

# Isaac Newton Primary School

# **PSHE** Policy

# **Contents:**

Statement of intent

- 1. Legal framework
- 2. Key roles and responsibilities
- 3. Aims of the PSHE curriculum
- 4. Teaching methods and learning style
- 5. Timetabling and cross-faculty involvement
- 6. Safeguarding, reports of abuse and confidentiality
- 7. Tailoring PSHE
- 8. KS1 and 2 programmes of study
- 9. Assessment
- 10. Monitoring and review

# Statement of intent

Isaac Newton Primary School believes that a strong PSHE education is important to help our pupils develop into well-rounded members of society, who can make a positive contribution to their community. Our PSHE curriculum is strongly tied to our RSE, relationships, health education and pastoral care programme.

The vision for pupils, staff and others linked to our school is to always look to achieve our personal best in every aspect of school life.

- Our school is one where everyone is encouraged and supported to achieve their personal best.
- Our school is welcoming, inclusive, has a real community feel and is a place where everyone is valued.
- Our pupils and staff treat each other equitably, fairly, with kindness and with mutual respect. At all times, staff and pupils are encouraged to show a high regard for the needs and feelings of others through their actions and words.
- Our pupils and staff are enterprising and approach challenges with a 'can-do' attitude.
- The needs and interests of all pupils, irrespective of gender, culture, ability or aptitude, will be promoted through an inclusive and varied PSHE curriculum at our school.
- Our environment is safe and clean with everyone sharing responsibility for it.
- Our culture is one of continuous improvement, creativity and enthusiasm.
- Parents will be informed about the policy via the school's website where it, and the PSHE curriculum, will be available to read and download.

## 1. Legal framework

- 1.1. This policy has due regard to legislation and statutory guidance, including, but not limited to the following:
  - Education Act 1996
  - Education Act 2002
  - Children and Social Work Act 2017
  - DfE (2019) 'Keeping children safe in education' (KCSIE)
  - DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
  - DfE (2019) 'School and college security'
- 1.2. This policy will be followed in conjunction with the following school policies and procedures:
  - Complaints Procedures Policy
  - Primary Relationships and Health Education Policy
  - Child Protection and Safeguarding Policy

### 2. Key roles and responsibilities

- 2.1. The governing board has overall responsibility for the implementation of the school's PSHE Policy.
- 2.2. The governing board has overall responsibility for ensuring that the PSHE Policy, as written, does not discriminate on any grounds, including but not limited to age, disability, gender reassignment, marriage and civil partnership, race, religion or belief, sex, or sexual orientation.
- 2.3. The headteacher has overall responsibility for reviewing the PSHE Policy annually.
- 2.4. The headteacher has responsibility for handling complaints regarding this policy, as outlined in the school's Complaints Procedures Policy.
- 2.5. The headteacher will be responsible for the day-to-day implementation and management of the PSHE Policy.
- 2.6. The PSHE co-ordinator is responsible for liaising with other staff and professional agencies to devise a suitable scheme of work to ensure a comprehensive PSHE education that achieves the aims laid out in this policy.
- 2.7. The school will consult with parents to ensure that the RSE and relationships education elements of the PSHE curriculum reflect the needs and sensibilities of the wider school community.

- 2.8. The school will work with parents throughout the year and will ensure that parents are routinely kept informed about their right to withdraw their children from sex education (but not relationships or health education).
- 2.9. The school ensures that pupils are also involved in the creation of this policy through termly feedback, suggestion forms and/or class discussions.

## 3. Aims of the PSHE curriculum

- 3.1. Pupils will learn to do the following:
  - Understand what constitutes a healthy lifestyle.
  - Understand how to stay safe and behave online.
  - Understand the dangers they may face, both in and around school and beyond, and be provided with the means to keep themselves safe.
  - Understand the law and consequences of risky behaviours.
  - Develop responsibility and independence within school which they will take forward into society in their working lives.
  - Respect other people, in particular, learning to respect the different cultural/ethnic/religious/gendered viewpoints of others in our school community and the wider world.
  - Understand what constitutes 'socially acceptable' behaviour at school and in society.
  - Be a constructive member of society.
  - Understand democracy.
  - Develop good relationships with peers and adults.
  - Develop self-confidence, self-esteem and self-worth.
  - Make positive, informed choices as they make their way through life.
  - Understand that they have a right to speak up about issues or events, and to respect other's right to do the same.

## 4. Teaching methods and learning style

- 4.1. A range of teaching and learning styles are used to teach PSHE.
- 4.2. Teaching is pupil-led with an emphasis on active learning techniques such as discussion and group work.
- 4.3. 'Ice-breaker' activities and clear ground rules regarding discussions are put in place to ensure a safe, supportive and positive learning environment. Examples of discussion guidelines include rules such as:
  - No crude language.
  - No raised voices/shouting.

- No talking over people.
- Show respect for another's views, even when disagreeing with them.
- Keep comments subject-specific, as opposed to personal.
- 4.4. Pupils learn research and study techniques and can engage in investigations and problem-solving activities.
- 4.5. All pupils are encouraged to take part in charity work and volunteering, as well as organising school events such as assemblies and open evenings.
- 4.6. The school uses visiting speakers, such as health workers and the police, to broaden the curriculum and share their real-life experiences. Any such speakers are closely monitored by the class teacher who will use their professional judgement to end a speech if they consider it to contravene any of the aims of this policy or the values of our school.
- 4.7. The school consults with the local community on matters related to PSHE to ensure that local issues are covered in lessons.
- 4.8. Pupils' questions, unless inappropriate, are answered respectfully by teachers.

## 5. Timetabling and cross-curricular involvement

- 5.1. The school uses direct teaching via timetabled lessons.
- 5.2. PSHE is taught in discrete curriculum time, delivered by class teachers.
- 5.3. The school ensures cross-curricular learning when this is relevant and appropriate and when opportunities allow for this e.g within History and Religious Education lessons.
- 5.4. There is an element of PSHE in pastoral care and the school will ensure that PSHE and pastoral care teams work together to ensure that pupils feel comfortable indicating that they may be vulnerable and at risk.

## 6. Safeguarding, reports of abuse and confidentiality

- 6.1. All staff are aware of what constitutes peer-on-peer abuse. This is likely to include, but may not be limited to, the following:
  - Bullying (including cyberbullying).
  - Physical abuse, e.g. hitting, kicking, hair pulling.
  - Sexual violence, e.g. rape, assault by penetration and sexual assault.
  - Sexual harassment, e.g. sexual comments, online sexual harassment, jokes. These may be stand-alone or part of a broader pattern of abuse.
  - Up skirting (taking a picture under a person's clothes without their awareness, with the intention of viewing their genitals or buttocks to obtain sexual gratification, or cause humiliation, distress or harm.

- Sexting
- Initiation/hazing type violence and rituals.
- 6.2. All staff are aware of indicators, which may signal that children are at risk from, or are involved with serious violent crime. These may include:
  - Increased absence from school, changes in friendships/relationships with older individuals or groups, a significant decline in performance.
  - Signs of self-harm or a significant change in wellbeing.
  - Signs of assault or unexplained injuries.
  - New possessions or unexplained gifts could indicate that children have been approached by, or are involved with, individuals associated with criminal networks or gangs.
- 6.3. All staff are aware of the associated risks surrounding pupils' involvement in serious crime, and understand measures in place to manage these.
- 6.4. If staff have concerns regarding a child who may be at risk of or suffering from 'honour-based' violence (HBV) including forced marriage, they will speak to the DSL (or deputy). Where appropriate, they will activate local safeguarding procedures. As highlighted with section 74 of the Serious Crime Act 2015, in cases where FGM appears to have been carried out, teachers must personally report this to the police.
- 6.5. Staff are aware of KCSIE advice concerning what to do if a pupil informs them that they are being abused or neglected or are witnessing abuse. Staff are also aware of the appropriate levels of confidentiality. This means only involving those deemed necessary, such as the DSL (or deputy) and children's social care. Staff must never promise a child that they will not tell anyone about a report of abuse, as this ultimately may not be in the best interests of the child.
- 6.6. The school will involve the DSL (or deputy) in anything related to safeguarding. They can potentially provide knowledge of trusted, high quality local resources, links to the police and other agencies, and the knowledge of local issues that may be appropriate to address in lessons.
- 6.7. Every lesson reinforces that, if pupils have any sensitive/personal issues or wish to talk about any of the issues raised in the lesson; they are aware of how to raise concerns or make reports to their class teacher or another member of staff about this, and how this will be handled. This also includes processes when they have concerns about a friend or peer.
- 6.8. The school invites external agencies to support the teaching of safeguarding-related subjects they must agree in advance of the session how the external visitor will deal with safeguarding reports.
- 6.9. The school is aware that, when teaching new subjects, topics including self-harm and suicide may be raised by pupils. Teachers recognise the risks of encouraging or

making suicide seem a more viable options for pupils, and avoid material being instructive rather than preventative. To prevent this, teachers avoid giving instructions or methods of self-harm or suicide and the use of emotive language, videos or images.

# 7. Tailoring PSHE

- 7.1. The school uses discussions and other activities during initial PSHE lessons to ascertain 'where pupils are' in terms of their knowledge and understanding of various subjects. The teaching programme will then be adjusted to reflect the composition of the class with regards to this.
- 7.2. Teaching considers the ability, age, readiness and cultural backgrounds of all young people in the class and will be tailored accordingly.
- 7.3. Adaptations are made for those for whom English is a second language to ensure that all pupils can fully access PSHE educational provision.
- 7.4. All pupils with SEND receive PSHE education, with content and delivery tailored to meet their individual needs.
- 7.5. The school will deliver relationships and health education as part of its timetabled PSHE programme, having due regard to the school's <u>Primary Relationships and Health</u> <u>Education Policy</u>.
- 7.6. The school uses 'Jigsaw' to deliver all elements of PSHE. 'Jigsaw PSHE is fully compliant with the DfE Statutory Relationships & Health Education Guidance'. (Jigsaw 3-11 curriculum)
- 7.7. There are detailed weekly lesson plans for all year groups from FS to Y6. Within these comprise 36 fully planned lessons, accompanied resources and PowerPoints to support learning.
- 7.8. Jigsaw is a 'whole school' approach. There a set of 6 launch assemblies for the whole school to introduce each of the themes. There are 6 units/themes throughout the year and 6 weekly lessons for each puzzle. In each lesson there are opportunities for:
  - Child and adult-led activity ideas
  - Assessment opportunities and cross-curricular links
  - Home-learning and family links
  - Resources
  - Display ideas
  - SMSC mapped opportunities
  - Outside learning ideas

Overview of Jigsaw PSHE 3-11/12 content overview

#### Jigsaw PSHE 3 -11/12 Content Overview



| Age Group              | Being Me In My World   | Celebrating Difference   | Dreams and Goals  | Healthy Me  | Relationships   | Changing Me  |
|------------------------|--|--|---|---|---|--|
| Ages<br>3-5<br>(F1-F2) | Self-identity<br>Understanding feelings<br>Being in a classroom<br>Being gentle<br>Rights and responsibilities   | Identifying talents<br>Being special<br>Families<br>Where we live<br>Making friends<br>Standing up for yourself  | Challenges<br>Perseverance<br>Goal-setting<br>Overcoming obstacles<br>Seeking help<br>Jobs<br>Achieving goals   | Exercising bodies<br>Physical activity<br>Healthy food<br>Sleep<br>Keeping clean<br>Safety  | Family life<br>Friendships<br>Breaking friendships<br>Falling out<br>Dealing with bullying<br>Being a good friend   | Bodies<br>Respecting my body<br>Growing up<br>Growth and change<br>Fun and fears<br>Celebrations   |
| Ages<br>5-6            | Feeling special and safe<br>Being part of a class<br>Rights and responsibilities<br>Rewards and feeling proud<br>Consequence<br>Owning the Learning Charter  | Similarities and differences<br>Understanding bullying and<br>knowing how to deal with it<br>Making new friends<br>Celebrating the differences<br>in everyone  | Setting goals<br>Identifying successes and<br>Achievements<br>Learning styles<br>Working well and celebrating<br>achievement with a partner<br>Tackling new challenges<br>Identifying and overcoming<br>obstacles<br>Feelings of success          | Keeping myself healthy<br>Healthier Illestyle choices<br>Keeping clean<br>Being safe<br>Medicine safety/safety with<br>household items<br>Road safety<br>Linking health and happiness   | Belonging to a family<br>Making freindylbeing a good friend<br>Physical contact preferences<br>People who help us<br>Qualities as a friend and person<br>Self-acknowledgement<br>Being a good friend to myself<br>Celebrating special relationships   | Life cycles – animal and human<br>Changes in me<br>Changes since being a baby<br>Differences between female and<br>male bodies (correct terminology)<br>Linking growing and learning<br>Coping with change<br>Transition |
| Ages<br>6-7            | Hopes and fears for the year<br>Rights and responsibilities<br>Rewards and consequences<br>Safe and fair learning<br>environment<br>Valuing contributions<br>Choices<br>Recognising feelings                           | Assumptions and<br>stereotypes about gender<br>Understanding bullying<br>Standing up for self and<br>others<br>Making new friends<br>Gender diversity<br>Celebrating difference and<br>remaining friends                     | Achieving realistic goals<br>Perseverance<br>Learning strengths<br>Learning with others<br>Group co-operation<br>Contributing to and sharing<br>success   | Motivation<br>Healthier choices<br>Relaxation<br>Healthy eating and nutrition<br>Healthier snacks and sharing<br>food   | Different types of family<br>Physical contact boundaries<br>Friendship and conflict<br>Secrets<br>Trust and appreciation<br>Expressing appreciation for special<br>relationships  | Life cycles in nature<br>Growing from young to old<br>Increasing independence<br>Differences in female and male<br>bodies (correct terminology)<br>Assertiveness<br>Preparing for transition                             |
| Ages<br>7-8            | Setting personal goals<br>Self-identity and worth<br>Poattwity in challenges<br>Rules, rights and<br>responsibilities<br>Rewards and consequences<br>Responsible choices<br>Seeing things from others'<br>perspectives | Families and their<br>differences<br>Family conflict and how to<br>manage it (child-centred)<br>Witnessing bullying and how<br>to solve it<br>Recognising how words can<br>be hurtful<br>Giving and receiving<br>compliments | Difficult challenges and achieving<br>success<br>Dreams and ambitions<br>New challenges<br>Motivation and enthusiasm<br>Recognising and trying to<br>overcome obstacles<br>Evaluating learning processes<br>Managing feelings<br>Simple budgeting | Exercise<br>Fitness challenges<br>Fitness challenges<br>Food labelling and healthy swaps<br>Attitudes towards drugs<br>Keeping safe and why it's<br>important online and off line<br>scenarios<br>Respect for myself and others<br>Healthy and safe choices | Family roles and responsibilities<br>Friendship and negotiation<br>Keeping safe online and who to go to<br>for help<br>Being a global citizen<br>Being aware of how my choices affect<br>others<br>Awareness of how other children<br>have different lives<br>Expressing appreciation for family<br>and friends | How bables grow<br>Understanding a baby's needs<br>Outside body changes<br>Inside body changes<br>Family streetotypes<br>Challenging my ideas<br>Preparing for transition  |

Page 2/2

| Age Group                   | Being Me In My World  | Celebrating Difference   | Dreams and Goals  | Healthy Me   | Relationships  | Changing Me   |
|-----------------------------|---|--|---|--|--|---|
| Ages<br>8-9                 | Being part of a class team<br>Being a school citizen<br>Rights, responsibilities and<br>democracy (school council)<br>Rewards and consequences<br>Group decision-making<br>Having a voice<br>What motivates behaviour                               | Challenging assumptions<br>Judging by appearance<br>Accepting self and others<br>Understanding influences<br>Understanding bullying<br>Problem-solving<br>Identifying how special and<br>unique everyone is<br>First impressions | Hopes and dreams<br>Overcoming disappointment<br>Creating new, realistic dreams<br>Achieving goals<br>Working in a group<br>Celebrating contributions<br>Resilience<br>Positive attitudes   | Healthier friendships<br>Group dynamics<br>Smoking<br>Alcohol<br>Assertiveness<br>Peer pressure<br>Celebrating inner strength  | Jealousy<br>Love and loss<br>Memories of loved ones<br>Getting on and Faling Out<br>Girlfriends and boyfriends<br>Showing appreciation to people and<br>animals  | Being unique<br>Having a baby<br>Girls and puberty<br>Confidence in change<br>Accepting change<br>Preparing for transition<br>Environmental change  |
| Ages<br>9-10                | Planning the forthcoming year<br>Being a citizen<br>Rights and responsibilities<br>Rewards and consequences<br>How behaviour affects groups<br>Democracy, having a voice,<br>participating  | Cultural differences and how<br>they can cause conflict<br>Racism<br>Rumours and name-calling<br>Types of bullying<br>Material wealth and<br>happiness<br>Enjoying and respecting<br>other cultures                              | Future dreams<br>The importance of money<br>Jobs and careers<br>Dream job and how to get there<br>Goals in different cultures<br>Supporting others (charity)<br>Motivation  | Smoking, including vaping<br>Alcohol<br>Alcohol and anti-social behaviour<br>Emergency aid<br>Body image<br>Relationships with food<br>Healthy choices<br>Motivation and behaviour   | Self-recognition and self-worth<br>Building self-esteem<br>Safer online communities<br>Rights and responsibilities online<br>Online gaming and gambling<br>Reducing screen time<br>Dangers of online grooming<br>SMARRT internet safety rules          | Self- and body image<br>Influence of online and media on<br>body image<br>Puberty for girls<br>Puberty for boys<br>Conception (including IVF)<br>Growing responsibility<br>Coping with change<br>Preparing for transition |
| Ages<br>10-11               | Identifying goals for the year<br>Global citizenship<br>Children's universal rights<br>Feeling welcome and valued<br>Choices, consequences and<br>rewards<br>Group dynamics<br>Democracy, having a voice<br>Anti-social behaviour<br>Role-modelling | Perceptions of normality<br>Understanding disability<br>Power struggles<br>Understanding bullying<br>Indusion/exclusion<br>Differences as conflict,<br>difference as celebration<br>Empathy                                      | Personal learning goals, in and<br>out of school<br>Success criteria<br>Emotions in success<br>Making a difference in the world<br>Motivation<br>Recognising achievements<br>Compliments  | Taking personal responsibility<br>How substances affect the body<br>Exploitation, including 'county<br>lines' and gang culture<br>Emotional and mental health<br>Managing stress   | Mental health<br>Identifying mental health worries and<br>sources of support<br>Love and loss<br>Managing feelings<br>Power and control<br>Assertiveness<br>Technology safety<br>Take responsibility with technology<br>use                            | Self-image<br>Body image<br>Puberty and feelings<br>Conception to birth<br>Reflections about change<br>Physical attraction<br>Respect and consent<br>Boyfriend/sgirffriends<br>Sexting<br>Transition                      |
| Ages<br>11-12<br>(Scotland) | Personal identity<br>What influences personal<br>identity<br>Identify personal strengths<br>How do others see me?<br>Group identity<br>My growing sense of personal<br>identity and independence<br>Online and global identity<br>Expectations      | Assertiveness<br>Prejudice and discrimination<br>My values and those of<br>others<br>Challenging stereotypes<br>Discrimination in school<br>How prejudice and<br>discrimination fuels bullying<br>Being inclusive                | What are my dreams and goals?<br>Steps to success<br>Coping when things don't go to<br>plan<br>Rewarding my dreams<br>Intrinsic and extrinsic motivation<br>Keeping my dreams alive<br>How dreams and goals change in<br>response to life | Healthy choices about my<br>emotional health<br>Managing stress<br>Manging my choices around<br>substances<br>Managing my nutritional choices<br>Medicines and immunisation<br>Healthy choices about physical<br>activity and rest/sieep | My changing web of friendships<br>Support I need now and in the future<br>Developing positive relationships<br>What external factors affect<br>relationships e.g. media influences?<br>Assertiveness in relationships<br>The changing role of families | My changing body and feelings<br>What is self-image?<br>Coping during times of change<br>My changing ways of thinking<br>Managing my changes in mood<br>Moving forwards into my next year of<br>education                 |

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## 7 KS1 and 2 programmes of study

The PSHE programme of study will cover the following topics:

## Families and people who care for me

7.9. Pupils will be taught the following:

- The importance of families for children when growing up, as they can provide love, security and stability
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- That others' families within the school or in the wider world may look different from their own, but those differences should be respected, and know that other children's families are also characterised by love and care
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security growing up
- That marriage represents a formal and legally recognised commitment between two people which is meant to be lifelong
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

#### **Caring friendships**

7.10. Pupils will be taught the following:

- The importance of friendships in making us feel happy and secure, and how people choose and make friends
- The characteristics of friendships, such as mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely and excluded
- That most friendships have ups and downs, which can often be worked through so that the friendship can be repaired or even strengthened, and that resorting to violence is never right
- How to recognise who to trust and not to trust, how to judge when a friendship causes them to feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed

#### **Respectful relationships**

7.11. Pupils will be taught the following:

- The importance of respecting others, even when they differ from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- Practical steps they can take in a range of different contexts to improve/support respectful relationships
- The conventions of courtesy and manners
- The importance of self-respect and how this links to their own happiness

- That in schools and in wider society they can expect to be treated with respect by others, and should show this respect to others in return, including those in positions of authority
- About different types of bullying (including cyberbullying), the impacts of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
- What a stereotype is, and how these can be unfair, negative or destructive
- The importance of permission-seeking and giving in relationships with friends, peers and adults

#### **Online relationships**

7.12. Pupils will be taught the following:

- That sometimes people behave differently online or pretend to be someone they are not
- That the same principles apply to online relationships as face-to-face relationships, including the importance of respect for others online (including when anonymous)
- The rules and principles for keeping safe online, recognising risks, harmful content and contact, and how to report them
- How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- How information and data is shared and used online

#### Being safe

7.13. Pupils will be taught the following:

- What sorts of boundaries are appropriate in friendships with peers and others (including online contexts)
- About the concept of privacy and the implications of it from both children and adults; including that it is not always right to keep secrets in relation to being safe
- That each person's body belongs to them, and the differences between appropriate and inappropriate/unsafe physical, and other forms of, contact
- How to respond safely and appropriately to adults they encounter (in all contexts, including online) whom they do not know
- How to recognise and report feeling bad or unsafe around an adult
- How to ask for advice or help for themselves or others, and to persist until heard
- How to report concerns or abuse, and the vocabulary needed to do so

- [New] About the dangers they may face, both in and around school and beyond, and how they can keep themselves safe.
- Where to get advice, e.g. family, school, other sources

#### **Mental wellbeing**

7.14. Pupils will be taught the following:

- That mental wellbeing is a normal aspect of daily life, in the same way as physical health
- That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, nervousness, surprise) and scale of emotions that all humans experience in relation to different experiences and situations
- How to recognise and talk about their emotions, including having varied vocabulary of words to use when talking about their own and others' feelings
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- Simple self-care techniques, such as the importance of rest, spending time with family and friends and the benefits of hobbies and interests
- Isolation and Ioneliness can affect children and so it is very important for children to discuss their feelings with an adult and seek support
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- Where and how to seek support (including recognising the triggers for seeking support), including whom in the school they should contact if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)
- It is common for people to experience mental ill health. For many of these people, the problems can be resolved if the right support is made available, especially if accessed early enough

#### Internet safety and harms

7.15. Pupils will be taught the following:

- How the internet acts as an integral part of life for most people, with many benefits
- About the benefits of rationing time spent online, the risks of spending excessive time on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing

- How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private
- Why social media, some computer games and online gaming, etc. are age restricted
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- How to be a discerning consumer of information online, recognising that information (including that from search engines) is ranked, selected and targeted
- Where and how to report concerns and get support concerning issues online

#### Physical health and fitness

7.16. Pupils will be taught the following:

- The characteristics and mental/physical benefits of leading an active lifestyle
- The importance of including regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- The risks associated with leading an inactive lifestyle (including obesity)
- How and when to seek support, such as which adults to speak to in school if they have health concerns

#### Healthy eating

- 7.17. Pupils will be taught the following:
  - What constitutes a healthy diet (including understanding calories and other nutritional content)
  - The principles of planning/preparing a range of healthy meals
  - The characteristics of a poor diet and risks associated with unhealthy eating (such as obesity and tooth decay) and other behaviours (such as the impact of alcohol on diet or health)

#### Drugs, alcohol and tobacco

7.18. Pupils will be taught the following:

• The facts about legal/illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking

#### Health and prevention

7.19. Pupils will be taught the following:

- How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body
- About safe/unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- The importance of sufficient good quality sleep for good health and that a lack of sleep can influence weight, mood and ability to learn
- About dental health and the benefits of good oral hygiene and dental flossing, such as regular check-ups at the dentist
- About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing
- The facts and science relating to allergies, immunisation and vaccination

#### **Basic first aid**

7.20. Pupils will be taught the following:

- How to make a clear and efficient call to emergency services if necessary
- Concepts of basic first aid, for example dealing with common injuries, including head injuries

#### Changing adolescent body

7.21. Pupils will be taught the following:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- About menstrual wellbeing and key facts concerning the menstrual cycle

#### Economic wellbeing and being a responsible citizen

7.22. Pupils will be taught the following:

- How to contribute to the life of the classroom, and how to help create and follow group and class rules
- That everyone has individual needs and the responsibilities to meet them (such as being able to take turns, share, and understand the need to return things that have been borrowed)
- That they belong to various groups and communities such as family and school
- What improves and harms their local, natural and built environments and about some of the ways people look after them
- The different purposes for using money, including concepts of spending and saving, managing money, being a critical consumer and how money comes from different sources

- The role money plays in their lives including how to manage money, keep it safe, make informed choices about spending money and what influences those choices
- How to research, discuss and debate topical issues, problems and events relating to health and wellbeing and offer their recommendations to appropriate people
- Why and how rules and laws that protect themselves and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules
- To understand that human rights apply to everyone, and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child
- That universal rights are there to protect everyone and have primacy both over national law and family and community practices
- To know that there are some cultural practices which are against British law and universal human rights, such as FGM
- To realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination of individuals and communities
- That there are different kinds of responsibilities, rights and duties differ at home, school, in the community and towards the environment
- To resolve differences by considering alternatives, seeing and respecting others' points of view, making decisions and explaining choices
- Recognising what being part of a community means, and about the varied institutions that support communities locally and nationally
- To recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing
- To appreciate the range of national, regional, religious and ethnic identities in the UK
- To consider the lives of people living in other places, and people with different values and customs
- An initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT)
- That resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment
- About enterprise and the skills that make someone 'enterprising'

• To explore and critique how the media present information

### 8. Assessment

- 8.1. The school sets the same high expectations of the quality of pupils' work in PSHE as for other areas of the curriculum. A strong curriculum will build on knowledge pupils have previously acquired, including from other subjects, with regular feedback on their progress.
- 8.2. Lessons are planned to ensure pupils of differing abilities, including the most able, are suitably challenged. Teaching is assessed, identifying where pupils need extra support or intervention.
- 8.3. Pupils' knowledge and understanding is assessed through a simple one-page assessment guide included in every unit to support teacher judgement and moderation of children's learning. Children will be assessed as working towards, working at or working beyond.

| WORKING TOWARDS   | WORKING AT   | WORKING BEYOND   |  |
|---|--|--|--|
| Student responses may be limited to:  | Student responses may<br>demonstrate:  | In addition to Working At, student responses may also demonstrate:   |  |
| Description   | A higher level of cognitive demand   | Abstract ideas   |  |
| Naïve definitions or unsophisticated<br>explanations<br>Basic recall of lesson facts                              | Application and comparison of the<br>lesson content to other situations or<br>scenarios        | Complex description<br>Thinking and expression that involves<br>solving complex problems                         |  |
| Naming, reporting or repeating back<br>examples- perhaps those already  | Mental processing of information<br>beyond simple recall                                       | Complex cognitive challenge  |  |
| included in the lesson (not thinking<br>of different examples beyond those  | Some decision making<br>Evidence of problem solving  | The ability to discuss alternative<br>outcomes or routes   |  |
| given in the lesson)<br>Asking basic questions – may<br>demonstrate the student has not<br>understood the content | Explanation of concepts with some<br>reasoning<br>The ability to categorise/ group.            | Justification of answers<br>The use of evidence to support their<br>thinking drawn from the lesson and<br>beyond |  |
| Inability to make comparisons (or<br>makes simple comparisons) of lesson<br>content to other examples             | A degree of organisation in thought<br>processes   | The ability to appraise or assess a situation : evaluation   |  |
| Demonstrating a limited<br>internalisation of the concepts:   | Inference and interpretation<br>The ability to predict   | The ability to hypothesise<br>An investigative approach: asks<br>complex questions                               |  |
| A lack of personal resonance/<br>application with the lesson content<br>Demonstrating a low level of cognitive    | The ability to summarise a range of<br>ideas succinctly<br>A degree of personal resonance with | Creative solutions<br>Deeper personal resonance: can<br>apply the lesson content to their                        |  |
| challenge<br>Poor acquisition of new knowledge  | the lesson content: can apply it to<br>their lives and provide examples of                     | personal situation and discuss this in<br>greater detail   |  |
| Evidence of weak understanding  | this   | A reflective approach  |  |
| A fixed stance: (unable/unwilling to<br>change position)  | An increase in knowledge<br>An increase in understanding                                       |  |  |
| Basic vocabulary  | A change of a feeling based on new   |  |  |
| Weak development in skills  | learning   |  |  |
| Unconfident responses   | A richer vocabulary  |  |  |
|   | An increase in a skill   |  |  |
|   | An increase in confidence  |  |  |

#### Example of one-page planning sheet from Jigsaw:

8.4. Regular monitoring of PSHE is done through work scrutiny and pupil interviews. The curriculum will be reviewed in light of monitoring and pupil voice.

# 9. Monitoring and review

- 9.1. This policy will be reviewed by the headteacher on an annual basis.
- 9.2. Any changes to this policy will be communicated to all staff and other interested parties.
- 9.3. The next scheduled review date for this policy is June 2021