

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



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



to others

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



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



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

<u>Year Six</u>

My choices and how they can impact others

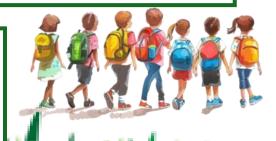
Empathy with others

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.

