



PSHE LTP



Intent

We believe that it is vital children learn to be confident, resilient and independent and know how to keep physically and mentally healthy. Our PRIDE values of practice, responsibility, integrity, determination and empowerment underpin everything we do. Therefore, we have designed our curriculum so that our pupils will develop a framework to understand their current experiences and prepare for their future and embody these core values and ethos. Our PSHE curriculum is a golden thread woven into all areas of school life, as well as being taught explicitly. It is designed to ensure our children are prepared to be responsible, socially active members of society in modern Britain, in their local community and in their relationships. They will develop their own understanding of the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs and how these influence their daily lives and decision making.



Implementation

Our PSHE curriculum has been carefully considered and developed with support from our WAMHS and MHST (mental health) workers, to give all our pupils the cultural capital and life skills to prepare them for future success and the next stage of their life. It supports the personal developmental needs of our pupils. The sequencing enables all to follow a program of progressive skills in PSHE. These take place in discrete PSHE lessons, are woven into other curriculum areas, inform our assembly programme, extra-curricular activities, pupil roles and responsibilities and approach to behaviour and attitudes. Lessons introduce pupils to new skills and tasks provide teachers with assessment opportunities which allows immediate feedback to be given to pupils. Lessons are recorded virtually, using QR codes to see lessons 'live' in action.



Progression

There is clear progression from Nursery to Year 6 mapped out for each core theme, that builds on the skills that pupils acquire each year to develop effective relationships, lead mentally and physically healthy lives, assume greater personal responsibility and manage personal safety, including online. These themes also support our academy PRIDE values and prepare pupils for life in modern Britain by equipping them to be responsible, respectful, active citizens who contribute positively to society; developing their understanding of fundamental British values; developing their understanding and appreciation of diversity; celebrating what we have in common and promoting respect for the different protected characteristics as defined in law. Academy 'roles' also have greater responsibility the further up school the pupils get, getting them ready for the next phase of their education.



Impact

PSHE is woven into all parts of the school day, developing children's character over their school career. Pupils show that they are confident, resilient and independent with excellent inter-personal skills, and are inspired to continue this at home and in their local community. The impact of our PSHE curriculum is reflected in learners' behaviour and conduct. The PSHE curriculum gives them the skills to be committed learners, who know how to study effectively and are motivated to use these skills independently; they are resilient to setbacks and take pride in their achievements. Because of this pupils are eager to come to school and manage their time effectively. Our core values of integrity and responsibility are reflected in pupil's relationships with all adults and their peers. Our PSHE curriculum creates a climate where bullying, child-on-child abuse or discrimination are not tolerated by any member of our school community.



Enrichment

There are many opportunities for pupils to be involved in the wider life of their school and local community. Pupils can apply for roles such as pupil councillors, wellbeing champions, prefects, Eco councillors or subject champions. The academy runs an extensive enrichment programme with both yearly and termly clubs that children can select. We take every opportunity to be involved in our local community working with local stakeholders such as the Peabody Estate and the Wickers Charity. Pupils will experience a programme of carefully planned educational visits over their school career which is mapped on our detailed Parkside Pledge, embedding rich experiences for all pupils.



PSHE LTP Year Group Map



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Respecting ourselves and others Parkside PRIDE & Managing Emotions Rule of Law & Democracy	Families & Friendships: Being a Team & Anti-Bullying Respect & Tolerance	Being you within a community Individual Liberty & Tolerance	Managing Money Individual Liberty	Healthy Choices The rule of law & Respect	Growing and Changing (RSHE) Individual Liberty & Respect
EYFS	<ul style="list-style-type: none"> Our Pride Values Our rules Taking turns 	<ul style="list-style-type: none"> Build constructive and respectful relationships Show sensitivity to their own and to others' needs. 	<ul style="list-style-type: none"> Work and play cooperatively and take turns with others Show sensitivity to their own and to others' needs. 	<ul style="list-style-type: none"> What is a job? 	<ul style="list-style-type: none"> Keeping ourselves clean Controlling our bodies 	<ul style="list-style-type: none"> Form positive attachments to adults and friendships with peers Express needs confidently
Year 1	<ul style="list-style-type: none"> Our Pride Values What rules are & how they make us feel A right to safety 	<ul style="list-style-type: none"> Roles of different people Families Feeling cared for Kind and unkind actions 	<ul style="list-style-type: none"> How behaviour affects others Being polite and respectful 	<ul style="list-style-type: none"> Strengths and interests Jobs in the community 	<ul style="list-style-type: none"> Healthy Eating Hygiene Routines Sun Safety 	<ul style="list-style-type: none"> Recognising what makes them unique and special Feelings and managing when things go wrong Naming body parts
Year 2	<ul style="list-style-type: none"> Our Pride Values Responsibilities and rules Belonging to a group 	<ul style="list-style-type: none"> Making friends Feeling lonely and getting help Managing conflict 	<ul style="list-style-type: none"> Recognising things in common and differences Playing and working cooperatively Sharing opinions 	<ul style="list-style-type: none"> How do we use money? What are needs and wants? How can we look after money? 	<ul style="list-style-type: none"> Why is sleep important? Keeping our teeth healthy Managing feelings and asking for health 	<ul style="list-style-type: none"> Growing older Naming body parts Moving class or year
Year 3	<ul style="list-style-type: none"> Our Pride Values How actions impact others in our community Rights, freedoms and responsibilities 	<ul style="list-style-type: none"> What makes a family features of family life Roles and responsibilities in family life Bullying & Bystanding 	<ul style="list-style-type: none"> Recognising respectful behaviour The importance of self-respect Courtesy and being polite 	<ul style="list-style-type: none"> How do different jobs use different skills? Job stereotypes Setting personal goals 	<ul style="list-style-type: none"> Health choice and habits What is mental health? Benefits of exercise 	<ul style="list-style-type: none"> Personal strengths and achievements Managing and reframing setbacks Physical and emotional changes in puberty
Year 4	<ul style="list-style-type: none"> Our Pride Values What makes a community Shared responsibilities What motivates us 	<ul style="list-style-type: none"> Forming positive friendships Getting on and falling out Friendships online Cyber bullying 	<ul style="list-style-type: none"> Respecting differences and similarities Discussing difference sensitively Respecting other's viewpoints. 	<ul style="list-style-type: none"> Making decisions about money Using and keeping money safe 	<ul style="list-style-type: none"> Maintaining a balanced lifestyle Oral hygiene and dental care Healthy sleep habits 	<ul style="list-style-type: none"> Physical and emotional changes in puberty external genitalia personal hygiene routines support with puberty
Year 5	<ul style="list-style-type: none"> Our Pride Values Compassion towards others Rights as British citizens Proportionate rewards and consequences 	<ul style="list-style-type: none"> Maintaining positive friendships Conflict resolution Understanding peer influence Use of social media 	<ul style="list-style-type: none"> Responding respectfully to a wide range of people recognising prejudice and discrimination Expressing opinions respectfully 	<ul style="list-style-type: none"> Identifying jobs and interests Aspirations and what influences career choices 	<ul style="list-style-type: none"> Medicines & vaccinations Loss & bereavement Ways to take care of mental health 	<ul style="list-style-type: none"> Physical and emotional changes in puberty external genitalia personal hygiene routines support with puberty
Year 6	<ul style="list-style-type: none"> Our Pride Values Speaking up respectfully Valuing diversity Challenging discrimination and stereotypes 	<ul style="list-style-type: none"> Attraction to others Romantic relationships Civil partnership and marriage Imbalances of power 	<ul style="list-style-type: none"> Expressing opinions and respecting other points of view Discussing topical issues 	<ul style="list-style-type: none"> Influences and attitudes to money. Money and financial risks 	<ul style="list-style-type: none"> Risks in the community Looking after our bodies & the effect of drugs Managing time online 	<ul style="list-style-type: none"> Human reproduction and birth increasing independence managing transition