

Teaching PSHE at CtS

Due to the COVID restrictions we are unable to hold a parent information session to consult on how we teach PSHE, including Relationship and Sex Education, here at Christ the Sower. We think it's important that we do share with you our Relationship and Sex Education Policy, PSHE Curriculum and this PowerPoint so that you understand how we teach PSHE.

What is PSHE?

Personal, Social and Health Education

PSHE is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare them for life and work in modern Britain.

Why are we here?

- The teaching of PSHE in Primary Schools became compulsory in September 2020
- The teaching of PSHE is very important to us here at CtS
- As part of our commitment to developing our Cultural Curriculum PSHE was part of our School Development Plan for 2019-2020
- But then COVID-19 struck!
- As a result of COVID-19 we were unable to proceed with our consultation and implementation of our PSHE Policy

How can PSHE education benefit our children?

- PSHE education helps pupils to develop the knowledge, skills and attributes they need to manage many of the critical opportunities, challenges and responsibilities they will face as they grow up and in adulthood
- By teaching pupils to stay safe and healthy, and by building self-esteem, resilience and empathy, an effective PSHE programme can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged children.
- There is evidence to show that PSHE can address teenage pregnancy, substance misuse, unhealthy eating, lack of physical activity and emotional well being.
- The skills and attributes developed through PSHE are also shown to increase academic attainment and attendance.

During the next 15 years they probably will.....

- Cross the road without someone to look over them
- Experience their first dare
- Go online for the first time by themselves
- Send their first text and use social media for the first time
- Witness or experience their first incident of bullying, bigotry or violence
- Make their first independent decision to spend their own money
- Make their first independent decision about their diet and exercise

During the next 15 years they probably will.....

- Experience puberty
- Be offered their first alcohol or cigarette
- Make their first decision about drug use
- Consider or perhaps question their sexual orientation
- Go on their first date
- Have their first kiss
- Experience their first bereavement
- Make their first decision about carrying a weapon
- Open their first bank account
- Fall in love for the first time

During the next 15 years they probably will.....

- Have their first sexual experience
- Use their first contraceptive
- Have their first opportunity to join different groups or join a gang
- Take on their first financial debt
- Make a choice about their career path
- Attend their first interview
- Live their first day on their own
- And do all this within the context of rapid technological and social changes which we cannot accurately predict!

How do we plan our PSHE education provision to help children navigate these first moments?

Our Programme of Study covers key stages 1 and 2 and aims to develop essential skills and attributes based around three core learning themes:

- Relationships –Autumn Term
- Health and wellbeing –Spring Term
- Living in the wider world – Summer Term

Over the course of the 6 years the children's knowledge and skills are developed to prepare them for secondary school and their lives as young adults.

What Guidance do we follow?

- We use the PSHE Association to support our PSHE curriculum
- The PSHE Association is the recommended support and curriculum coverage recommended by the ODBST
- The ODBST pay for our membership and encourage all it's schools to follow the guidance and lesson support
- All our plans are drawn from the PSHE Association including our coverage of Relationship and Sex Education

How do we teach Relationship and Sex Education?

We will now follow the relationship strand taught in the Autumn term and the Growth and Change strand taught in the Summer term.

In Y1

Children will learn about:

Families and friendships - Roles of different people; families; feeling cared for

Safe relationships - Recognising privacy; staying safe; seeking permission

Respecting ourselves and others – How behaviours affects others; being polite and respectful

Growing and changing - Recognising what makes them unique and special; feelings; managing when things go wrong

Children will learn about:

Families and friendships - Making friends; feeling lonely and getting help

Safe relationships - Managing secrets; resisting pressure and getting help; recognising hurtful behaviour

Respecting ourselves and others - Recognising things in common and differences; playing and working cooperatively; sharing opinions

Growing and Changing – growing older, naming body parts, moving class or year

Children will learn about

Families and friendships - what makes a family, features of family life

Safe Relationships – personal boundaries, safely responding to others, the impact of hurtful behaviour

Respecting ourselves and others – recognising respectful behaviour, the importance of self respect, courtesy and being polite

Growing and Changing – personal strengths and achievements, managing and reframing setbacks

Children will learn about:

Families and friendships - Positive friendships, including online

Safe relationships - Responding to hurtful behaviour; managing confidentiality; recognising risks online

Respecting ourselves and others - Respecting differences and similarities; discussing difference sensitively

Growing and changing - Physical and emotional changes in puberty; external body parts; personal hygiene routines; support with puberty

Children will learn about:

Families and friendships - Managing friendships and peer influence

Safe relationships - Physical contact and feeling safe

Respecting ourselves and others - Responding respectfully to a wide range of people; recognising prejudice and discrimination

Growing and changing - Personal identity; recognising individuality and different qualities; mental wellbeing

Children will learn about:

Families and friendships - Attraction to others; romantic relationships; civil partnership and marriage

Safe relationships - Recognising and managing pressure; consent in different situations

Respecting ourselves and others - Expressing opinions and respecting other points of view, including discussing topical issues

Growth and Changing – Human reproduction and birth, increasing independence, managing transitions

Any Comments?

Please email any comments to school@ctsmk.org.uk
and identify SRE as the Subject.

Please note that we will not be responding to
individual comments. Thank you!