



PSHE at the Federation of Kirkby Malzeard & St Nicholas CE Primary Schools



Why is PHSE so important?

PSHE education gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.

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.

These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

Follow the link below to see 'During the next 15 years I am going to...'

<https://www.pshe-association.org.uk/system/files/During%20the%20next%2015%20years%20I%20am%20going%20to.pdf.pdf>



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Pupil Voice

- School Council
- School Ambassador
- Reading Ambassadors
- Sports Leaders

Parental Engagement

Newsletters and the school website keep parents up to date with upcoming events as well as Instagram.

Parents have been into school to discuss their careers.

School Trips & Visitors

All children experience a fantastic variety of trips and visitors throughout their time at school, providing engaging hooks and outcomes as well as a real purpose for learning.

NC Provision

- Revised Relationships/Health Education Policy for 2020
- PSHE Leads working together to develop PHSE across the federation
- PSHE Association guidance

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High quality learning experiences

All aspects of the statutory National Curriculum are taught alongside many enrichment opportunities planned explicitly to support the needs of our children.

Focus Days and Themes

Some of our awareness days/week themes include...

Anti-bullying Week, Jeans for Genes, Children in Need, support for Food Banks, Mental Health Awareness Day, My Money Week, Fair Trade, Walk to School Week, NSPCC Speak Out & Stay Safe, Junior Amnesty International...the list continues to grow!

Zones of Regulation

Provides opportunities for pupils to understand and communicate their feelings at school, home and in any situation

Pastoral Support

- Designated PHSE leads at both schools
- All staff Compass Buzz trained
- Designated pastoral support worker based at Kirkby Malzeard providing check-ins, meet & greets, working alongside the child....

Recognition System

Take a look at our Behaviour Blueprint...

- Restorative Practice
- Dale Dojo points

Staff Wellbeing

- Check-in opportunities
- Well-being buddies across the federation?



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Our curriculum map is based upon the PSHE Programme of Study, produced by the PSHE Association, which uses a thematic model.

There are three core themes within the programme of study, within which there will be broad overlap and flexibility:

1. Health and wellbeing
2. Relationships
3. Living in the Wider World

Our Christian Values of kindness, love, patience and peace are threaded through our PHSE curriculum during every lesson.

Our Zones of Regulation approach is used in partnership with PHSE teaching to support our pupils to understand and communicate their feelings confidently.

The curriculum map below shows an outline of the programme coverage, which is due to be developed into a rolling programme for different key stages across the federation.



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	Autumn: Relationships			Spring: Living in the wider world			Summer: Health & Wellbeing		
	God Communicators		Being Creative	Life-long Readers		Be Curious	Understand and embrace the wider world		Be spiritually, mentally and physically healthy
	Families and friendships	Safe relationships	Respecting ourselves & others	Belonging to a community	Media literacy & digital resilience	Money & work	Physical Health & mental Wellbeing	Growing & changing	Keeping safe
	Harvest Remembrance Day	NSPCC Speak Out & Stay Safe Programme Children in Need	World Kindness Day (13 th Nov) International Day of Tolerance (16 th Nov) Human Rights Day (10 th Dec) Anti-Bullying Week?	Walk to School Week? Martin Luther King Day (18 th Jan) Mental Health Awareness Week (1 st -7 th Feb) Chinese New Year (12 th Feb) World Water Day (22 nd mar) Holi Festival (28 th /29 th)	Internet Safety Day	'My Money' Week British Science Week – scientists/engineers invited in to school (5 th -14 th Mar) International Women's Day (8 th Mar) Fair trade Week?	Earth Day (22 nd April)	Mandela Day (12 th July)	Road Safety Crucial Crew
Year 1	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	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
Year 2	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	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
Year 3	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	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	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	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
Year 5	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	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
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media