

## 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              | Self regulation: My feelings                                     | Building relationships: Special relationships                                            | Managing self: Taking on challenges                        | Self-regulation: Listening and following instructions            | Building relationships: My family and friends                                        | Managing self: My wellbeing                                        |
| Reception/Year 1 Cycle A | My healthy self: How can we look after our emotions?             | Connecting with others: How can I help myself and others feel happy and safe?            | The online world: How do we spend time online?             | Citizenship: How can I help others and the environment?          | Health protection: How can I protect myself and others in daily life?                | Staying safe: How can I stay safe?                                 |
| Year 2/3 Cycle A         | My healthy self: How can we look after our bodies?               | Connecting with others: How can I build safe, kind and caring relationships with others? | The online world: How can we stay safe online?             | Citizenship: How do people belong to a community and earn money? | Growing up: How can we look after and respect our bodies as we grow?                 | Staying safe: How can I make safe choices in different places?     |
| Year 2/3 Cycle B         | My healthy self: How can I take care of my mind and body?        | Connecting with others: What helps us feel safe and included?                            | The online world: How should we communicate online?        | Citizenship: What rights and responsibilities do we have?        | Health protection: How can we prevent illness and injury and respond if they happen? | Citizenship: What careers do people choose and why?                |
| Year 4                   | My healthy self: How can I make healthy choices?                 | Connecting with others: How can we respect each other?                                   | The online world: How can we decide what to trust online?  | Citizenship: How can I spend money wisely?                       | Growing up: How will my body and emotions change as I grow up?                       | Staying safe: What signs help me recognise what is safe or unsafe? |
| Year 5/6                 | My healthy self: How do my choices today shape my future health? | Connecting with others: What does it mean to stand up for myself and others?             | Online world: How do I feel about the things I see online? | Citizenship: How can we protect everyone's rights?               | Staying safe: How can I stay safe as I grow up?                                      | Sex education: How do people become parents and carers?            |