

Orleans Primary School

'A love of learning, for life, for all.'



Personal, Social and Health Education (PSHE) Curriculum Policy

This policy was adopted: September 2022
This Policy will be reviewed: September 2025

Orleans Primary School

Our Belief

Personal, Social, Health Education and Citizenship are integral parts of our school curriculum. We believe that the personal, social and health development of each child has a significant role in their ability to learn. We value the importance of PSHE in preparing children for the opportunities, responsibilities and experiences of adult life. In addition, we believe that a child needs to learn about the many emotional aspects of life and how to manage their own emotions.

Our Curriculum Intent

Our overarching aims and objectives for our pupils are to provide them with a broad and balanced curriculum that promotes spiritual, moral, cultural, mental and physical development of our children and of society. Our PSHE curriculum encourages children to become confident individuals who are able to make informed decisions about their health, environmental and social issues. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives whilst promoting pupil's health and well-being. Through the PSHE curriculum children learn about their own relationships and how these fit in with their communities and the wider world.

Our PSHE Curriculum:

Develop confidences and responsibilities and make the most of each individual's abilities.
Help children prepare to play an active role as citizens in the wider world.
Develop a healthy and safe lifestyle with the ability to make appropriate risk assessments.
Develop good relationships and respect the differences between people in line with our Inclusion Policy.
Understand some basic principles of finances.
Make a positive contribution to the life of the school.

Curriculum Implementation

Key Stage 1 and Key Stage 2

In Key stage 1 and key stage 2, the PSHE curriculum is planned in accordance with the PSHE Association Programme, which can be found on our school website.

<https://www.orleans.richmond.sch.uk/attachments/download.asp?file=4017&type=pdf>

The school uses a range of teaching and learning styles and adapts these to individual needs. We place an emphasis on active learning by including our children in discussions, investigations, activities and making choices. PSHE is integral in all that we do at Orleans Primary School and is taught throughout the school day from timetabled lessons and circle times to assemblies and playtimes. Appendix 1 sets out the coverage of the curriculum across the school.

We encourage our children to take part in a range of practical activities that promote Citizenship such as Junior Leadership Team, School Council and Junior Safety Officers. We also impart this knowledge through class and school assemblies and via our School Council with specific charities being supported.

Early Years Foundation Stage

In the EYFS, PSHE is part of their Personal and Social, Emotional Development (PSED). PSED comprises of Self-regulation, Managing self and Building Relationships. Through a combination of both direct and indirect teaching children are supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life. In Orleans, we use the Promoting Alternative Thinking Strategies (PATHS) programme to support their development. Further information can be found on our school website.

<https://www.orleans.richmond.sch.uk/attachments/download.asp?file=4015&type=pdf>

Pastoral Care

As part of the wider PSHE support we offer our children at Orleans, Rebecca Johnson (SENCo) provides specific pastoral support for identified members of our school community. Observations and assessments are completed initially by the SENCo and outside agencies are enlisted where appropriate. We support children displaying early signs of developing mental health issues by providing them with specialist 1:1 counselling, they also have access to a sensory room when much needed 'calm' is necessary for their mental progression.

Drug and Alcohol Education

Drug and alcohol education within the school is mainly delivered as part of the PSHE programme. It also forms part of the statutory Science curriculum. The goal of drug and alcohol education is for pupils to develop the knowledge, skills and attitudes to appreciate the benefits of a healthy lifestyle, promote responsibility towards the use of drugs and alcohol and relate these to their own actions, both now and in their future lives.

Equal Opportunities

All children have the opportunity to take part in our PSHE programme. As PSHE has been planned to cover all areas recommended by the National Curriculum, then issues can be met and discussed which may otherwise not arise informally. It is intended that Orleans PSHE supports the personal and social development of children at home.

In the teaching of PSHE, children are looked at holistically and every area of their need is taken in to account. When teaching PSHE to children with SEN we recognise the targets set in their Individual Education Plans (IEPs) or EHCPs and plan accordingly for them.

Curriculum Impact

Children are informally assessed by staff throughout their work and the reports given to parents will reflect this. Each unit of work holds an end of unit objective for which 'most children' should achieve. This is then used to inform future planning and to monitor children's development across the year groups. Recording of work will be in a form appropriate to the planned focus and will be shown in teacher's planning. Evidence of PSHE will be in a variety of forms e.g. photographs as well as written work. The very nature of PSHE means that careful consideration should be given to the best means of recording. Written work may not always be appropriate and staff will use their professional judgement in this.

We intend for our curriculum to enable pupils to:

- Successfully discuss modern social issues and interact with peers and adults confidently
- Become aware of issues around them and in the wider community they live in
- Grow in resilience, self-esteem, confidence and tolerance
- Develop skills to deal with situations in the future
- Be conscious of their own mental and physical wellbeing

Monitoring and Review

The PSHE leader is responsible for monitoring the standard of teaching and learning as well as children's learning. The leader supports colleagues in the teaching of PSHE by providing information about current developments in the subject and training where necessary.

Relationships and Sex Education

At Orleans we believe in the importance of teaching Relationships and Sex Education. It teaches young people to understand human sexuality and to respect themselves and others. Please refer to our RSE policy for more details.

Parent / Carers

We recognise that parent and carers are key partners in our delivery of a comprehensive PSHE programme for pupils at our school. The PSHE we deliver is designed to support the important role of parents in this area.

If parents or carers have concerns about any of the content to be covered, we ask that these are addressed to the PSHE Leader via the phase leader.

All parents are informed of current curriculum coverage by termly newsletters published by each year group. They also discuss year group specific RSE content at Curriculum Evenings held in the Autumn term. Parents of Year’s 5 and 6 are invited in to school to be informed about the specific content of their RSE lessons in the Summer term.

This policy will be reviewed every three years.

Policy agreed:

Date of next review: September 2025

Signed Chair of Governors

Signed Acting Head teacher (Sarah Parsons)

Orleans Primary School –PSHE Curriculum Map 2022-2023

(Adapted from PATHS and the PSHE association programme of study)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery PATHS Promoting Alternative Thinking Strategies	Fostering positive Classroom Climate Circle time rules & compliments,	Basic feelings Units 1 & 2 Compliments, happy, sad, mad, angry, scared or afraid	Self – control Turtle techniques - calm or relaxed.	Sharing, Caring and Friendship Basic Problem Solving	Intermediate feelings Comfortable & Uncomfortable, Different types of feelings – Excited, tired, frustrated & Proud	Advanced Feelings Love, worried, disappointed, jealous, furious, guilty, generous]
Reception PATHS Promoting Alternative Thinking Strategies	RSE Family & Friendship Fostering positive Classroom Climate Circle time rules & compliments,	Basic feelings Units 1 & 2 Compliments, happy, sad, mad, angry, scared or afraid	Self – control Turtle techniques - calm or relaxed.	Sharing, Caring and Friendship Basic Problem Solving	Intermediate feelings Comfortable & Uncomfortable, Different types of feelings – Excited, tired, frustrated & Proud	Advanced Feelings Love, worried, disappointed, jealous, furious, guilty, generous]
Year 1	Relationships Who is special to us?	Health and wellbeing What helps us stay healthy?	Living in the wider world. What can we do with money?	Health and wellbeing Who helps to keep us safe?	RSE Growing and Caring for ourselves	Living in the wider world. How can we look after each other and the world?
Year 2	Relationships What makes a good friend? What is bullying?	Living in the wider world. What jobs do people do?	Health and wellbeing What helps us to stay safe?	Health and wellbeing What can help us grow and stay healthy?	RSE Differences	Health and wellbeing How do we recognise our feelings?

Year 3	Health and wellbeing What keeps us safe?	Relationships What are families like?	Living in the wider world What makes a community?	Health and wellbeing Why should we eat well and look after our teeth?	RSE Valuing Difference and Keeping safe.	Health and wellbeing Why should we keep active and sleep well?
Year 4	Health and wellbeing What strengths, skills and interests do we have?	Relationships How do we treat each other with respect?	Health and wellbeing How can we manage our feelings?	Living in the wider world How can our choices make a difference to others and the environment?	RSE Growing Up	Health and wellbeing How can we manage risk in different places?
Year 5	Health and wellbeing What makes up our identity?	Living in the wider world What decisions can people make with money?	Health and wellbeing How can we help in an accident or emergency?	Health and wellbeing How can drugs common to everyday life affect health?	RSE Puberty Relationships How can friends communicate safely?	Living in the wider world What jobs would we like?
Year 6	Health and wellbeing How can we keep healthy as we grow?		Living in the wider world How can the media influence people?		RSE Puberty, relationships and reproduction.	Relationships What will change as we become more independent?

Relationships and Sex Education (RSE)	Relationships	Living in the wider world	Health and wellbeing
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CWP Curriculum Overview

reception

year 1

year 2

year 3

year 4

year 5

year 6

Additional

Reception

Family and Friendship

- Lesson 1: **Caring Friendships**
- Lesson 2: **Being Kind**
- Lesson 3: **Families**

Year 1

Growing and Caring For Ourselves

- Lesson 1: **Different Friends**
- Lesson 2: **Growing & Changing**
- Lesson 3: **Families & Care**

Year 2

Differences

- Lesson 1: **Differences**
- Lesson 2: **Male & Female Animals**
- Lesson 3: **Naming Body Parts**

Year 3

Valuing Difference and Keeping Safe

- Lesson 1: **Body Differences**
- Lesson 2: **Personal Space**
- Lesson 3: **Help and Support**

Year 4

Growing Up

- Lesson 1: **Changes**
- Lesson 2: **What is Puberty?**
- Lesson 3: **Healthy Relationships**

Year 5

Puberty

- Lesson 1: **Talking about Puberty**
- Lesson 2: **The Reproductive System**
- Lesson 3: **Help and Support**

Year 6

Puberty, Relationships & Reproduction

- Lesson 1: **Puberty & Reproduction**
- Lesson 2: **Communication in Relationships**
- Lesson 3: **Families, Conception & Pregnancy**
- Lesson 4: **Online Relationships**