

'Children with higher levels of emotional, behavioural, social and school well-being on average have higher levels of academic achievement and are more engaged in school, both concurrently and in later years.'
The impact of pupil behaviour and wellbeing on educational outcomes, Department for Education, 2012

Intent

PSHE makes a crucial contribution to Longford Primary Academy, it enables our pupils to become healthy, independent, and responsible members of society. It is integral to the development of children's values in order for them to become a positive citizen in a forever changing community.

The statutory guidance is comprehensively covered by learning opportunities for each key stage across the Programme's three core themes: 'Health and Wellbeing', 'Relationships', and 'Living in the Wider World' (although not statutory, it is equally important). As part of a high quality PSHE programme will also cover economic wellbeing, careers, and enterprise education, as well as education for personal safety, including assessing and managing risk.



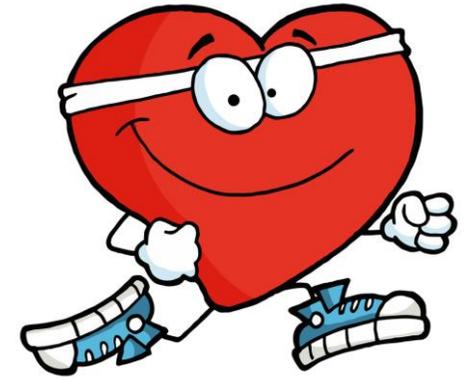
Implementation

The implementation of the PSHE curriculum should equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. Our PSHE education will build on the statutory content to include drug education, financial education, citizenship, personal safety, relationship education (RSE) and the importance of physical activity and diet for a healthy lifestyle.

At Longford we use the Jigsaw Scheme of Work to ensure that the PSHE learning opportunities are as effective as possible and allow pupils to progress throughout the year and across year groups during their experiences in school. The school curriculum is split into six core themes of: Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. The children will meet these themes throughout the course of the year and the themes are built upon as the children move through school.

Impact

- Children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.
- Children will demonstrate a healthy outlook towards school – attendance will be in-line with national and behaviour will be good.
- Children will achieve age related expectations across the wider curriculum.
- Children will develop positive and healthy relationship with their peers both now and in the future.
- Children will understand the physical aspects involved in RSE at an age appropriate level.
- Children will have respect for themselves and others.
- Children will have positive body images and understand how to look after themselves mentally and physically.
- Children will be able to use the internet safely, understand healthy eating and some basic first aid.
- Children should understand risks associated with drugs, tobacco and alcohol.



Knowledge, Understanding & Skills

Year group	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Key Stage 1	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rewards and feeling proud Consequences Hopes and fears for the year Rights and responsibilities Safe and fair learning environment Valuing contributions Choices Recognising feelings 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Celebrating the differences in everyone, and remaining friends Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness Motivation Relaxation Healthy eating and nutrition Healthier snacks and sharing food 	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences and boundaries People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships Different types of family Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships 	<ul style="list-style-type: none"> Life cycles in nature – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Growing from young to old Increasing independence Assertiveness Preparing for transition

<p>Lower Key Stage 2</p>	<p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Responsible choices Seeing things from others' Perspectives Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour</p>	<p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p>	<p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p>
<p>Upper Key Stage 2</p>	<p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice Participating Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Anti-social behaviour Role-modelling</p>	<p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>	<p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>