

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 – 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 and skills they need to make good decisions about their own health and 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
Nursery	Making friends, communicating needs, exploring my environment	Express my emotions (happy/sad) Select & use resources	How am I different to others? Explore new things, taking risks	Talk about others' feelings Understand my actions	Play with others and extend my play Express a wide range of emotions	Finding solutions to problems & conflicts Help others Show confidence
Reception/Year 1 Cycle A	What is the same and different about us? 1	Who is special to us? 1	What helps us stay healthy? 1	What can we do with money? 1	Who helps to keep us safe? 1	How can we look after each other and the world? 1
Year 2/3 Cycle A	What makes a good friend? 2	What keeps us safe? 3	What are families like? 3	What helps us to stay safe? 2	What helps us grow and stay healthy? 2	Why should we keep active and sleep well? 3
Year 2/3 Cycle B	How can we be a good friend? 3	What is bullying? 2	What jobs do people do? 2	What makes a community? 3	Why should we eat well and look after our teeth?	How do we recognise our feelings?
Year 4/5 Cycle A	What strengths, skills and interests do we have? 4	What decisions can people make with money? 5	How can we manage our feelings? 4	How can friends communicate safely? 4	How can drugs common to everyday life affect health? 5	What jobs would we like? 5
Year 4/5 Cycle B	What makes up a person's identity? 5	How do we treat each other with respect? 4	How can we help in an accident or emergency? 5	How will we grow and change? 5	How can our choices make a difference to others and the environment? 4	How can we manage risk in different places? 4
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	