



# PSHE Curriculum

*"Learning Together, Achieving Together"*



# National Curriculum in England for PSHE



Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum. PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription. However, while we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

## Our Intent

At Mereside Primary Academy the PSHE Curriculum enables our pupils to **learn together and achieve together** by equipping them with the necessary skills, knowledge and understanding of personal, social, health and economic education. We aim to provide our children with the necessary possibilities, knowledge and understanding, tools and skills to succeed living in their wider community. By explicit teaching in a nurturing learning environment our children take initiative and know how to stay safe, be healthy and make informed decisions whilst building strong and positive relationships. At Mereside Primary Academy we provide a specifically tailored curriculum that is both broad and balanced, and meets the unique context of our school. This is further enhanced through weekly school assemblies, theme weeks and explicit elements of the reading, science, PE, maths and computing curriculum. An important element of the PSHE curriculum is Relationship and Sex Education (RSE) which follow the 2020 statutory guidance by the Department for Education. Positive mental health and wellbeing is at the core of what we require to be successful in all areas of our life. We encourage the development and practice of resilience, self confidence and self worth. Our children learn about consent and understanding boundaries in all contexts including online. They are supported in making sensible, safe and healthy choices and to recognise harm and report concerns. Our PSHE Curriculum contributes towards our pupils developing the skills and knowledge needed to help them thrive in their next

# Long-term Overview for PSHE



Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
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NURSERY

RECEPTION

YEAR 1

YEAR 2

YEAR 3

YEAR 4

YEAR 5

YEAR 6

<b>Personal, Social and Emotional Development:</b> Self Regulation, Managing Self & Building Relationships					
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Me and My School	Relationships	Self Esteem & Resilience	Safeguarding	Health & Hygiene	Friendships
Our Community	Staying Safe	Careers & Aspirations	Basic First Aid	Self Esteem & Resilience	All Kinds of Families
Me & My School	Safety	Self Esteem & Resilience	Safeguarding	Personal Hygiene & Growing	Friendships
Our Community	Fit 2 Go	Careers & Aspirations	Basic First Aid	Personal Hygiene & Growing	Friendships
Relationships	Friendships & Bullying	Self Esteem & Resilience	Safeguarding	Drugs, Alcohol & Tobacco	Sports for Champions
Staying Safe	Unstoppables	Careers & Aspirations	Resilience	Changing Adolescent Body	Embracing Change: Transition to Secondary