

# PSHE

## PSHE and RSHE at Blackwell Primary School

### Miss Hatter is our PSHE Co-ordinator

At Blackwell Primary School we use the **Derbyshire PSHE Matters** scheme to deliver high quality PSHE and RSHE lessons to our pupils. We believe that it is important to provide a broad and balanced curriculum which prepares children for their futures, and part of that experience involves promoting personal wellbeing and development through a comprehensive taught programme of PSHE. We want all children at our school to gain the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives.

We also believe that effective Relationships, Sex and Health Education (RSHE) is essential for young people to make responsible and well informed decisions about their lives. The RSHE programme is integrated as part of the PSHE curriculum. This scheme has been updated and is in line with the new DFE requirements for teaching PSHE and RSE which came into effect in April 2021.



### A Spiral Curriculum

PSHE Matters is a spiral curriculum and your child will revisit key themes several times throughout their learning journey with us. This means that it introduces new and more challenging learning, while building on what has gone before. This ensures that children are given the opportunity to revisit and review previous learning, whilst systematically building upon these existing skills to move their learning forward, thus preparing them for the next stage in their learning and development.

### Key Themes of PSHE

PSHE Matters has three key themes running through its teaching.

1. Health and Well-Being
2. Relationships
3. Living in the Wider World

### PSHE Matters Topics

PSHE Matters is split in to twelve key topics. Throughout these twelve topics the three key themes are interweaved.

The 12 modules are:

1. Drug Education - including how to manage risk and peer influences
2. Exploring Emotions - including how to recognise and manage feelings and emotions
3. Being Healthy - including the importance of looking after our mental health

4. Growing up - including the Sex Education element
5. Changes - including loss
6. Bullying Matters - including how to ask for help
7. Being Me - including identity and community
8. Difference and Diversity - including challenging stereotypes
9. Being Responsible - including looking after the environment
10. Being Safe - particularly featuring cyber, gaming and CSE
11. Relationships - including what is a healthy relationship
12. Money Matters - including enterprise

## Teaching, Learning & Curriculum Coverage

PSHE is taught in class groups in regular weekly sessions throughout the year.



### **Blackwell Primary School PSHE Matters Curriculum**

| <b>Cycle A</b>               | Autumn 1                        | Autumn 2                | Spring 3                    | Spring 4                        | Summer 5                                 | Summer 6             |
|------------------------------|---------------------------------|-------------------------|-----------------------------|---------------------------------|------------------------------------------|----------------------|
| <b>2024/2025</b>             |                                 |                         |                             |                                 |                                          |                      |
| Y1/2                         | Being Me                        | Money Matters           | Being Safe                  | Drugs Education                 | Changes (including SRE for Upper KS2)    | Being Responsible    |
| Y3/4                         |                                 |                         |                             |                                 |                                          |                      |
| Y5/6                         |                                 |                         |                             |                                 |                                          |                      |
| Online Safety Project evolve | Privacy and Security            |                         | Managing online information | Health, Wellbeing and Lifestyle |                                          | Online Reputation    |
| <b>Cycle B</b>               | Autumn 1                        | Autumn 2                | Spring 3                    | Spring 4                        | Summer 5                                 | Summer 6             |
| <b>2023/2024</b>             |                                 |                         |                             |                                 |                                          |                      |
| Y1/2                         | Being Healthy                   |                         |                             |                                 |                                          |                      |
| Y3/4                         |                                 | Difference & Diversity  | Exploring Emotions          | Bullying Matters                | Growing Up (including SRE for Upper KS2) | Relationships        |
| Y5/6                         |                                 |                         |                             |                                 |                                          |                      |
| Online Safety Project evolve | Health, Wellbeing and Lifestyle | Self-image and identity | Copyright and ownership     | Online bullying                 |                                          | Online Relationships |

## **Early Years Foundation Stage**

Children in Reception (FS2) will follow the PSHE identified within the Early Years Foundation Stage Statutory Framework. They will also participate in specific dedicated PSHE lessons in line with the PSHE Matters Framework as part of our whole-school progression. PSHE is about making connections and is strongly linked to play. PSHE is taught through activities that are part of topics, as well as on an individual basis to develop personal skills such as dressing, feeding and toileting. Positive experiences are built through daily opportunities to share and enjoy a range of different activities. The children are given the opportunity to engage in social activities, as members of a small group or occasionally during whole school activities.

## PSHE Matters Booklist

### LIST OF BOOKS INCLUDED IN PSHE MATTERS

#### Key Stage 1

##### Drug Education

*'Goldilocks and the Three Bears'*

*'Miss Polly had a Dolly'*

*'Jack and Jill'*

##### Exploring Emotions

*'Martha Doesn't Say Sorry!'* by Samantha Berger

*'So Much'* by Trish Cooke

*'My Many Coloured Days'* by Dr Seuss

##### Being Healthy

*'The Princess Who Could Not Sleep'* by An Leysen

##### Being Safe

*'Chicken Clicking'* by Jeanne Willis and Tony Ross

*'Didduck's Big Decision'* by Chidnet

*'Little Red Riding Hood'*

*'Smartie the Penguin'* by Chidnet

##### Growing Up

*'Mister Seahorse'* by Eric Carle

*'Once There Were Giants'* by Martin Waddell

*'Boys and Girls'* by Lynwen Jones

*'Ask First Monkey'* by Juliet Clare Bell

##### Changes

*'The Very Hungry Caterpillar'* by Eric Carle

*'Nutm and Dad Glue'* by Kes Gray

*'Boris Starts School'* by Carrie Weston

##### Bullying Matters

*'Cinderella'*

*'The Three Little Pigs'*

##### Being Me

*'The Name Jar'* by Yangsook Choi

##### Difference and Diversity

*'Family Book'* by Todd Parr

*'And Tango Makes Three'* by Simon Schuster

*'My Hair'* by Hannah Lee

*'Some Some But Different'* by Jenny Sue Kostecki-Shaw

*'It's Okay to Be Different'* by Todd Parr

*'Perfectly Norman'* by Tom Percival

##### Being Responsible

*'Captain Green and the Plastic Scene'* by Evelyn Bookless

##### Relationships

*'Have You Filled a Bucket Today?'* by Carol McCloud

*'The Rainbow Fish'* by Marcus Pfister

*'Not Now Bernard'* by David McKee

##### Money Matters

*'Jack and the Beanstalk'*

#### Lower Key Stage 2

##### Drug Education

*'George's Marvellous Medicine'* by Roald Dahl

##### Growing Up

*'Your Mummy Ate My Football'* by Lynwen Jones

*'Bits and Bobs and Sweat and Spots'* by Lana Gaskin

*'True Love'* by Babette Cole

##### Changes

*'The Invisible String'* by Patricia Karst

*'Beginnings and Endings with Lifetimes in Between'* by Bryan Mellonie

##### Being Healthy

*'The Huge Bag of Worries'* by Virginia Clarke

##### Bullying Matters

*'Marshall Armstrong is New to Our School'* by

David Mackintosh

##### Difference and Diversity

*'King and King'* by Linda De Haan and Stern Nijland

*'The Princess and the Treasure'* by Jeffrey A. Miles

*'Elmer'* by David McKee

*'The Boy at the Back of the Class'* by Onjali Q. Rauf

##### Being Safe

*'Not Now Bernard'* by David McKee

##### Upper Key Stage 2

##### Exploring Emotions

*'What If?'* by Shel Silverstein

##### Growing Up

*'Frog in Love'* by Max Velthuis

*'Mummy Laid an Egg'* by Babette Cole

##### Bullying Matters

*'Feather Boy'* by Nicky Singer

*'Bad Girls'* by Jacqueline Wilson

*'All the Things That Could Go Wrong'* by Stewart Foster

##### Difference and Diversity

*'Wonder'* by R.J. Palacio

*'The Forgotten Coat'* by Frank Cottrell Boyce

##### Being Responsible

*'The British Poem'* by Benjamin Zephaniah

##### Money Matters

*'Charlie and the Chocolate Factory'* by Roald Dahl