

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 three core themes, with extensive overlap:

- Core theme 1: Health & Wellbeing
- Core theme 2: Relationships
- Core theme 3: Living in the wider world.

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	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 good 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	Introduction: Setting ground rules for RSE & PSHE lessons Y1 Families and relationships Lesson 1: What is family? Lesson 2: What are friendships Lesson 3: Recognising other people's emotions Lesson 4: Working with others Lesson 5: Friendship problems Lesson 6: Healthy Friendships Lesson 7: Gender stereotypes	Y1 Health and wellbeing Lesson 1: Understanding my emotions Lesson 2: What am I like? Lesson 3: Ready for bed Lesson 4: Relaxation Lesson 5: Hand washing and personal hygiene Lesson 6: Sun safety Lesson 7: Allergies Lesson 8: People who help us keep healthy	Y1 Safety and the changing body Lesson 1: Adults in school Lesson 2: Adults outside school Lesson 3: Getting lost Lesson 4: Making an emergency phone call Lesson 5: Appropriate contact Lesson 6: Safety with substances Lesson 7: Safety at home Lesson 8: People who help us keep safe	Y1 Citizenship Lesson 1: Rules Lesson 2: Caring for others: animals Lesson 3: The needs of others Lesson 4: Similar yet different Lesson 5: Belonging Lesson 6: Democratic decisions	Y1 Economic Wellbeing Lesson 1: What is money? Lesson 2: Keeping money safe Lesson 3: What is a bank? Lesson 4: Saving and spending Lesson 5: Jobs in schools Lesson 6: Jobs out of school	Y1 Transition Lesson Strengths and Transition
Year 2/3 Cycle A	Introduction: Setting ground rules for RSE & PSHE lessons Y2 Families and relationships Lesson 1: Experiencing different emotions Lesson 2: Being active Lesson 3: Relaxation: Breathing exercises Lesson 4: Steps to success Lesson 5: Developing a growth mindset Lesson 6: Healthy Diet Lesson 7: Looking after our teeth	Y2 Health and wellbeing Lesson 1: What is family? Lesson 2: What are friendships Lesson 3: Recognising other people's emotions Lesson 4: Working with others Lesson 5: Friendship problems Lesson 6: Healthy Friendships Lesson 7: Gender stereotypes	Y2 Safety and the changing body Lesson 1: Introduction to the internet Lesson 2: Communicating online Lesson 3: Secrets and surprises Lesson 4: Appropriate contact: My private parts Lesson 5: Appropriate contact: My private parts are private Lesson 6: Respecting personal boundaries Lesson 7: Road safety Lesson 8: Crossing roads safely Lesson 9: Staying safe with medicine	Y2 Citizenship Lesson 1: Rules beyond school Lesson 2: Our school environment Lesson 3: Our local environment Lesson 4: Jobs in our local community Lesson 5: Similar yet different- my local community Lesson 6: School council Lesson 7: Giving my opinion	Y2 Economic Wellbeing Lesson 1: Where does money come from? Lesson 2: Exploring needs Lesson 3: Exploring wants Lesson 4: Bank cards and accounts Lesson 5: My skills and talents Lesson 6: Everyone is welcome	Y2 Transition Lesson

Year 2/3 Cycle B	Introduction: Setting ground rules for RSE & PSHE lessons Y3 Families and relationships Lesson 1: Healthy Families Lesson 2: Friendship conflict Lesson 3: Friendship: conflict vs bullying Lesson 4: Effective communication Lesson 5: Learning who to trust Lesson 6: Respecting differences with others Lesson 7: Stereotyping: Gender Lesson 8: Stereotyping: Age	Y3 Health and wellbeing Lesson 1: My healthy diary Lesson 2: Relaxation: Stretches Lesson 3: Wonderful me Lesson 4: My superpowers Lesson 5: Resilience: breaking down barriers Lesson 6: Communicating my feelings Lesson 7: Diet and dental health	Y3 Safety and the changing body Lesson 1: First Aid: Emergencies and calling for help Lesson 2: First Aid: Bites and stings Lesson 3: Be kind online Lesson 4: Cyberbullying Lesson 5: Fake emails Lesson 6: Making choices Lesson 7: Influences Lesson 8: Keeping safe out and about	Y3 Citizenship Lesson 1: Rights of the child Lesson 2: Rights and responsibilities Lesson 3: Recycling Lesson 4: Local community groups Lesson 5: Charity Lesson 6: Local democracy Lesson 7: Rules	Y3 Economic Wellbeing Lesson 1: How do people pay for things? Lesson 2: What does budgeting mean? Lesson 3: How do people feel about money? Lesson 4: What happens when people spend money? Lesson 5: What careers do people have? Lesson 6: Can anyone be anything?	Y3 Transition Lesson Coping strategies
Year 4/5 Cycle A	Introduction: Setting ground rules for RSE & PSHE lessons Y4 Families and relationships Lesson 1: Respect and manners Lesson 2: Healthy Friendships Lesson 3: How my behaviour affects others Lesson 4: Bullying Lesson 5: Stereotypes: Gender Lesson 6: Stereotypes: Disability Lesson 7: Families in the wider world Lesson 8: Grief and Loss	Y4 Health and wellbeing Lesson 1: Looking after our teeth Lesson 2: Relaxation: Visualisation Lesson 3: Celebrating mistakes Lesson 4: Meaning & purpose: My role Lesson 5: My happiness Lesson 6: My emotions Lesson 7: Mental Health	Y4 Safety and the changing body Lesson 1: Internet Safety: Age Restrictions Lesson 2: Share Aware Lesson 3: First Aid: Asthma Lesson 4: Privacy and Secrecy Lesson 5: Consuming information online Lesson 6: Growing Up Lesson 7: Introducing Puberty Lesson 8: Tobacco	Y4 Citizenship Lesson 1: What are human rights? Lesson 2: Caring for the environment Lesson 3: Community Lesson 4: Contributing Lesson 5: Diverse communities Lesson 6: Local Councillors	Y4 Economic Wellbeing Lesson 1: What is value for money? Lesson 2: Why keep track of money? Lesson 3: What ways are there to look after money? Lesson 4: What influences career choices? Lesson 5: Why make a career change? Lesson 6: How can workplace stereotypes be challenged?	Y4 Transition Lesson Setting Goals
Year 4/5 Cycle B	Introduction: Setting ground rules for RSE & PSHE lessons Y5 Families and relationships Lesson 1: Build a friend Lesson 2: Friendship skills Lesson 3: Marriage Lesson 4: Respecting Myself Lesson 5: Family Life Lesson 6: Bullying Lesson 7: Stereotyping: Gender Lesson 8: Stereotyping: Race and Religion	Y5 Health and wellbeing Lesson 1: Relaxation: Yoga Lesson 2: The importance of Rest Lesson 3: Embracing Failure Lesson 4: Going for goals Lesson 5: Taking responsibly for my feelings Lesson 6: Healthy Meals Lesson 7: Sun safety	Y5 Safety and the changing body Lesson 1: Online Friendships Lesson 2: Staying safe online Lesson 6: First Aid: Bleeding and Head Injuries Lesson 7: Alcohol, drugs and tobacco: Making decisions	Y5 Citizenship Lesson 1: Breaking the Law Lesson 2: Rights and Responsibilities Lesson 3: Protecting the Planet Lesson 4: Contributing to the Community Lesson 5: Pressure Groups Lesson 6: Parliament	Y5 Economic Wellbeing Lesson 1: Why prioritise needs over wants? Lesson 2: What is a budget? Lesson 3: What is borrowing and loaning? Lesson 4: What are the risks of handling money online? Lesson 5: Why challenge workplace stereotypes? Lesson 6: What makes a suitable career?	Safety and the changing body Lesson 3: Puberty Lesson 4: Menstruation Lesson 5: Emotional Changes in Puberty Y5 Transition Lesson Roles and Responsibilities
Year 6	Introduction: Setting ground rules for RSE & PSHE lessons Y6 Families and relationships Lesson 1: Respect Lesson 2: Respectful Relationships Lesson 3: Stereotypes: Attitudes Lesson 4: Challenging Stereotypes Lesson 5: Resolving Conflict Lesson 6: Change and Loss	Y6 Health and wellbeing Lesson 1: What can I be? Lesson 2: Relaxation: Mindfulness Lesson 3: Taking Responsibility for my health Lesson 4: The impact of technology on health Lesson 5: Resilience Toolbox Lesson 6: Immunisation Lesson 7: Good and bad habits Lesson 8: Physical health concerns	Y6 Safety and the changing body Lesson 1: Alcohol Lesson 2: Critical digital consumers Lesson 3: Social media Lesson 4: Physical and emotional changes of puberty Lesson 5: Conception Lesson 6: Pregnancy and Birth Lesson 7: First Aid: Choking Lesson 8: First Aid: Basic life support	Y6 Citizenship Lesson 1: Human Rights Lesson 2: Food Choices and the environment Lesson 3: Caring for others Lesson 4: Prejudice and Discrimination Lesson 5: Valuing Diversity Lesson 6: National Democracy	Y6 Economic Wellbeing Lesson 1: How do people navigate their feelings about money? Lesson 2: How do people keep money safe? Lesson 3: What money responsibilities are there in secondary school? Lesson 4: What are the risks of gambling? Lesson 5: What is a workplace? Lesson 6: What career routes are there?	Y6 Identity Lesson 1: What is identity? Lesson 2: Identity and body image Y6 Transition Lesson Lesson 1: Dealing with change