Personal, Social, Health, Citizenship and Economic (PSHCE) Education & Relationship and Sex Education (RSE) at West Green

PSHCE

At our school, PSHCE education is taught using the Twinkl scheme of work. This programme, which fulfils all the requirements of the National Curriculum and works in line with the with the learning outcomes and themes provided by the PSHE Association, supports pupils to develop the knowledge, skills and understanding they need to lead healthy, safe and responsible lives, both now and in the future. Lessons signpost key words, helping children build a rich vocabulary to develop understanding. The units are also delivered in a creative manner, using many approaches such as role play, discussion and games in groupings of various sizes.

In Reception children receive discrete lessons, but are predominately supported to meet the 'Personal, Social and Emotional Development' requirements of the EYFS framework through their continued provision and thematic unit plans. Children are supported to manage emotions, develop a positive sentence of self and grow in confidence. Through adult modelling and guidance, they learn to look after their bodies, manage their personal needs independently, build friendships and resolve conflicts. The development of these attributes will provide a secure foundational platform from which they can achieve at school.

Across Year 1-6, the curriculum programme covers ten thematic units which are revisited every two years. This enables children to recall and build upon previous learning, exploring the underlying principles of PSHE education regularly at a depth that is appropriate for the age and stage of the child. The themes studied are:

TEAM – supporting children to work effectively with others: working together, being kind, resolving conflicts, compromising and communicating effectively.

VIPs – supporting children to identify the Very Important People (VIPs) in their lives and teaching them how to build and maintain positive relationships with them. This unit looks at friendships and the importance of kindness and respect. It addresses conflicts and resolutions in relationships, including bullying, and helps children identify healthy and unhealthy relationships.

Think Positive – supporting children to identify and talk about their feelings, both positive and negative, and how to manage certain emotions. It helps children understand the importance of having good mental health, being resilient and applying a 'growth mindset' attitude to life.

Safety First – supporting children to learn about risks, hazards and dangers and how they can keep themselves safe, both in real life and online. They learn how and where to ask for help if they need it, including in emergencies.

Diverse Britain – supporting children to contribute positively to the groups and communities to which they belong. They learn about Britain, what it means to be British, about diversity, democracy, the rule of law and the importance of celebrating, and being respectful of, our differences.

One World – Supporting children to learn about the differences and similarities of others living around the world. It explores the concepts of inequality, stereotypes and racism. Pupils learn about the importance of protecting the earth for ourselves and for future generations.

Be Yourself – supporting children to build confidence and appreciate their individuality. Children identify their strengths and achievements and recognise different emotions they may experience. They look at the role of the media in how we view ourselves. They learn how to deal with mistakes, how to be assertive, and stand up to peer pressure.

Digital Well-being - supporting children to use the internet safely and healthily. They learn to identify healthy and unhealthy online relationships and ways to get help if needed. Privacy issues and the concepts of 'fake news' are explored as well as the pressures of social media.

Money Matters – supporting children to learn the value of money and how it is used. They discuss the difference between wants and needs, budgeting and how to get value for money. They learn about how to spend and save safely and in a way that contributes to good mental health, in the real world and online. All learning is based on the understanding that everyone's people's financial circumstances are individual and the decisions people make about their spending should be viewed with kindness and respect.

RSE

Relationships and Sex Education is taught using the Christopher Winter Project scheme of work. These lessons are taught across the school in Summer 2 and families will be informed about when they take place in advance. We also hold a coffee morning so families can explore the lesson plans and resources and ask any questions they may have. The individual lessons for each year group are also available to view in video format under the 'Our Curriculum' tab.

Autumn 1						
Reception	**Year 1**	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
						
My Feelings	Be Yourself	TEAM	Be Yourself	TEAM	Be Yourself	TEAM
Autumn 2						
						
My Healthy Smile	Safety First	Think Positive	Safety First	Think Positive	Safety First	Think Positive
Spring 1						
						
Keeping Clean	Diverse Britain	Money Matters	Diverse Britain	Money Matters	Diverse Britain	Money Matters

Spring 2						
						
Healthy Eating	VIPs	Digital Well-being	VIPs	Digital Well-being	VIPs	Digital Well-being
Summer 1						
						
Healthy Habits	One World	Aiming High	One World	Aiming High	One World	Aiming High
Summer 2						
						
Relationship and Sex Education	Relationship and Sex Education	Relationship and Sex Education	Relationship and Sex Education	Relationship and Sex Education	Relationship and Sex Education	Relationship and Sex Education