Ightham Primary School
PSHE Overview
2022 – 2023

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their academic potential.

Most of PSHE education becomes statutory for all schools from September 2020 under the Children and Social Work Act 2017. This includes Relationships Education at key stages 1 and 2, Relationships and Sex Education (RSE) at key stages 3 and 4, and Health Education in both primary and secondary phases.

PSHE Association, 2020

Our PSHE curriculum links to the PSHE Associations Programme of Study and is spilt into three broad areas.

Health and Wellbeing   Relationships   Living in the Wider World

Our school values of **Respect**, **Caring**, **Tolerance**, **Honesty**, **Aspiration** and **Responsibility** will also be taught and discussed during PSHE.

PSHE within class should include:
- circle time (minimum of once a week)
- class assembly (once a week)
- PSHE lesson

At Ightham Primary School we teach Online Safety through our PSHE curriculum as it is about teaching the children to keep safe. The knowledge gained will then be applied in Computing lessons and other areas of the curriculum.

Health and Wellbeing	Relationships	Living in the Wider World
Healthy lifestyles (physical wellbeing) Mental health Ourselves, growing and changing Keeping safe Drugs, alcohol and tobacco	Families and close positive relationships Friendships Managing hurtful behaviour and bullying Safe relationships Respecting self and others	Shared responsibilities Communities Media literacy and digital resilience Economic wellbeing: Money Economic wellbeing: Aspirations, work and career

Whole School Values					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Respect	Responsibility	Aspiration	Tolerance	Caring	Honesty

	Autumn: Health and Wellbeing			Spring: Relationships			Summer: Living in the wider world		
	Physical health and Mental wellbeing	**Growing & changing**	**Keeping safe**	**Families & friendships**	**Safe relationships**	**Respecting ourselves & others**	**Belonging to a community**	**Media literacy & digital resilience**	**Money & work**
Year 1	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community
Year 2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money
Year 3	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals
Year 4	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe
Year 5	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
Ye	What affects mental health and ways to take care of it;	Human reproduction and birth; increasing indepen-	Keeping personal information safe; regulations and	Attraction to others; romantic relationships; civil partner-	Recognising and managing pressure; consent in different	Expressing opinions and respecting other points of view,	Valuing diversity; challenging discrimination and stereo-	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial

	managing change, loss and bereavement; managing time online	dence; managing transition	choices; drug use and the law; drug use and the media	ship and marriage	situations	including discussing topical issues	types		risks