

## PSHE and SRE Rationale

### Learning to Live, Living to Learn

Today's children and young people are growing up in a rapidly changing world, full of opportunities but with few guarantees. The aim of Personal, Social, Health and Economic (PSHE) and Relationships and Sex education (SRE) education at Rushwick prepares children for life and work in this changing world, helping to keep pupils safe, healthy and boosting their life chances. PSHE and RSHE covers core knowledge relating to issues such as online and offline safety, relationships, health and careers which is taught in a way that is appropriate to the age and maturity of pupils. The subjects are tied together by the development of the key skills and attributes which pupils need to thrive both in their childhood and throughout their adult lives. These key skills and attributes – such as self-management, empathy, critical thinking, communication, resilience, teamwork and negotiation – are crucial to pupils' life chances. When taught well, PSHE education also helps pupils to achieve their academic potential.

### Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

PSHE & RSE lessons are taught separately and not integrated as a cross curricular lesson. The duration of each lesson is dependent upon the age and subject theme, for example in Key Stage 1 lessons may be between 30-45mins in length but in Key Stage 2 there is an expectation that the lessons can be up to an hour if appropriate.

An example of our medium term planning can be seen below for Year 3 Autumn. The PSHE association provided resources/links which are regularly updated on their website and as members of the Association all teachers can access up to date resources.

<p><b>Autumn 1</b> How can we be a good friend?</p>	<p><b>Relationships</b> Friendship; making positive friendships, managing loneliness, dealing with arguments  PoS refs: R10, R11, R13, R14, R17, R18</p>	<ul style="list-style-type: none"> <li>• how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded</li> <li>• how to recognise if others are feeling lonely and excluded and strategies to include them</li> <li>• how to build good friendships, including identifying qualities that contribute to positive friendships</li> <li>• that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences</li> <li>• how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support</li> </ul>	<p><a href="#">Medway Public Health Directorate -Primary RSE lessons (KS2 - Y3), 'Friendship'</a> <a href="#">FPA - Growing up with Yasmine and Tom (7-9), What makes a good friend? (E)</a></p>
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Links are made to other curriculum subjects to ensure cohesion in planning and skill building for example in Science, through learning about our bodies and how we develop and grow, the stages of puberty and healthy eating; in PE, through learning how to keep our bodies and minds healthy with regular exercise and Computing, links to e-safety, and cyber bullying.

We feel that there are some essential skills we aspire to develop as part of our PSHE and RSE curriculum these include:

- Emotional intelligence;
- Understanding their own mental health;
- Developing a positive self-image and worth;
- How to develop healthy relationships;
- Responsibility for their own personal hygiene;
- How to keep themselves safe;
- Understanding the importance of physical activity;
- Understanding the importance of healthy eating.