

## South Darley C.E. Primary School Curriculum: PSHE

At South Darley we use the PSHE Matters Scheme of Work, which has been developed by Derbyshire LA to cover all areas of Personal Social and Health Education, including Relationships and Sex Education (RSE), as children progress through the year groups. The scheme can be looked at upon request but we are unable to publish it fully on our website due to copyright considerations.

### **PSHE Matters strives to:**

- promote best Personal Social and Health Education (PSHE) practice
- build on established practice in primary schools
- present a spiral curriculum which is easy to understand and accessible to all
- increase teacher confidence, particularly around teaching sensitive issues
- ease teachers' load by providing creative lesson ideas
- provide formative and summative assessment activities
- improve pupils' emotional literacy
- help pupils to stay safe and healthy
- impact positively on the school ethos/culture, help prepare pupils for life and work by developing 'Skills for Life'
- ensure schools are ready for statutory Relationships and Sex Education (RSE)

There are 12 modules, each one covering a short term's work.

The 12 modules are:

1. **Drug Education** - including how to manage risk and peer influences
2. **Exploring Emotions** - including how to recognise and manage feelings and emotions
3. **Being Healthy** - including the importance of looking after our mental health
4. **Growing up** - including the Sex Education element
5. **Changes** - including loss
6. **Bullying Matters** - including how to ask for help
7. **Being Me** - including identity and community
8. **Difference and Diversity** - including challenging stereotypes
9. **Being Responsible** - including looking after the environment
10. **Being Safe** - particularly featuring cyber, gaming and CSE
11. **Relationships** - including what is a healthy relationship
12. **Money Matters** - including enterprise

Each of the 12 discrete modules will be covered in KS1, Lower KS2 and Upper KS2. We ensure these year groups are taught separately. Reception join in with KS1 but have different objectives, which link in with their early learning goals.

Some of the order of the modules is moved so they best fit in with the term's theme. For example in KS1, 'Being Safe' fits in with 'Towers and Turrets'.

PSHE Plan – this will continue to rotate on a 4 year basis.

	Autumn	Spring	Summer
Year 1 (2020/21)	<ol style="list-style-type: none"> <li>1. Being me</li> <li>2. Being Safe</li> </ol>	<ol style="list-style-type: none"> <li>1. Drug Education</li> <li>2. Changes</li> </ol>	<ol style="list-style-type: none"> <li>1. Exploring Emotions</li> <li>2. Rights and Responsibilities</li> </ol>
Year 2 (2021/22)	<ol style="list-style-type: none"> <li>1. Growing up</li> <li>2. Relationships</li> </ol>	<ol style="list-style-type: none"> <li>3. Diversity</li> <li>4. Bullying</li> </ol>	<ol style="list-style-type: none"> <li>1. Money</li> <li>2. Being Healthy</li> </ol>
Year 3 (2022/23)	<ol style="list-style-type: none"> <li>1. Being Me</li> <li>2. Exploring Emotions</li> </ol>	<ol style="list-style-type: none"> <li>1. Being Safe</li> <li>2. Drug Education</li> </ol>	<ol style="list-style-type: none"> <li>1. Being Responsible</li> </ol>
Year 4 (2023/24)	<ol style="list-style-type: none"> <li>1. Diversity</li> <li>2. Relationships</li> </ol>	<ol style="list-style-type: none"> <li>1. Changes</li> <li>2. Growing Up</li> </ol>	<ol style="list-style-type: none"> <li>1. Exploring Emotions</li> <li>2. Bully Matters</li> </ol>

For each module, teachers initially look at the learning objectives with the children to establish current level of knowledge. Each session starts with a warm up game to make the children feel comfortable, often sitting in a circle. In KS1 the plan is followed but is open to amendment by the teacher to suit children's needs.

We ensure children have a 45 minute PSHE session timetabled each week. Also, as PSHE is an important part of our curriculum, we will add extra sessions if issues arise with groups of children. We often discuss PSHE issues in Collective Worship and RE sessions.

There is a PSHE display, accessible to all children, which is changed on a regular basis.

We take part in national events such as Road Safety Week, Red Nose Day and Children in Need. We also invite the local police and fire services in to talk to the children about local and national issues. We also access NSPCC resources and workshops and engage with online safety resources.