



Ogbourne CE Primary School

PSHE and RSE Curriculum

Intent

At Ogbourne Primary School we believe personal, social, health and economic (PSHE) education, and Relationships and Sex Education, is a vital and important part of our children's education and our curriculum provides values-based, progressive content that promotes positive behaviour, good mental health, wellbeing, resilience and achievement. The staff work as role models to help our children develop into confident, happy, successful and resilient young people and we aim to equip our children with a sound understanding of risk and with the knowledge and skills to make safe and informed decisions. We want our children to acquire and develop knowledge and understanding of the world around them, in order to help them develop as young citizens. In an ever-changing world, it is important that the children are aware, to an appropriate level, of different elements that will affect their world and the people in it. Our PSHE curriculum is also based on our Values of Love, Friendship, Integrity, Respect, Effort and Hope and it plays an important role in promoting our Spiritual, Moral, Social and Cultural (SMSC) Education, incorporating British Values.

Research shows that there is a link between a pupil's wellbeing and positive mental health and academic achievement. Therefore, in order for our children to learn and be well, they need to have good mental health, resilience and the ability to keep themselves safe. Through our PSHE curriculum, our intent is to equip children with these attributes and the skills to implement them in different contexts.

Implementation

Relationships and Sex Education is taught both in health education and the Science curriculum.

We teach PSHE in a discrete weekly session and we follow the SCARF PSHE program, which is a whole school approach that provides a scheme of learning from the foundation stage through to Key Stage 2.

SCARF, standing for Safety, Caring, Achievement, Resilience and Friendship is mapped to the PSHE Association programmes of study. It is centred on a values based, 'Growth Mindset' approach and is divided into six half- termly units. The units are tailored to each year group under the following themes:

1. Me and my relationships
2. Valuing difference
3. Keeping myself safe
4. Rights and responsibilities
5. Being my best
6. Growing and changing

Children explore these strands year-on-year, building a toolkit of strategies and knowledge which they apply in scenario-based lessons, giving them the opportunity to ask questions and practise the skills in a safe and caring environment. These six units run in tandem with our school values which are Love, Friendship, Integrity, Respect, Effort, Love.

Every teacher has access to SCARF online resources which include lesson plans and additional resources for use/amendment. As well as using the SCARF scheme, we also implement and place high importance on themed weeks or days, such as 'Anti- Bullying Week' or "World Mental Health Day". Whilst always full of fun, they promote important messages about health, safety and wellbeing.

Impact

All teachers are encouraged to be flexible and imaginative in the way that they choose to record their lessons which may be in a class floor book or in the children's topic book. They may choose to use photographs of lessons with annotations or speech bubbles. Alternatively, they may choose a piece of written work from a group or individual children.

Children are given a safe space in which to discuss their feelings, opinions and develop their emotional intelligence. Our teachers include a range of informal assessment tools to review how the children have progressed over the term. This includes:

- Pupil voice
- Class discussions
- monitoring play ground behaviour
- looking at evidence of work.

It is evident when walking through the school that the development of the whole child is central to the work that we do – children are well-cared for and the development of personal, social, emotional and health needs is a strength. Children at Ogbourne CE Primary School are able to talk confidently about how to keep themselves safe both in and around school as well as online. They care for each other, accept differences and support their peers in a way that demonstrates our school Values.

As children progress through the school, their ability to articulate their feelings develops. Children at Ogbourne CE Primary School are reflective and articulate when discussing their emotions. Using scenarios within their learning means that children can apply transferrable skills, preparing them to meet unknown situations with confidence. Where additional support is required to develop any area within a child's personal, social, emotional or health needs, intervention is swift and effective, supported by our T.A pastoral lead.

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body <u>healthy</u> – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
Y1 Cycle B 2022-23	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
Y2 Cycle A 2023-24	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Y3 Cycle B 2022-23	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Y4 Cycle A 2023-24	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5 Cycle B 2022-23	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6 Cycle A 2023-24	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem