



Growing Together in PSHE

At Spenn School, we passionately believe in the development of the whole child and the value of **family**, showing **care, respect, honesty and responsibility** with **courage**. PSHE is a key subject in promoting children's social and emotional growth.

Intent

At Spenn Church of England School, PSHE is at the core of what we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the "whole child" intellectually, morally, socially and spiritually. Through our whole-school approach to PSHE, it is our belief that excellence in these areas will lead to excellence across the curriculum and beyond in later life. PSHE is taught across the school from Reception to Year 2 on a weekly basis and as a school, we follow the Jigsaw PSHE scheme. Our PSHE curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. With an ever-changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. Weaving through the heart of our PSHE teaching, is a commitment to enhancing and promoting our core Christian Values; Community, Honesty, Respect, Courage, Compassion and Responsibility.

Implementation

We follow a PHSE scheme of work which brings together emotional literacy, social skills and spiritual development. Teaching strategies are varied to engage the children and lessons facilitate our nurturing ethos. We model our values of **courage** and **respect**, so that children are encouraged to express their thoughts and views, using lots of open-ended questions.

Six units progress in sequence during the course of each year.

Jigsaw PSHE directs our aim on developing the "whole child" through a spiral curriculum approach to developing knowledge, skills and understanding in the areas of:

- Being Me in My World
- Celebrating Difference
 - Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Lessons have two areas of focus: one is based on specific PSHE learning (covering the non-statutory national framework for PSHE Education and the statutory Relationships and Health Education guidance); and one is based on emotional literacy and social skills development to enhance children's emotional and mental health.

Although the areas are planned for specific terms, there is a flexibility to change them if children have a specific need that the school feel needs to be taught.

Impact

Our pupils:

- have become more reflective, resilient and independent learners during their time at Speen School
- have confidence in themselves and [respect](#) others
- develop positive and healthy relationships with their peers
- have knowledge and understanding of healthy lifestyles
- are thoughtful and [respectful](#) members of the school family, equipped to make positive choices within day-to-day life
- understand the physical and emotional aspects within in RSE at an age-appropriate level.
- have an understanding of how to keep themselves safe physically, mentally and technologically

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing me
EYFS	Who am I? Understanding feelings Value of care Rights and responsibilities	Being special Identifying talents Families Where we live Being proud of who we are	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Achieving goals	Exercise, physical activity Health, food, sleep Keeping clean Staying safe	Family life Making & breaking friendships Being a good friend What is bullying behaviour	Our bodies Respecting my body Growth and change Growing up Fun and fears Celebrations
KS1 Year A	Feeling special and staying safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Rules for respect and safety	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes & achievements Working well and celebrating achievement Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthy lifestyle choices Keeping clean Being safe Medicine safety/ with household items Road safety Health and happiness	Belonging to a family Making friends/being a good friend Qualities of a friend Physical contact People who help us Self-acknowledgement Celebrating special relationships	Life cycles – animal and human Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transitions
KS1 Year B	Hopes & fears looking forwards Rights and responsibilities Rewards and consequences, choices Safe and fair learning environment Valuing contributions Recognising feelings	Assumptions and stereotypes about gender / diversity Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthy choices Healthy eating and nutrition Healthy snacks and sharing food Relaxation	Different types of families Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transitions