



PSHE Round Up Spring 1

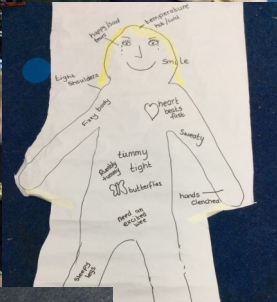


Summary of what PSHE learning has looked like throughout the school this half term. At Downs Infant School, PSHE education impacts every aspect of our children's learning and development and is a vital part of their preparation for life. To reflect this, it has been given a higher status of 'core subject'. It has been fantastic to see many opportunities being provided for children to have significant amounts of time for continuous provision across the year groups as well as specific teaching opportunities. This helps the children to apply and develop their skills in real and meaningful situations. The focus this term has been #mhw and #genderstereotyping. Extra support for children with SEND, the Hive provides continuous health and wellbeing learning through feelings board on arrival in activities. Great to see strong focus on the specific mhw lessons and encouraging children to explore what mental health and wellbeing mean. How to grow well being and how to get help. Clear progression across the year groups.

Reception: focusing on identifying feelings, big feeling, what happens to your body when you feel feelings, reminders of feeling zones and colours for visual understanding, and learning how to say if you need help, continued opportunities in CP through discussion and role play. Time to be active, time to be calm, when feeling lonely. Will continue with learning next term as part of SMILE . The resources have been designed to help improve children's physical and mental wellbeing, protect mental health and increase emotional resilience 5 ways to well being – connect, be active, take notice, keep learning



Year 1: Progressing on from reception. Focus on what makes you feel good, how to be kind and 5 ways to well being. Lots of different activities designed to encourage children's use of discussion and thought about emotions and their mental health from circle times, to big paper writing and drawing, role play in CP, LPs, videos, stories. Super explanation about what P.S.H.E means at beginning of class and how we focus on our physical health but we also need to focus on our mental health too to keep our brains happy, focused and well.



Year 2: Listening to your body, thinking about why we need sleep, 5 ways to well being: 5 ways to well being – connect, be active, take notice, keep learning and give. what worrying is and how we can cope with a worry. All lessons allow for children to discuss and think about their health and is a step on from the previous year. Children were focused in lessons and they really understood what they were learning. (pupil voice).



Whole School: Quality of teaching and learning about mhw fantastic across all year groups. Particular strengths: Good explanation of ground rules for keeping everyone safe in the lesson particularly about sharing of personal information both by staff and children. If these sessions bring up issues for pupils, then they should be encouraged to speak with someone who could support. Consistency of resources and displays (feeling zones).

Extra support for children with SEND. Superb support in Hive with daily activities and routines around mhw and following PSHE plans.