety First</u> Peer pressure/judging risks
Year 4	<u>Digital Wellbeing</u> Benefits and risks of online activity – Screen time	<u>VIPs</u> – RSE Friendships, how they are formed and maintained	<u>Diverse Britain</u> Rules, Law, Liberty and respect for difference	<u>Growing up</u> – RSE Changes to bodies and how humans reproduce *	<u>Money Matters</u> Spending money, debt, responsible uses of money	<u>It's My Body</u> Appropriate touch, diet, being healthy, substance misuse
Year 5	<u>Aiming High</u> Aspirations, Jobs, Stereotypes	<u>Safety First</u> Keeping safe in and outside the home, roads, railways, Fireworks	<u>TEAM</u> – RSE Team work, sharing responsibilities, working together	<u>Think Positive</u> Regulating thoughts, feeling and emotions, strengthening mindset	<u>Be Yourself</u> – RSE Peer pressure, building confidence, making positive choices	<u>One World</u> Looking after the environment, the impact of global warming
Year 6	<u>Digital Wellbeing</u> Online safety, cyber bullying, fake news, using the internet responsibly	<u>VIPs</u> – RSE Secrets and dares, healthy and unhealthy relationships	<u>Money Matters</u> Budgeting, prioritising spending, advertisement dangers	<u>Diverse Britain</u> The diverse faiths and communities in Britain, community groups and charities.	<u>Growing Up</u> – RSE Different types of relationships, changes to our bodies, contraception and menstruation *	<u>It's My Body</u> Consent, body image, stereotypes, exercise and hygiene