



PSHE at Unity Academy Blackpool



PSHE brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. Children benefit by being aware of their thoughts and feelings as they happen, in the present moment, on purpose with no judgement.

We promote the teaching, learning and practising of mindfulness. We believe mindfulness is a vital tool for life, not only does it support the regulation of emotion and build emotional resilience but also enhances focus and concentration; both helping to optimise learning. Mindful children can more readily choose their responses to situations rather than react while caught up in the thought-flows and emotions



BIG IDEAS

At the heart of our PSHE education is a desire to empower children to learn effectively now and to improve life chances later. We help children to develop personal awareness so that they can observe their own thoughts and feelings, regulate them and begin to make conscious decisions about their learning, their behaviour and their lives. We aim to support children in developing emotional resilience and a sense of well-being, learning about friendship, relationships, family values, change, healthy food, the value of exercise, how to celebrate differences and how to create and achieve dreams and goals.

We use the Jigsaw PSHE scheme which is designed as a whole school approach, with all year groups working on the same theme at the same time. Learning is developmental and progressive. Jigsaw offers creative learning activities which include specially composed songs, themes for assemblies, weekly celebrations, circle times and games.

CONTENT AND SEQUENCING



Reception - Self-identity, Understanding feelings, Being in a classroom, Being gentle, Falling out, Respecting my body, Dealing with bullying, perseverance, Seeking help

Year 1 - Feeling special and safe, making friends, celebrating differences, tackling challenges, setting goals, belonging to my family, physical contact preferences and life cycles.

Year 2 - Rights and responsibilities, Assumptions and stereotypes about gender, understanding bullying, gender diversity, Celebrating difference and remaining friends, Achieving realistic goals, Healthy eating and nutrition, Physical contact boundaries, Friendship and conflict, Secrets, Life cycles in nature, Growing from young to old, Differences in female and male bodies (correct terminology)

Year 3 - Self identity and worth, rules, rights and responsibilities, seeing things from others' perspectives, family conflict and how to manage it (child-centred), managing feelings, simple budgeting, Keeping safe and why it's important online and offline scenarios, How babies grow, Understanding a baby's needs, Outside body changes, Inside body changes, Family stereotypes.

Year 4 - Being a school citizen, Rights, responsibilities and, democracy (school council), What motivates behaviour, Problem-solving, Identifying how special and unique everyone is, First impressions, Hopes and dreams, Overcoming disappointment, Creating new, realistic dreams, Smoking, Alcohol, Assertiveness, Peer pressure, Celebrating inner strength, Jealousy, Love and loss

Memories of loved ones, Getting on and Falling Out, Girlfriends and boyfriends, Being unique, Having a baby, Girls and puberty

Year 5 - How behaviour affects groups, Cultural differences and how they can cause conflict, The importance of money, Body image, Relationships with food, Dangers of online grooming, Influence of online and media on body image

Year 6 - Anti-social behaviour, Role-modelling, Perceptions of normality, Exploitation, including 'county lines' and gang culture, Mental health, Identifying mental health worries and sources of support, Love and loss, Physical attraction, Respect and consent, Boyfriends/girlfriends, Sexting

RETRIEVAL PRACTICE



PSHE knowledge

Cross year groups— Eg. All year groups from Year 1-Year 11 study the same units such as 'celebrating differences' and 'healthy me'.

Responses to key questions through whole class feedback and in books through RRRs.

Low stakes quizzing for long-term memory

Assemblies and whole school activities

Online safety days

PROGRESS

Units of work have been carefully sequenced to build on prior knowledge and concepts from previous units and year groups, leading to an increased knowledge of mindfulness.

PSHE is incorporated into enrichment curriculum to give our children the experiences for world knowledge.



SUPPORT



Everyone has access to the PSHE

Curriculum

PSHE is differentiated to support the needs of children with SEN and EAL

Children with EHCPs have adult support

LINKS WITH VOCABULARY AND READING

Lessons are led by the individual needs of the children, using Jigsaw to support with the teaching. Children have access to relevant vocabulary and artefacts within school, to create an engaging and memorable environment when teaching the vocabulary relevant to each unit.