



BECKSTONE  
PRIMARY



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Debbie sharing  
“The Day War  
Came” with Y5  
children as part of  
our PSHE through  
literacy approach.

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## PSHE – Intent

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

### **Aims of the Personal, Social, Health Education & Sex and Relationships Education**

The national curriculum for PSHE aims to ensure that schools teach a broad and balanced curriculum that:

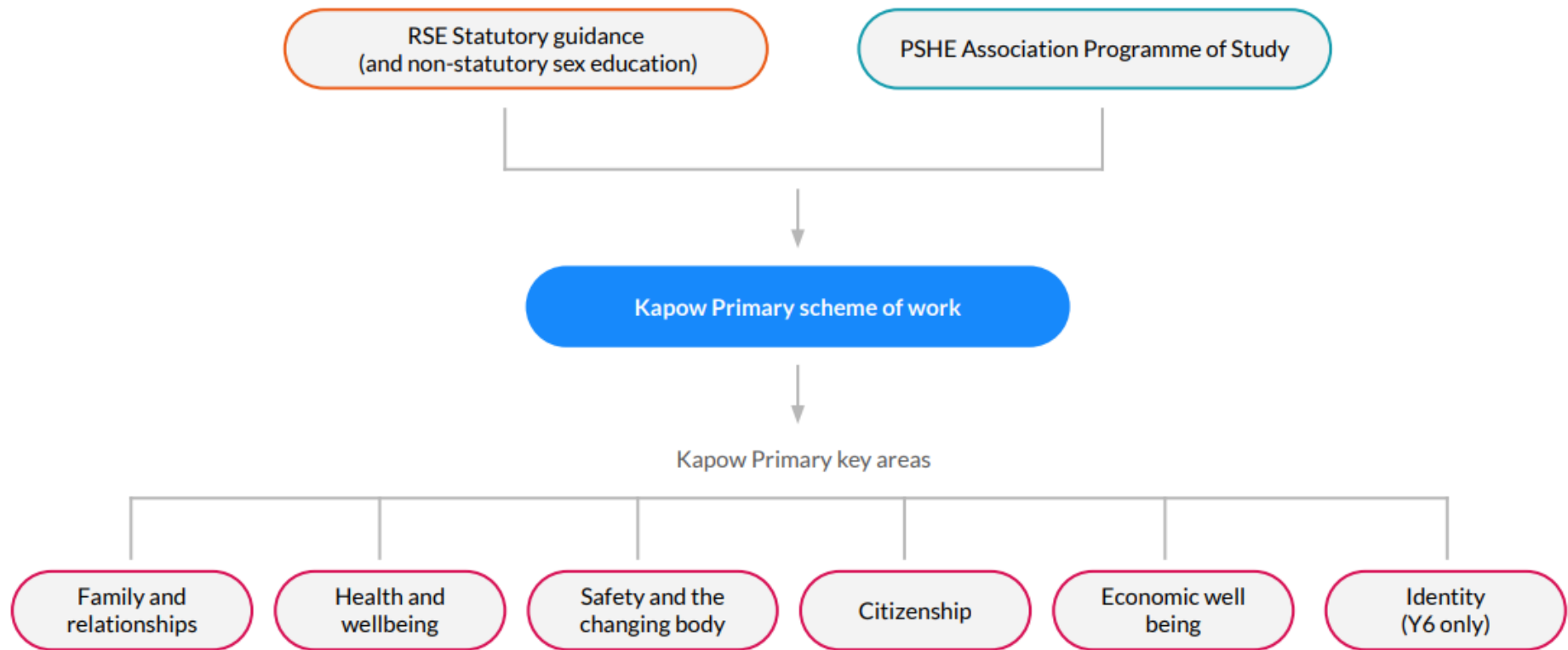
- promotes the spiritual, moral, social, cultural, mental and physical development of pupils at the school;
- prepares pupils at the school of the opportunities, responsibilities and experiences of later life;
- promotes British values

We follow Kapow Primary RSE/PSHE scheme of work which covers Relationships and Health Education statutory guidance (as set out by the Department for Education), including the non-statutory sex education. It also covers wider PSHE learning in line with the requirement of the National Curriculum. The scheme aims to give children the knowledge, skills and attitudes they need to effectively navigate the complexities of life in the 21<sup>st</sup> century. The curriculum covers key areas which will support children to make informed choices around their health, safety, wellbeing, relationships and financial matters and will support them in becoming confident and healthy individuals and active members of society. Children's learning through this scheme will significantly contribute to their personal development and promotes the four fundamental British values.

# Content Overview



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We have categorised our lessons into the five key areas below, which we return to in each year group, making pupil's prior and future learning clear and shows how what you are teaching fits into their wider learning journey. Year 6 also have a further key area: Identity.

## Family and relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.

## Health and wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

## Safety and the changing body

Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty.

## Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

## Economic wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Year 6 only:

## Identity

Considering what makes us who we are whilst learning about body



# Content Overview

## A spiral

Kapow Primary's RSE and PSHE scheme of work has been designed as a spiral curriculum with the following key principles in mind:

- ✓ **Cyclical:** Pupils revisit the five key areas throughout KS1 and KS2.
- ✓ **Increasing depth:** Each time a key area is revisited, it is covered with greater depth and increasing maturity.
- ✓ **Prior knowledge:** Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.



## What about sex

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science:

- **Year 1:** Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- **Year 2:** Notice that animals, including humans, have offspring which grow into adults
- **Year 5:** Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age  
[They should learn about the changes experienced in puberty.]

### The RSE statutory guidance states that:

*Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science.*



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# Content Overview EYFS

In Early Years, children follow Kapow in Nursery and Wellbeing Wednesday in Reception.



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## Wellbeing Wednesday

*Teachers talk about the steps pupils can take to protect and support their own and others' health and wellbeing. A firm foundation in the benefits and characteristics of good health and wellbeing will enable teachers to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.*

*Guidance – Physical Health and Mental Wellbeing, July 2020.*

Waves of Wellbeing and Wellbeing Wednesday are themed around creatures from the sea and birds of the world. Rather than being story based, this scheme uses information about different creatures to relate to different wellbeing themes. Wellbeing Wednesday resources are also used to show that all birds have their own characteristics, which enable them to stand out, and that some of these qualities can teach us about our own mental wellbeing and how to maintain a healthy mind.

## Early Learning Goals

Self -Regulation	Managing Self	Building Relationships
<ul style="list-style-type: none"><li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li><li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li><li>• Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li></ul>	<ul style="list-style-type: none"><li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li><li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li><li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li></ul>	<ul style="list-style-type: none"><li>• Work and play cooperatively and take turns with others.</li><li>• Form positive attachments to adults and friendships with peers.</li><li>• Show sensitivity to their own and to others' needs.</li></ul>





# Content Overview EYFS

## Waves of Wellbeing and Wellbeing Wednesday



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Sea Creature	Themes	Overview
Hermit Crab	Coping with changes	Learn about how change can be scary but also exciting and how we can cope with those changes.
Salmon	Finding your inner drive	Learn about the importance of showing determination when we face challenges.
Sea Otter	Dealing with loneliness	Learn about how isolation and loneliness can make us, and others feel.
Zebra Seahorse	Keeping calm	Learn about what we can do during difficulties to stay calm and to remember the storm will pass.
Mimic Octopus	Being adaptable	Learn about the importance of attitude and problem solving, so that we can always find a way.
Pufferfish	Thinking before you react	Learn about how to spot our triggers to stop ourselves reacting and what we can do when we explode.
Dolphin	Tackling bullying	Learn about how bullying can affect us and those around us and to not be a bystander.
Lobster (EY/KS1) Jellyfish (KS2)	Growing up	Learn about the physical changes we experience as we grow up and understand how they affect us.
Humpback Whale	Understanding grief	Learn about grief, why we experience grief and understand how it affects us all differently.
Tube Anemone	Stepping out of your comfort zone	Learn about how a comfort zone is not always a good thing and it's important to step outside of that zone.
Sea Turtle (EY/KS1) Shark (KS2)	Working as a team	Learn about the importance of teamwork and the positive harmony that it brings when we work together to achieve something.
Coral	Learning and growing	Learn about how building our skills can make us feel and the importance of self-improvement for wellbeing.

Bird	Overview	EY and KSI Quote
Rooster	Learn about the importance of routine to support a healthy mind and body.	Take care of yourself every single day.
Swan	Learn about outward appearances and how to show empathy and compassion.	Think how others feel.
Dove	Learn how to find inner peace through mindful practices.	Take a deep breath.
Owl	Learn about the power of self-knowledge and self-regulation.	Make good choices.
Peacock	Learn to love yourself and be proud of who you are.	Remember, you are unique.
Magpies	Learn about Friendship and healthy relationships.	Be a good Friend. Make others feel good.
Flamingo	Learn about letting go of negativity and showing forgiveness.	Forgive and let go.
Eagle	Learn about positive thinking and seeing the bigger picture.	Think of a positive outcome.
Woodpecker	Learn about perseverance and overcoming challenges.	Believe and you will achieve.
Penguin	Learn about how community creates security.	Work together and we can do so much more.
Puffin	Learn about how taking risks makes you feel good.	Don't be afraid to try something new.
Robin	Learn how we can be good family members and team players by being reliable.	Be a team player.





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## PSHE- Intent Real Love Rocks

In addition to the Kapow scheme, we also use the Barbados resource – Real Love Rocks with Y6 children in summer term. Real Love Rocks is trauma informed and the resource includes activities on developing kindness, understanding and empathy for both themselves and others.

The sessions emphasise the importance of emotional regulation and the importance of creating a support network of safe and trusted people.

The topics include managing feelings, brains and bodies, relationships, grooming, exploitation, abuse and online safety. Children are involved in talking through different scenarios such as not being invited to play with friends, being dared to do challenges that are not okay and discussing how these things make them feel.

An online safety section encourages children to explore what they want to watch online and how this makes them feel.

It also includes activities around misinformation, scams and inappropriate content to help children develop their critical thinking so they can navigate our ever changing modern world.





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## PSHE- Intent Kidsafe

We are a Kidsafe credited provider and Kidsafe content is delivered across school by our Education Support Manager. Kidsafe is a registered charity that delivers specialised child protection/safeguarding programmes to children and young people.

The mission is to protect, educate and empower children without shattering their innocence. With the help of our puppet, KS, the Kidsafe programmes are uniquely designed to help children take an active role in deciding how they themselves can recognise and protect themselves from all forms of abuse.

The programme is delivered in a rolling programme from EYFS to Y6.

