

PERSONAL, SOCIAL, HEALTH & ECONOMIC EDUCATION

INTENT – Luddenden CE School is committed to providing an inclusive environment which nurtures health, self-respect, confidence and resilience. Our PSHE and RSE curriculum aims to ensure that all pupils develop the knowledge, skills, attributes and resilience they need to manage their lives well now and in the future. As well as meeting the statutory guidance for Relationships Education, this curriculum is designed to help children to stay healthy and safe while preparing them to make the most of life and work. Our core values in PSHE & RSE are respect, empathy, belonging and courage.

IMPLEMENTATION – The [Kapow](#) PSHE scheme of work will form the core PSHE curriculum Learning opportunities will be based on four core strands, with extensive overlap:

- Self-regulation.
- Managing self.
- Building relationships.
- Critical thinking

Learning is planned according to pupils’ development, readiness and needs, and takes into account prior learning, experience and understanding. PSHE education addresses both pupils’ direct experience and preparation for their future. Therefore, we feel it is important to provide a spiral programme of knowledge, skills and attribute development, where prior learning is revisited, reinforced and extended in age and key stage appropriate contexts. We believe that PSHE education should reflect the universal needs shared by all pupils as well as the specific needs of the pupils at our school.

IMPACT – Children have the information & skills they need to make good decisions about their own health & wellbeing. Pupils develop the ability to regulate their own emotions and are empathetic towards others. Pupils develop the resilience, character and inspiration that we know are fundamental to them being happy, successful and productive members of society.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years Nursery	Self-Regulation: My Feelings Lesson 1: Identifying my feelings Lesson 2: Feelings Jars Lesson 3: Coping Strategies Lesson 4: Describing feelings Lesson 5: Facial Expressions Lesson 6: Creating a calm corner	Building relationships: Special relationships Lesson 1: My Family Lesson 2: Special People Lesson 3: Sharing Lesson 4: I am unique Lesson 5: My interests Lesson 6: Similarities and Differences	Managing self: Taking on challenges Lesson 1: Why do we have rules? Lesson 2: Building towers Lesson 3: Team den building Lesson 4: Grounding Lesson 5: Team Races Lesson 6: Circus Skills	Self-regulation: Listening and following instructions Lesson 1: Simon says Lesson 2: Listening to a story Lesson 3: Pass the whisper Lesson 4: Obstacle Races Lesson 5: Blindfold walk Lesson 6: Treasure Hunt	Building relationships: My family and friends Lesson 1: Festivals Lesson 2: Sharing Lesson 3: What makes a good friend? Lesson 4: Being a god friend Lesson 5: Teamwork Lesson 6: Celebrating friendships	Managing self: My wellbeing Lesson 1: What is exercise? Lesson 2: Yoga and Relaxation Lesson 3: Looking after ourselves Lesson 4: Being a safe pedestrian Lesson 5: Eating healthily Lesson 6: A rainbow of food
Reception/Year 1	My healthy self: How can we look after our emotions? Introductory Lesson- Setting Rules Lesson 1: What emotions can we recognise? Lesson 2: When and why do people use different emotions? Lesson 3: How can emotions change? Lesson 4: What helps us to feel calm or excited? Lesson 5: What might make us feel worried, annoyed or upset? Lesson 6: What can we do when our feelings get tricky?	Connecting with others: How can I help myself and others feel happy and safe? Lesson 1: What makes me special? Lesson 2: How do families show love and care for each other? Lesson 3: What helps me feel safe and cared for? Lesson 4: What is a friend? Lesson 5: How can we have a kind and friendly class? Lesson 6: How should people behave towards others?	The online world: How do we spend time online? Lesson 1: When am I online? Lesson 2: What can I do online and what can I do in person? Lesson 3: How should I behave when I use a device? Lesson 4: How can I balance screen time with in-person activities? Lesson 5: What should I do if I see something online that worries me? Lesson 6: How can I stay safe online?	Citizenship: How can I help others and the environment? Lesson 1: What do babies and toddlers need? Lesson 2: What do animals need? Lesson 3: How can we look after our school environment? Lesson 4: How can I share my ideas respectfully? Lesson 5: Who helps look after our local environment? Lesson 6: How do rules help everyone?	Health protection: How can I protect myself and others in daily life? Lesson 1: How and why do we wash our hands? Lesson 2: How can I protect myself in any weather? Lesson 3: Who helps us stay healthy? Lesson 4: What should I do if I feel unwell? Lesson 5: How serious are different injuries? Lesson 6: How can we get help for serious illnesses or injuries?	Staying safe: How can I stay safe? Lesson 1: How can I stay safe at home? Lesson 2: What is safe for our bodies? Lesson 3: What rules can keep me safe? Lesson 4: How can I stay safe near roads? Lesson 5: How might my body feel when something is unsafe? Lesson 6: Who can keep me safe?
Year 2/3 Cycle A	My healthy self: How can we look after our bodies? Introductory Lesson- Setting Rules Lesson 1: How does moving my body make me feel? Lesson 2: Why is sleep important? Lesson 3: What foods can help me stay healthy? Lesson 4: How can I make some healthy food and drink choices? Lesson 5: What can I do to keep my teeth clean and healthy? Lesson 6: How can I make healthy choices everyday?	Connecting with others: How can I build safe, kind and caring relationships with others? Lesson 1: How are we all different and the same? Lesson 2: How are families different and the same? Lesson 3: How can I show my feelings kindly and calmly? Lesson 4: How can I let others know what is okay and not okay for me? Lesson 5: Who can I talk to if something does not feel right? Lesson 6: What should I do if someone is being unkind again and again?	The online world: How can we stay safe online? Lesson 1: What can we do online and how can we do it safely? Lesson 2: Who can see information shared online? Lesson 3: What is private information? Lesson 4: How do I know if private information has been shared online? Lesson 5: Is everything we see online real? Lesson 6: What should I do if something online worries me?	Citizenship: How do people belong to a community and earn money? Lesson 1: Where do we belong? Lesson 2: How can different people contribute to my community? Lesson 3: What jobs do people do in our local community? Lesson 4: What other jobs might people do? Lesson 5: What is money? Lesson 6: Where does money come from?	Growing up: How can we look after and respect our bodies as we grow? Lesson 1: How do we grow and change? Lesson 2: How will I change as I grow up? Lesson 3: Do I make the rules about my own body? Lesson 4: How can I talk about my body? Lesson 5: How can we show respect for each other’s bodies? Lesson 6: Who can I talk to if I do not feel safe?	Staying safe: How can I make safe choices in different places? Lesson 1: What makes my body special? Lesson 2: How can I keep my body safe? Lesson 3: How can I make safe choices at home? Lesson 4: How can I stay safe in different places? Lesson 5: What can I do if I cannot find my trusted adult? Lesson 6: How can I stay safe around water?

Year 2/3 Cycle B	My healthy self: How can I take care of my mind and body? Introductory Lesson- Setting Rules Lesson 1: How do emotions affect my body? Lesson 2: How can I tell how someone else might be feeling? Lesson 3: How are my mind and body connected? Lesson 4: How does sleep help my mind and body? Lesson 5: What can I do when I experience strong emotions? Lesson 6: When should I ask an adult for emotional support?	Connecting with others: What helps us feel safe and included? Lesson 1: How can I respect myself? Lesson 2: What are personal boundaries? Lesson 3: What makes a family? Lesson 4: How can I be a good friend? Lesson 5: How can we repair a friendship after a falling out? Lesson 6: What are the different types of bullying?	The online world: How should we communicate online? Lesson 1: How do we communicate online? Lesson 2: How can we be respectful when we communicate online? Lesson 3: How can communication online sometimes be misunderstood? Lesson 4: How should I respond to online bullying? Lesson 5: Why do we need to be careful when communicating online? Lesson 6: How can I keep myself safe online?	Citizenship: What rights and responsibilities do we have? Lesson 1: What are human rights? Lesson 2: What rights should children have? Lesson 3: How can we help the environment by reducing what we use? Lesson 4: How can reusing items help the environment? Lesson 5: Why is recycling important?	Health protection: How can we prevent illness and injury and respond if they happen? Lesson 1: How can good hygiene help prevent illness? Lesson 2: How can I protect myself from the sun? Lesson 3: How does my body protect itself from illnesses? Lesson 4: When should I tell an adult if I am worried about my health? Lesson 5: What first aid might help with common injuries? Lesson 6: How can I get help in a medical emergency?	Citizenship: What careers do people choose and why? Lesson 1: Lesson 2: Lesson 3: Lesson 4: Lesson 5: Lesson 6:
Year 4	My healthy self: How can I make healthy choices? Introductory Lesson- Setting Rules Lesson 1: What is a balanced diet and why does having one matter? Lesson 2: How can being active help my mind and body? Lesson 3: How can I keep my energy up throughout the day? Lesson 4: How can I get support for myself or others? Lesson 5: How can I respond when things feel hard? Lesson 6: Why is helping others good for me too?	Connecting with others: How can we respect each other? Lesson 1: How can I show self-respect? Lesson 2: How can I show respect to others? Lesson 3: How can I build trusting friendships? Lesson 4: How can we solve friendship challenges? Lesson 5: How should I respond to bullying? Lesson 6: What is a stereotype?	The online world: How can we decide what to trust online? Lesson 1: How can the internet be helpful and challenging? Lesson 2: Is all online content appropriate for me? Lesson 3: Why should we be careful what we trust online? Lesson 4: How can we check if online information is reliable? Lesson 5: How can we use multiple sources to check information? Lesson 6: Why should we question what we see online?	Citizenship: How can I spend money responsibly? Lesson 1: How do people pay for things? Lesson 2: Why keep track of money? Lesson 3: What does budgeting mean? Lesson 4: What is value for money? Lesson 5: What happens when people spend money? Lesson 6: How do people feel about money?	Growing up: How will my body and emotions change as I grow up? Lesson 1: What are body boundaries? Lesson 2: How will I grow and change during puberty? Lesson 3: Which emotional changes could I experience growing up? Lesson 4: What is a period? Lesson 5: How can we show kindness and understanding about body changes? Lesson 6: Who can I talk to about growing up and changes?	Staying safe: What signs help me recognise what is safe or unsafe? Lesson 1: How can I tell if a situation is unsafe? Lesson 2: What do I do if a situation feels unsafe? Lesson 3: How can I stay safe around traffic? Lesson 4: Why can water be dangerous? Lesson 5: What drugs are safe or unsafe? Lesson 6: How can I prevent accidents?
Year 5/6	My healthy self: How do my choices today shape my future health? Lesson 1: Why do healthy teeth matter for the future? Lesson 2: How can I eat for a healthier future? Lesson 3: What habits might support my future health? Lesson 4: How can I recognise and regulate complex feelings? Lesson 5: How does my mindset affect my personal growth? Lesson 6: How can I support self esteem for myself and others?	Connecting with others: What does it mean to stand up for myself and others? Lesson 1: How does self-esteem help me? Lesson 2: How can I be respectful in different situations? Lesson 3: How can I set and respect boundaries? Lesson 4: How can we challenge unfairness? Lesson 5: How can we work together to stop bullying? Lesson 6: When and how should I seek help?	Online world: How do I feel about the things I see online? Lesson 1: How do online platforms keep users engaged? Lesson 2: How can I make safe choices if I am gaming online? Lesson 3: Is online content always realistic? Lesson 4: What is harmful online behaviour? Lesson 5: Does what we post online matter? Lesson 6: How does being online make me feel?	Citizenship: How can we protect everyone's rights? Lesson 1: Lesson 2: Lesson 3: Lesson 4: Lesson 5: Lesson 6:	Staying safe: How can I stay safe as I grow up? Lesson 1: How can I stay safe on my own at home? Lesson 2: How can I stay safe outside on my own? Lesson 3: How can I travel safely on my own? Lesson 4: How do I stay safe in, on or around water? Lesson 5: How can I stay safe when I feel peer pressure? Lesson 6: How can I stay safe around drugs?	Sex education: How do people become parents and carers? Lesson 1: Which words can we use to describe our private body parts? Lesson 2: How are babies made? Lesson 3: What happens in pregnancy and how are babies born? Lesson 4: How are families formed? Lesson 5: How does life change after having a baby? Lesson 6: What is consent?