

PSHE Learning Journey

EYFS

What is important about me
Understanding that we are all different
Taking turns and sharing
Talking about my preferences and listening to others

Year One

Feeling happy and safe within the community of my classroom and school
Developing and maintaining self esteem
Keeping my body and mind healthy
Positive relationships
Changes since I was a baby and the importance of understanding that some body parts are private

Year Two

The impact of my choices and behaviour on others
Problem solving in close relationships
Changing bodies

Year Five

Rules, rights and responsibilities
Direct/indirect bullying and discrimination
Comparing dreams and goals across cultures
Body image pressures and substances that harm
Safety in relationships including online
Puberty and conception

Year Four

The importance of listening to others
Accepting myself and others for who they are
Resilience
The challenge of peer pressure
Missing people
Changes to bodies in preparation for adulthood

Year Three

The importance of rules. Feeling valued.
Resolving conflict
Positive thinking.
Keeping myself safe and healthy
How I am influenced and influence others
Changing bodies and feelings

Year Six

My choices and how they can impact others
Empathy with others

Working with others for a better world

Impact of substance abuse. Managing stress in a healthy way.
Strategies for coping with challenging times
Conception, pregnancy and birth



Intent

At St Luke's Primary School, our PSHE curriculum prepares pupils for the challenges of life by developing their personal, social and emotional wellbeing. We cover relationships, health and safety to equip pupils for modern life.

Implementation

We follow a scheme called Jigsaw PSHE which provides a progressive structure of lessons appropriate to each year group from EYFS to year six.

Classes have one PSHE lesson in class per week, and additional 'circle time' or discussion lessons may be added if there is a particular issue facing the class.

Themes are repeated each half term:

- 1: Being Me in My World
- 2: Celebrating Differences
- 3: Dreams and Goals
- 4: Healthy Me
- 5: Relationships
- 6: Changing Me

Monday assemblies link to the theme for each week across the school, with children receiving special mentions in Friday assembly if they have shown themselves to have particularly engaged with the focus for the week.

Impact

Pupils at St Luke's Park Primary will become confident, resilient and responsible individuals. They will leave with the skills and knowledge to make informed decisions about their wellbeing, relationships and their role in society.

