



"Loving and Learning for Life, as Jesus taught us."

PSHE Curriculum

PSHE and wellbeing long-term plan based on **Twinkl half-termly** units and related key themes. Units include lesson plans that cover all the DfE statutory requirements for **Relationships and Sex Education (RSE) and Health Education** (DfE guidance 2021). The TWINKL scheme is based on the scheme created by the **PSHE association**

At Leonard Stanley C of E Primary School, we:

1. Encourage children to be respectful, responsible and resilient throughout our school day.
2. promote Fundamental British Values (FBV) through discrete teachings in PSHE lessons, collective worship and special days (such as Anti bullying days, NSPCC pants, Cyber Safety Day, Mental Health week)
3. use PSHE to ensure children care for and protect their bodies and use PSHE to promote positive life-long mental and spiritual wellness
4. use our PSHE Curriculum to value personal and group academic, mental, physical, social, emotional and spiritual growth, fostering a community spirit
5. promote additional opportunities within school, and with the wider community, enabling children to gain understanding of, and develop respect for, each other's skills and talents
6. support children in making informed decisions, by challenging and supporting every child within the safe school environment
7. devote an effective amount of time to gain age-appropriate knowledge and understanding of mental wellbeing, online safety, physical health and fitness, healthy eating, drugs alcohol and tobacco, basic first aid, and changing adolescent body

Our scheme uses three core units (**Living in the wider world, Health & wellbeing and Relationships**) which are then broken down in six units, which are repeated in KS1, lower KS2 and upper KS2 to ensure **sequential and relevant knowledge is taught**.

British Values (Mutual Respect, Rule of Law, Tolerance, Liberty and Democracy) are taught throughout the scheme, across the curriculum and in collective worship and enrichment activities. Specifically, the **Diverse Britain** and **One World** topic in the Living in the wider world unit.

Protected Characteristics are taught to celebrate and teach **equal opportunities**. These **characteristics are:**

Age
Marriage or civil partnership
Religion or belief

Disability
Pregnancy and maternity
Sex

Gender reassignment
Race
Sexual orientation

which are also taught throughout the scheme and across the curriculum. Specifically, the **One World** topic in the Living in the wider world unit.

Internet Safety is taught specifically in the **Digital Wellbeing** topic in addition to the **Computing curriculum**.

Relationships and Sex Education (RSE) and Health Education is taught throughout the curriculum, specifically:

- Families and people who care for me (Topic: **VIPs**)
- Caring Friendships (Topic: **VIPs**)
- Respectful Relationships (Topic: **TEAM**)
- Online Relationships (Topic: **Digital wellbeing**)
- Being Safe (Topic: **Safety First**)
- Sex Education (Topic: **Growing up, It's my body**)

There is also a focus on Mental Health and wellbeing, through the topics **Aiming high, Be yourself**

Year	Term	Core Theme	Topic	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
1	Autumn 1	Living in the wider world	Aiming High	Star qualities	Positive learners	Bright futures	Jobs for all	Going for goals	Looking forward
1	Autumn 2	Health & Wellbeing	Think positive	Think happy, feel happy	It's your choice	Go-getters	Let it out	Be thankful	Always learning
1	Spring 1	Relationships	TEAM	Together everyone achieves more	Listening	Being kind	Bullying and teasing	Brilliant brains	Making good choices
1	Spring 2	Relationships	VIPs	Who are your VIPs	Families	Friends	Falling out	Working together	Showing you care
1	Summer 1	Health & Wellbeing	Safety first	Keeping safe	Staying safe at home	Staying safe outside	Staying safe around strangers	Safe, secrets and surprises	People who can help

1	Summer 2	Living in the wider world	Diverse Britain	My school	My community	Neighbourhood	My country	British people	What makes me proud of Britain?
2	Autumn 1	Relationships	Be yourself	Marvellous me	Feelings	Things I like	Uncomfortable feelings	Changes	Speak up
2	Autumn 2	Health & Wellbeing	Growing up	Our bodies	Is it ok?	Pink and blue	Your family, my family	Getting older	Changes
2	Spring 1	Health & Wellbeing	It's my body	My body, my business	Active and asleep	Happy, healthy food	Clean as a whistle	Can I eat it?	I can choose
2	Spring 2	Living in the wider world	One world	Families	Homes	Schools	Environments	Resources	Planet protectors
2	Summer 1	Living in the wider world	Money matters	Money	Where money comes from	Look after it	Save or spend?	Want or need?	Going shopping
2	Summer 2	Relationships	Digital wellbeing	The Internet and me	Online and offline	Staying safe online	Personal information	Communicating online	True or false?
3	Autumn 1	Relationships	TEAM	A new start	Together everyone achieves more	Working together	Being considerate	When things go wrong	Responsibilities
3	Autumn 2	Relationships	Digital wellbeing	The digital world	Digital kindness	Do I know you?	Online information	Keep it private	My digital wellness
3	Spring 1	Health & Wellbeing	Think Positive	Happy minds, happy people	Thoughts and feelings	Changes	Keep calm and relax	You're the boss	Always learning
3	Spring 2	Living in the wider world	Diverse Britain	Living in the British Isles	Democracy	Rules, laws and responsibilities	Liberty	Tolerance and respect	What does it mean to be British
3	Summer 1	Health & Wellbeing	It's my body	My body, my choice	Fit as a fiddle	Good night, good day	Cough, splutter, sneeze	Drugs, healing or harmful?	Choices everywhere
3	Summer 2	Living in the wider world	Aiming high	Achievements	Goals	Always learning	Jobs and skills	No limit	When I grow up

4	Autumn 1	Relationships	VIPs	Family and friends	Fabulous friends	Is this a good relationship	Falling out	What is bullying?	Stand up to bullying
4	Autumn 2	Living in the wider world	One world	Chiwa and Kwende	Chiwa's dilemma	Chiwa's dilemma 2	Chiwa's sugar	Chiwa's world	Charity for Chiwa
4	Spring 1	Health & Wellbeing	Safety First	New responsibilities	Risks, hazards and dangers	Under pressure	Safety when out and about	Dangerous substances	Injuries and emergencies
4	Spring 2	Living in the wider world	Money Matters	Where does money come from?	Ways to pay	Reasons to borrow	Spending decisions	Advertising	Keeping track
4	Summer 1	Health & Wellbeing	Growing Up	Human reproduction	Changes in boys	Changes in girls	Changing emotions	Relationships and families	Where do I come from?
4	Summer 2	Relationships	Be yourself	Pride	Feelings	Express yourself	Know your mind	Media wise	Making it right
5	Autumn 1	Relationships	Digital wellbeing	My digital life	Staying safe, healthy and happy online	Online relationships	Social media	Saying no to online bullies	Fake news
5	Autumn 2	Health & Wellbeing	Think Positive	The cognitive triangle	Thoughts and not facts	face your feelings	Choices and consequences	Being present	Yes I can
5	Spring 1	Living in the wider world	Aiming high	You can achieve anything	Breaking down barriers	Future focus	Equal opportunities	The world of work	Onwards and upwards
5	Spring 2	Relationships	TEAM	Together everyone achieves more	Communicate	Compromise and collaborate	Care	Unkind behaviour	Shared responsibility
5	Summer 1	Living in the wider world	Diverse Britain	Identities	Communities	Respecting the law	Local government	National government	Making a difference
5	Summer 2	Health & Wellbeing	It's My Body	Your body is your own	Exercise right, sleep tight	Taking care of our bodies	Harmful substances	How do we think and feel about our bodies	Healthy choices

6	Autumn 1	Health & Wellbeing	Safety First	You are responsible	What are the risks	Making your mind up	In an emergency	Home-safe and sound	Outdoors - playing it safe
6	Autumn 2	Relationships	VIPs	People we love	Think before you act	It's ok to disagree	You decide	Secrets	False friends
6	Spring 1	Living in the wider world	Money matters	Look after it	Critical consumers	Value for money and ethical spending	Budgeting	Borrowing and saving	Money in the wider world
6	Spring 2	Relationships	Be yourself	You are unique	Let it out	Uncomfortable feelings	The confidence trick	Do the right thing	Making amends
6	Summer 1	Living in the wider world	One world	Global citizens	Global warming	Energy	Water	Biodiversity	In our hands
6	Summer 2	Health & Wellbeing	Growing Up	Changing Bodies	Changing Emotions	Just the way you are	Relationships	Let's talk about sex	Human reproduction