

**Durley CE (Controlled) Primary School**  
**Personal, Social and Health Education(PSHE)**  
**including Relationships and Sex Education (RSE)**



**INTENT**

At Durley CE Primary School, PSHE is at the core of what we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the “whole child” intellectually, morally, socially and spiritually.

Through our whole-school approach to PSHE, it is our belief that excellence in these areas will lead to excellence across the curriculum and beyond in later life. PSHE is taught across the school from Reception to Year 6 on a weekly basis and as a school, we follow the SCARF PSHE scheme. Our PSHE curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. With an ever changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. Weaving through the heart of our PSHE teaching, is a commitment to enhancing and promoting our core Christian Values: Love, Respect and Forgiveness.

**IMPLEMENTATION**

Our whole curriculum is shaped by our school vision, which aims to enable all children, regardless of background, ability or additional needs, to flourish and become the very best version of themselves they can possibly be.

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. We teach the PSHE curriculum to our children in smaller single year groups to enable discussion and progression.

SCARF PSHE directs our aim on developing the “whole child” through a spiral curriculum approach to developing knowledge, skills and understanding in the six areas of:

1. Me and My Relationships
2. Valuing Difference
3. Keeping Myself Safe

4. Rights and Responsibilities
5. Being My Best
6. Growing and Changing

#### **IMPACT**

What will this look like? By the time children leave our school they will have:

- A ready willingness and ability to try new things, push themselves and persevere.
- A good understanding of how to stay safe, healthy and develop good relationships.
- An appreciation of what it means to be a positive member of a diverse, multicultural society.
- A strong self-awareness, interlinked with compassion of others.

Durley CE (Controlled) Primary School

EYFS and Key Stage 1 - Long Term planning for Personal, Social and Health Education (PSHE) including Relationships and Health Education

	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
YEAR Gp	Me and My Relationships		Valuing Difference		Keeping Myself Safe		Rights and Responsibilities		Being My Best		Growing and Changing	
<b>R</b>	All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)		I'm special, you're special Same and different Same and different families Same and different homes Kind and caring (1) Kind and caring (2)		What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings (1) Keeping safe online People who help to keep me safe		Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe		Bouncing back when things go wrong Yes, I can! Healthy eating (1) Healthy eating (2) Move your body A good night's sleep		Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys	
	Families & Friendships	Safe Relationships	Respecting ourselves & others	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe			
<b>1</b>	Who are our special people? Our special people balloons Same or different? Surprises and secrets Good or bad touches?	Who can help? (1) Who can help? (2) Harold has a bad day It's not fair! Why we have classroom rules Harold's school rules	Good friends Keeping privates private Unkind, tease or bully?	Taking care of something Around and about the school How are you listening? Pass on the praise!	Sharing pictures	Harold's money How should we look after our money?	Eat well Harold's wash and brush up Catch it! Bin it! Kill it! I can eat a rainbow Super sleep Healthy me Inside my wonderful body!	Thinking about feelings Our feelings Feelings and bodies Harold loses Geoffrey Harold learns to ride his bike Then and now	What could Harold do? Taking care of a baby Basic first aid			
<b>2</b>	Being a good friend Getting on with others My special people Let's all be happy! An act of kindness	Should I tell? I don't like that! Bullying or teasing? Don't do that! Types of bullying Feeling safe	Solve the problem A helping hand How are you feeling today? How do we make others feel? What makes us who we are?	Our ideal classroom (1) Our ideal classroom (2) How can we look after our environment? When I feel like erupting When someone is feeling left out	Playing games	Harold saves for something special Harold goes camping	Harold's postcard - helping us to keep clean and healthy My day Harold's bathroom My body needs... What does my body do?	You can do it! Sam moves away Haven't you grown! My body, your body Respecting privacy Fun or not?	How safe would you feel? What should Harold say? Harold's picnic Basic first aid Some secrets should never be kept			

**Durley CE (controlled) Primary School**

**Key Stage 2 - Long Term planning for Personal, Social and Health Education(PSHE) including Relationships and Sex Education (RSE) and Health Education**

	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
YEAR Gp	Me and My Relationships		Valuing Difference		Keeping Myself Safe		Rights and Responsibilities		Being My Best		Growing and Changing	
	Families & Friendships	Safe Relationships	Respecting ourselves & others	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe			
<b>3</b>	Family and friends Looking after our special people Our friends and neighbours	Secret or surprise? Zeb Helping each other to stay safe Safe or unsafe?	Respect and challenge How can we solve this problem? Getting on with your nerves! Friends are special For or against? Tangram team challenge Thunks	As a rule Let's have a tidy up! My community Our helpful volunteers Harold's environment project	Super Searcher None of your business! Relationship Tree Recount task	Can Harold afford it? Earning money Top talents I am fantastic!	Derek cooks dinner! (healthy eating) My special pet Body team work Poorly Harold Help or harm? Alcohol and cigarettes: the facts	Let's celebrate our differences Body space Raisin challenge (1)	The Risk Robot Danger or risk? Dan's dare Basic first aid			
<b>4</b>	Ok or not ok? (part 1) Ok or not ok? (part 2) Friend or acquaintance?	An email from Harold! Who helps us stay healthy and safe? Different feelings Secret or surprise? Under pressure How dare you!	Human machines The people we share our world with Islands What makes me ME! What would I do? Can you sort it? Making choices	Harold's Seven Rs Logo quiz Volunteering is cool How do we make a difference? My school community (1)	Picture Wise That is such a stereotype! In the news! Raisin challenge (2)	Harold's expenses Why pay taxes? It's your right	SCARF Hotel All change! Basic first aid When feelings change Safety in numbers	Moving house My feelings are all over the place! Together Preparing for periods	Danger, risk or hazard? Keeping ourselves safe Medicines: check the label Know the norms			
<b>5</b>	Qualities of friendship How good a friend are you? Being assertive Relationship cake recipe	Independence and responsibility Taking notice of our feelings Dear Ash Help! I'm a teenager - get me out of here! How are they feeling?	Happy being me Kind conversations It could happen to anyone Collaboration Challenge! The land of the Red People	Local councils Rights, responsibilities and duties My school community (2) Mo makes a difference	Star qualities? Spot bullying Communication Fact or opinion? Play, like, share	Different skills Boys will be boys? - challenging work-place gender stereotypes Give and take Spending wisely Lend us a fiver!	Smoking: what is normal? Would you risk it? Drugs: true or false? It all adds up! 'Thinking' about habits Getting fit What's the story?	Stop, start, stereotypes Is it true? Growing up and changing bodies Changing bodies and feelings	Basic first aid Ella's diary dilemma Our emotional needs Decision dilemmas Jay's dilemma			
<b>6</b>	Don't force me Dear Ash Advertising friendships!	Solve the friendship problem OK to be different Behave yourself Assertiveness skills Acting appropriately What's the risk?	Dan's day Respecting differences Working together Let's negotiate	Boys will be boys? - challenging gender stereotypes Media manipulation We have more in common than not Tolerance and respect for others	It's a puzzle Think before you click! Traffic lights Two sides to every story Fakebook friends To share or not to share? I look great!	What's it worth? Jobs and taxes This will be your life!	Five Ways to Wellbeing project Joe's story (part 1)	Is this normal? Helpful or unhelpful? Managing change Making babies What's the risk? What is HIV?	Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Pressure online			

