



PSHE Policy

Introduction

PSHE is a compulsory subject in the National Curriculum. This policy outlines the intent of PSHE at Ellingham and implementation is the responsibility of all teaching staff, overseen by the co-ordinator.

Intent

At Ellingham our intent for the learning of PSHE is to promote the spiritual, moral, cultural, mental and physical development of our children within the society they live and beyond. We will prepare our children for the opportunities, responsibilities and experiences they already face and for future life. Our intention is to provide children of Ellingham with the skills and knowledge to live a healthy and safe life.

We will encourage our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment.

Whole School Overview - Units

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	-Saying sorry -Feelings -Expressing needs and wants -Taking turns	-Solving problems -Taking risks -Being kind -Self appreciation	-Rules -Listening to others -Taking the lead -Right and wrong	- Consequences -Family - Achievements -Joining in	-asking for help -sharing -looking after animals	-e-safety -Eid -Playing together
1	-Rules -Internet Safety -Friendship -Taking Turns	-Manners -Feelings (happy / angry) -Responses and opinions	-Washing hands -Healthy eating -Physical activity & comparisons	-Bullying -Personal safety -Emotional safety	-Kindness -Family -caring -lending & borrowing -sharing	-Sun safety -Road safety -Money
2	-Friendship -Fairness -Our school -Belonging -Stranger Danger	-Right & wrong - Consequences -Aspirations -Co-operation	-Personal Hygiene -Drug Safety	-Body parts -Growing up -Physical Activity & Exercise	-Behaviour -Teasing -Local citizenship - Responsibility	-Emotions -Money -Choices -Enterprise
3	-E- Safety -Rules	-Friendship -Loss and separation	-Healthy body, healthy mind	-Clear communication - Communities	-Start of Puberty -Calling 999	-Healthy lifestyle -working together
4	-E-Safety -Gender stereo types	-Self worth and managing negative feelings	-Balanced diet	-Responding to others -Loss & family changes	-Self respect -Setting Goals	-Family links -Religions & diversity -Money
5	-Human rights -Online Relationships -Drugs & Alcohol	-Death, Grief & war -Community	-Puberty -Healthy Lifestyles	- Confidentiality	-Food choices -physical contact	-Goals Community -First aid
6	-Identifying strengths -Setting goals -Internet safety	-Race & ethnicity -stereotypes	-illness & immunisation -marriage	-Healthy minds & support	-Budgeting -Consumers	-Generating income

Whole School Overview – Skills and Knowledge Progression

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2-3 year olds managing feelings and behaviour	<p>Seeks comfort from familiar adults when needed Showing an awareness of others' feelings. Developing a growing sense of self and learning to manage own feelings. Expressing own preferences, interests and feelings such as sad, happy, cross, scared, worried. Showing awareness that some actions can hurt others. Showing understanding and co-operating with some boundaries and routines and learning to inhibit own actions. Growing ability to distract self when upset</p>					
3-4 year olds managing feelings and behaviour	<p>Is aware of own feelings Knows that some actions and words can hurt others' feelings Begins to accept the needs of others Can usually tolerate delay when needs are not met Say please and thank you</p>		<p>Can take turns with support Can share resources with support Can usually understand that wishes may not always be met Wait for their turn to talk</p>		<p>Can usually adapt behaviour to different events, social situations Can usually adapt behaviours to changes in routine Can agree or disagree with an adult using words and gestures</p>	
R	<p>Show sensitivity to others' needs and feelings.</p> <p>Say why they like some activities more than others</p> <p>Talks about how they and others show feelings.</p> <p>Confidently speak to others about own needs, wants, interests and opinions.</p> <p>Take steps to resolve conflicts with other children by finding compromises</p> <p>Plays co-operatively.</p>	<p>Begin to negotiate and solve problems without aggression.</p> <p>Say when they do or don't need help.</p> <p>Show sensitivity to others' needs and feelings.</p> <p>Initiate conversation , attends to and takes account of what others say.</p> <p>Can describe self in positive terms and talk about their abilities.</p>	<p>Works as part of a group or class, and understands and follows the rules.</p> <p>Talk about their ideas.</p> <p>Confidently speak to others about own needs, wants, interests and opinions.</p> <p>Ask appropriate questions of others.</p> <p>Talk about their own and others' behaviour and its consequences.</p>	<p>Talk about their own and others' behaviour and its consequences.</p> <p>Show sensitivity to others' needs and feelings.</p> <p>Can describe self in positive terms and talk about their abilities.</p> <p>Explains own knowledge and understanding.</p>	<p>Say when they do or don't need help</p> <p>Choose resources they need for their chosen activities.</p> <p>Takes account of one another's ideas about how to organise an activity.</p> <p>Talks about how they and others show feelings.</p>	<p>Say when they do or don't need help.</p> <p>Show sensitivity to others' needs and feelings.</p> <p>Talk about their own and others' behaviour and its consequences.</p> <p>Plays co-operatively.</p>
1	To understand	To know the conventions of courtesy	To understand that germs	To learn what is bullying.	To recognise kind and	To know how to keep safe in the sun.

	<p>why we have rules.</p> <p>To use strategies to stay safe when using ICT and the internet.</p> <p>To develop positive friendships</p>	<p>and manners.</p> <p>To make positive choices.</p> <p>To recognise their behaviour effects others.</p> <p>To communicate feelings.</p>	<p>spread infections.</p> <p>To make simple food choices to improve their health and well being.</p> <p>To recognise the need for physical exercise to keep healthy.</p> <p>To reflect and respect similarities & differences between people.</p>	<p>To recognise that their behaviour affects others.</p> <p>To learn the difference between secrets & surprises.</p> <p>To understand when not to keep adults' secrets.</p> <p>To know when to seek help from an appropriate adult.</p>	<p>unkind behaviour.</p> <p>To recognise that their behaviour may influence others both positively and negatively.</p> <p>To learn about the importance of family.</p> <p>To recognise who looks after them.</p> <p>To learn about responsibility to others.</p> <p>To understand borrowing and sharing and the difference between.</p>	<p>To develop an awareness of the Green Cross Code.</p> <p>To understand where money comes from.</p> <p>To identify the different types of work people do.</p> <p>To understand why it is important to keep money safe.</p>
2	<p>Learn similarities & differences between people from different countries and the importance of cross-cultural friendships.</p> <p>Learn the importance of sharing as part of friendship and kindness.</p> <p>Know how to contribute in the class.</p>	<p>Recognise the difference between right and wrong & what is fair and unfair.</p> <p>Understand that all actions have consequences.</p> <p>Value their achievements and set simple goals and targets for themselves.</p> <p>To understand the</p>	<p>Learn the importance of bathing / showering.</p> <p>Learn the importance of effective teeth cleaning & good dental hygiene.</p> <p>Learn about the importance of medicine safety.</p> <p>Learn that some substances are harmful to the body</p>	<p>Identify and respect differences between boys and girls.</p> <p>Learn about the process of growing old.</p> <p>Learn the names of different parts of the body.</p> <p>Learn about the physical and emotional changes as they grow up.</p>	<p>Know who can help if being bullied.</p> <p>Consider different types of teasing and bullying and understand it is wrong.</p> <p>Recognise how their behaviour influences others.</p> <p>Learn strategies to cope with teasing.</p> <p>Consider ways of</p>	<p>Learn a range of different feelings and emotions.</p> <p>Recognise and manage their feelings in a positive way.</p> <p>Learn about the importance of love.</p> <p>Understand and be aware of the different ways to show sadness.</p>

	Develop a sense of belonging in the wider community.	importance of being able to work co-operatively. Share opinions and explain their views.		Understand how muscles work. To understand the importance of exercise and rest. Make positive real-life choices.	looking after the school community and local environment. Understand the importance of shared responsibility with in all communities . Learn to take responsibility for their actions.	Understand about coping with change and loss. Understand the importance of choices and spending money. Listen to, reflect on and respect other's views and feelings.
3	Know the rules and principles of keeping safe online, how to recognise risks, harmful content and contact and how to report them. Begin to make responsible choices and consider consequences when online. Understand rules are needed and may need to change. Understand why it is important to plan ahead and think pf potential consequences due to their actions. To understand why it is important to	Know and understand the features of a good friend. Understand the importance of being positive in relationships with others. Know how to communicate their opinions in a group, working co-operatively, showing fairness and consideration. Know that friendships have ups and downs but can often be worked through. Know appropriate boundaries in friendships and peers.	Know and understand the difference between the terms physical, emotional and mental. Become more self aware. Understand why setting goals is good. Know the importance of sufficient good sleep for good health. Know that lack of sleep can affect weight, mood and ability to learn.	Recognise different ways to communicate. Understand the need to communicate. Understand why it is important to be part of a community.	Understand that growth rate differs from person to person. Show an awareness of change that takes place as they grow. Understand how to look after their teeth and what happens and why we lose teeth as we grow. Take responsibility for their own and others safety. Know when to make an emergency call. Behave safely and responsibly in different situations.	Understand the meaning of 'healthy'. Know the recommend er guidelines for physical activity and why. Recognise the need to take responsibility for actions. Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally balanced healthy lifestyle. Understand why it is important to work collaboratively. Take the lead, prioritise

	be part of a community.	Empathise with another view point. Listen to, reflect on and respect other's views and feelings.				actions and work independently towards goals. Know how to spot problems and find ways to deal with them.
4	Use ICT safely including using software features and settings. Know how information and data is shared and used online. Know the benefits of rationing time spent online, the risks of excessive time spent on electronic devices. Know that social media, some computer games and online gaming has age restrictions. Know where and how to promote online concerns .	Recognise the difference between isolated hostiles incidents and bullying. Recognise how attitude, behaviour and peer pressure can influence choice and behaviour including dealing with bullying. Understand what self esteem is and why it's important. Understand resilience and persistence. Face new challenges positively and know when to seek help. Recognise right and wrong and explain why. Understand the nature and consequences of negative	Know where different foods come from. Know about and understand the function of different food groups for a balanced diet. Reflect on the range of skills people need for different jobs. Learn to prepare and cook a variety of dishes.	Talk about their views on issues that affect themselves and their class. Listen to and show consideration for other people's views. Develop strategies for managing and controlling strong feelings and emotions. Understand that family units can be different and can sometimes change.	Understand that everyone has different strengths and weaknesses. Learn about the importance of self-respect and how this links to their own happiness. Know how to set realistic targets. Self-assess, understand how this will help in future actions. Understand how to break down steps to achieve a goal Identify and talk about their own and others' strengths and weakness and how to improve.	Know and understand how we are all connected by our similarities. Know and understand how the make up of family units can differ. Empathise with another viewpoint. Understand and appreciate the range of different cultures and religions represented within the school. Learn about the need for tolerance between different faiths and beliefs. Understand the term 'diversity' and appreciate diversity in school. Recognise and challenge stereotyping and

		<p>behaviours such as bullying and aggressiveness.</p> <p>Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p>				<p>discrimination.</p> <p>Learn about and reflect on their own spending habits / choices.</p> <p>Understand why financial management and planning is important from a young age.</p>
5	<p>Understand why structure is needed in different situations.</p> <p>Understand the term 'anarchy' and understand the implications of living in an anarchic society.</p> <p>Understand the meaning of democracy, sovereignty, dictatorship, government, monarchy.</p> <p>Learn about organisations such as the UN.</p> <p>Understand the importance and significance of equal rights.</p> <p>Know that the same principles apply to online relationships</p>	<p>Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures.</p> <p>Manage emotions and recognise how they can impact relationships.</p> <p>Know about and understand the cyclic nature of life and how death is an inevitable part of it.</p> <p>Understand the need for empathy when peers are experiencing conflict.</p> <p>Understand the benefits of living in a diverse community</p>	<p>Know about, recognise and understand changes that occur during puberty.</p> <p>Understand the importance of making change in adopting a more healthy lifestyle.</p> <p>Identify risks associated with the misuse of a tobacco and other substances impact of them on the individual, their families and friends.</p> <p>Make responsible informed decisions relating to medicines, tobacco and other substances.</p>	<p>Know the basic synergy between physical, emotional and mental health.</p> <p>Understand the need for confidentiality in certain situations</p> <p>Know the importance of listening to others.</p> <p>Understand the need to both listen and speak when communicating with others.</p>	<p>Know the different food groups and their related importance as part of a balanced diet.</p> <p>Develop an awareness of their own dietary needs.</p> <p>Take responsibility for their physical activity and nutrition to achieve a physical and mental healthy lifestyle</p> <p>Know how and prepare and cook nutritionally healthy food.</p> <p>Know about and understand the importance of touch in a range of contexts.</p>	<p>Understand there are many situations in which collaboration is necessary.</p> <p>Understand the need to develop team work skills.</p> <p>Recognise roles within a community.</p> <p>Know concepts of basic first aid, for example dealing with common injuries, including head injuries.</p>

	<p>as to face-to-face, including the importance of respect.</p> <p>Know how to critically consider their online friendships and risks associated with people they have never met.</p> <p>Know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place.</p> <p>Identify risks associated with the misuse of a drugs and alcohol impact of them on the individual, their families and friends.</p> <p>Make responsible informed decisions relating to medicines, alcohol and drugs.</p>	<p>and learn to celebrate diversity.</p> <p>Talk to a range of adults.</p>			<p>Know the difference between appropriate and inappropriate touches.</p>	
6	<p>Talk about their own strengths and weaknesses and how to improve.</p> <p>Self-assess</p> <p>Reflect on past</p>	<p>Learn about racial discrimination and its impact on societies, past and present.</p> <p>Learn about Gender discrimination</p>	<p>Know how to recognise early signs of illness, such as weight loss or unexplained changes to the body.</p> <p>Know the facts and science</p>	<p>Know how and when to seek support including which adults to speak to in school if they are worried about their health.</p>	<p>Learn about budgeting and what it means to budget.</p> <p>Understand why financial management and planning is important</p>	<p>Know and understand the principles of enterprise.</p> <p>Understand profit and loss.</p> <p>Know and understand the principles</p>

	<p>achievements.</p> <p>Recognise achievements of others as being important.</p> <p>Begin to set personal goals.</p> <p>Identify the skills they need to develop to make a contribution in the working world in the future.</p> <p>Make connections between their learning, the world of work and economic future.</p> <p>Know how to be a discerning consumer of information online including understanding that information (including search engines) are ranked, selected and targeted.</p>	<p>n and its impact.</p> <p>Challenge stereotyping and discrimination.</p> <p>Learn the importance of family in different cultures.</p> <p>Recognise and respect similarities and differences in people.</p>	<p>relating to allergies, immunisation and vaccination.</p> <p>Know that marriage (and civil partnerships) represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p>	<p>Know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available.</p> <p>Know that relationships can change as a result of growing up.</p>	<p>from a young age.</p> <p>Know and understand financial terms such as loan, interest, tax and discount.</p> <p>Make connections between their learning, the world of work and their future economic wellbeing.</p> <p>Show initiative and take responsibility for activities that develop enterprise capability.</p>	<p>of charity work.</p>
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Planning, assessment and monitoring

The development of PSHE knowledge, understanding and skills are continually assessed through planning, teaching and reviewing. Key PSHE skills are assessed by: Observing children at work, individually, in pairs, groups and whole class. Using

differentiated, open ended questions that require children to explain and unpick their understanding. Use of pupil reflection at the end of a topic either written or observed discussion demonstrates engaged learning.

Through the delivery of the EYFS, KS1 and KS2 Historical National Curriculum we must ensure we have equipped pupils with the PSHE skills and knowledge that will enable them to be ready for the Key Stage 3 curriculum and on the path to life as an adult in the wider world. We want the children to have thoroughly enjoyed learning about PSHE, therefore have a greater understanding of themselves and others and be encouraged to undertake new life experiences, now and in the future.

Additional Information –

Workshops, assemblies and visitors will be added to the calendar.