

"Education that prepares for life today, and tomorrow." – PSHE Association



Enjoying the Women's Football Final at Wembley, May 2023

What we teach in the classroom will help our children foster lifelong aspirations, goals and values. With this in mind, PSHE education isn't just another school subject. It's a chance to give every child and young person an equal opportunity to develop the skills and knowledge they need to thrive now and in the future.

This includes helping them deal with critical issues they face every day such as friendships, emotional wellbeing and change. We want to give them a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope.



Year 5 girls compete in an inter school football competition – June 2023

PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they'll face. This in turn achieves a 'virtuous circle', whereby pupils with better health and wellbeing can achieve better academically, and enjoy greater success (PSHE Association, 2023).

Key Concepts for teaching and learning in PSHE



1. Being Me in My World – Children learn about themselves and develop a sense of self-worth before recognising and valuing the similarities and differences between them and the people around them. They learn about their own and others emotions. Children are taught to recognise their own and others rights and responsibilities and how we can all make positive contributions to our school and wider community.

2. Celebrating Difference – Children continue to recognise similarities and differences between themselves and others but to respect and value those differences. Children are taught about bullying, what it is and isn't, what they can do to prevent or stop it – exploring different techniques and strategies. As they get older children begin to understand cultural differences and terms such as *racism* – drawing attention to their own feelings towards people who are different. Children also examine the life of some disabled people and recognise achievement in the face of adversity.



3. Dreams and Goals – Children have the opportunity to begin to think about things



that challenge them and the benefits of growing positive character traits to help face them. The feelings that are associated with challenges are also recognised and named as well as qualities such as resilience and perseverance. This is linked to their aspirations for the future and they are taught about the importance of education in association with achieving these goals. Older children reflect on various global issues and explore places where people may be suffering or living in difficult situations, reflecting on their own emotions linked to this learning.

4. Healthy Me – Children learn about their body and what they can do to keep physically



healthy and safe. This includes the importance of a healthy diet and as they get older they are taught about medicine and drugs and the impact they have on their body. Children consider things, places and people that are dangerous and link this to strategies for keeping themselves safe. Children reflect on the relationships within friendships groups and the impact on themselves and others. They begin to learn about what makes them feel relaxed and what doesn't and as they progress through the school they learn about mental health/illness, recognise the triggers for and feelings of being

stressed and the strategies they can use to mitigate this. Children discuss taking responsibility for their own physical and emotional health and recognise what they have control over – linking this to choices they can make for themselves.



5. Relationships - Children are introduced to the key relationships in their lives. Children



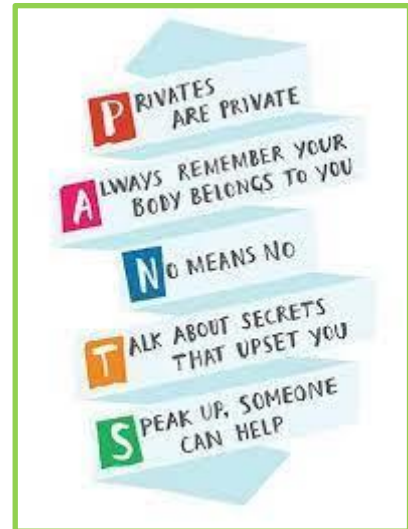
learn roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Pupils also consider their own personal attributes as a friend, family member and as part of a community, and are encouraged to celebrate these. Children reflect upon different types

of physical contact in relationships, which are acceptable and which ones are not. Risk, pressure and influences are revisited with a focus on the physical and emotional aspects of identifying when something online or in social media feels uncomfortable or unsafe.



6. Ready, Respectful and Safe Me –

Children compare different life cycles in nature, including that of humans. They reflect on the changes that occur between baby, toddler, child, teenager, adult and old age. Within this, children also discuss how independence, freedoms and responsibility can increase with age. Children in year 1 – 4 are taught the NSPCC PANTS lesson plan (60 minutes). As part of a school's safeguarding duty, pupils in year 3 and above are taught the correct words for private parts of the body (those kept private by underwear: *vagina, anus, penis, testicles, vulva*). Puberty and the changes your body goes through is taught as a natural and normal part of getting older with children in year 5 and year 6. Human Reproduction is also taught in year 6 and parents have the right to withdraw their children if they so wish.



How PSHE and HRE teach children about how to build positive relationships and keep physically and mentally healthy

- Children are taught to **Respect** and value themselves and where they come from first and foremost before recognising, respecting and celebrating the differences between them and others around them
- Children are supported in understanding the benefits and risks of the internet in the context of building and maintaining healthy relationships and their own and others' mental health – this includes understanding what bullying is and what they can do to prevent or stop it
- Throughout the PSHE curriculum children have opportunities to recognise and name emotions which are both positive and negative, before being taught how to overcome challenges and within this the importance of resilience as a character trait
- Children are taught how to keep themselves physically and mentally safe and reflect upon who the people are that they can trust when they need help
- Children are given the opportunity to reflect upon their learning in a local and global context and explore the importance of their own choices and recognise and value their rights but also their responsibility

What makes PSHE at Woolmore special?

1. Our amazing values

Our values lead us in everything we do and in every interaction with the children. They weave in and out of our PSHE curriculum and every moment of every day. They serve to make PSHE feel relevant to our children and the teaching of it sincere. It is hoped that children choose to adopt these values not just whilst they are with us at Woolmore but throughout their lives – truly having a positive impact in their family, their community and beyond.



2. Our phenomenal families

The diversity of the community we serve is a gift to us all. Our children and families bring so many real life opportunities to acknowledge, respect and celebrate difference. We don't have to look far to learn about difference and so our PSHE maximises on this and we take advantage of the many different languages, cultures and backgrounds of our phenomenal families to make our PSHE curriculum come to life and feel real.

3. Our commitment to our children – **All children can achieve success**

We know there is extensive evidence associating well taught PSHE in primary school with improved outcomes at school and in later life, in relation to physical and mental health, school readiness and academic achievement, crime, employment and income. Good social and emotional skills developed by the age of ten, are predictors of a range of adult outcomes such as life satisfaction and wellbeing, labour market success, and good overall health. It is our job to ensure our children have every chance to achieve success and reach their potential – whatever that may be.



*'Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.'* - **Viktor E Frankl**