



PSHE Intent & Long-Term Plan

# Personal, Social, Health and Economic (PSHE) Education

At Co-op Academy Woodslee children are educated and nurtured to develop from little acorns right up to mighty oaks.

At Co-op Academy Woodslee, PSHE is organised around three strands:

- A. Health and Well-Being
- B. Relationships
- C. Living in the Wider World

We use these strands to ensure a progression in knowledge through the curriculum.

Health and Well-Being covers a range of topics, from mental wellbeing to physical health and the importance of a balanced diet. Relationship topics include the ingredients of a healthy relationship, friendships and anti-bullying lessons. Living in the Wider World ranges from how to manage money and essential learning on topics such as racism, human rights and discrimination. Such topics are crucial for providing our children with a moral compass that will help them to thrive in their own communities and to become responsible citizens.

The PSHE scheme of work aims to equip children with essential skills for life; it intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. PSHE curriculum coverage is a vital tool in preparing children for life in society now and in the future. Lessons in this scheme of work have their foundations in seeing each and everybody's value in society, from appreciation of others to promoting strong and positive views of self. The aim is to cover a wide range of the social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident members of their community. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing their knowledge of when and how they can ask for help. At Co-op Academy Woodslee we are fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association Programme of Study which is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools. Our scheme of work covers all of the required objectives and follows the three core areas of Health and Wellbeing, Relationships and Living in the Wider World. The scheme of work fulfils the requirements of 2020 Statutory Relationships and Health Education, setting these learning intentions in the context of a broad and balanced PSHE curriculum. Through the PSHE curriculum, we give children the knowledge and tools they'll need in everyday life, both now and once they leave our setting and embark upon the next phase of their educational journey.

PSHE lessons provide an effective curriculum for wellbeing. Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in a climate of openness, trust and respect, and know when and how they can seek the support of others. They will apply their understanding of society to their everyday interactions, from the classroom to the wider community of which they are a part. Successful PSHE education can have a positive impact on the whole child, including their academic development and progress, by mitigating any social and emotional barriers to learning and building confidence and self-esteem. Evidence suggests that successful PSHE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations and empowering them with skills to overcome barriers they face.

In EYFS, children will learn PSHE through their Physical, Social and Emotional Development (PSED) curriculum. They will learn how to share, take turns and how to regulate their 'big' emotions in preparation for their journey into year 1.

In Year 1, children will learn to develop a positive learning attitude and aspirations for possible future job roles. They will learn about being part of their community and how to be a good neighbour. They will begin to look at where money comes from and ideas on spending and saving.

In Year 2, children will learn how to recognise and talk about their feelings, how to manage their emotions through thinking positively and calmly and ways to develop resilience. They will learn about people living in different places and they will explore their own family life. They will look at how people use the Earth's resources and the importance of protecting our planet. Children will also learn to develop effective collaboration skills so that they are able to work as part of a team.

In Year 3, children discuss having high aspirations for their future and how they are part of a multicultural and democratic society. They will learn about road, rail and water safety and how to keep themselves safe in their community. They will look at where money comes from and how to prioritise what they spend their money on.

In Year 4, children will learn about comfortable and uncomfortable feelings, how attitude can affect mental health and ways to develop a growth mindset. This will link to the 'Learning Pit' mindset that is promoted in class. They will learn about online relationships including cyberbullying and online stranger danger. Children will learn the importance of working as a class team and how their actions can affect others, they will focus on developing confidence in their own thoughts and feelings.

In Year 5, children learn about showing respect and kindness, particularly within the home, and how to be a critical consumer. They learn about important issues like racism and how they are responsible for their own actions. They learn about employment and paying taxes and how this will contribute to society as a whole.

In Year 6, children will learn how to work together as part of a team, the responsibilities involved in becoming a global citizen and how to make good choices when faced with peer pressure. This is a vital year when we need to ensure our mighty oaks have solid foundations so that they are able to make informed choices and become a responsible member of their own community.

## PSHE Long Term Plan

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1			Living in the Wider World - Positive Learning	Health and WellBeing - Feelings and Emotions	Living in the Wider World - Goals and Aspirations	Health and WellBeing - Mental Health and Growth Mindset	Living in the Wider World - Aiming High	Health and WellBeing - Think Positive!
Autumn 2			Living in the Wider World - Community	Living in the Wider World - Different Places	Living in the Wider World - A diverse, multicultural and democratic society.	Living in the Wider World - Fairtrade - Inequalities and Stereotypes	Living in the Wider World - Diverse Britain - showing respect and kindness to all.	Living in the Wider World - Global Citizen - how to make good choices.

Spring 1			Relationships - Special People	Relationships - Teamwork	Relationships - A Good Friend	Relationships - Class Team Work	Relationships - Kindness and Respect	Succeed Together - TEAM Together Everyone Achieves More
Spring 2			Health and WellBeing - Special People	Relationships - Online Safety	Health and WellBeing - Be responsible for your own safety.	Relationships - Online Relationships	Health and WellBeing - Safety First	Health and WellBeing - Digital WellBeing
Summer 1 SRE			It's My Body - Exercise and Healthy Snacks	Growing Up - the human life cycle	It's My Body - Exercise, safe touch, FGM	Growing Up - Male and female body parts, puberty	It's My Body - FGM, harmful drug use, where to get help if you are worried.	Growing Up - physical and emotional changes, how babies are conceived, what is a sexual relationship?
Summer 2			Living in the Wider World - Money Talks - want v need	Relationships - Be Yourself Always - Your positive qualities	Living in the Wider World - Where does money come from?	Relationships - Be Yourself Always - have confidence in yourself.	Living in the Wider World - Money Talks - a critical consumer	Relationships - Be Yourself Always - Make good choices
Career Related Learning Links			What is the difference between want and need? Ideas for spending and saving.	Successful collaboration skills.	What job would you like when you grow up?	Global citizen responsibilitie s and working as a team.	How does paying tax contribute to society?	Working as part of a team in both school and employment.

