



## Personal, Social and Health Education Intent

At Canonbury, our intent for PSHE is to expand and develop the knowledge, skills and attributes that children need to manage their lives now and in the future.

The children participate in a curriculum with a sequence of learning that encourages them to stay **healthy and safe**, and prepare them for **life and work in the future**.

Our PSHE curriculum aims to inspire children to **grow** their personal attributes, **learn** how to stay **healthy in mind and body** and **connect** with others through **positive relationships**, including when they are 'online'.

Through these principles children will develop **self-esteem, confidence and resilience**; they will learn to **manage feelings and relationships**, develop **empathy** and a sense of **belonging** to a community, with **respect** for others.

In addition to subject specific skills, we intend for all our pupils to develop a high standard of **oracy** so they have strong language for thinking, communicating and expressing themselves in their personal and social lives.

As children progress through the school, they will expand the **vocabulary** and language relating to their **emotions**, including relevant scientific terminology and concepts linked to health and well-being.

Personal, Social and Health Education curriculum is taught using 'You, Me, PSHE,' a scheme devised by Islington professionals, so that children learn important knowledge and skills at appropriate depth and breadth according to their age. Children have opportunities to explore subjects that are a part of everyday life, learning the knowledge and skills that will support them to make informed choices as they become older. Work is represented in a class learning journal to prompt dialogue and discussion during lessons and throughout the year.

### Relationship and Sex Education

Relationship and Sex Education is included in the '**You, Me, PSHE**' scheme in a sequence of learning devised and approved by professionals. Children learn to understand the importance of stable and **loving relationships, family, respect, love and care**. Learning is carefully arranged so that content is introduced when appropriate to children's age, giving them the knowledge and skills to stay healthy and safe in themselves and their relationships. As children progress through the school, they learn about parts of the body, reproduction, bodily changes and their impact their emotional and social lives.

Personal, Social and Health Education themes occur throughout the wider curriculum and in enrichment activities - some examples are **school council, assemblies** and **school events and celebrations**.

We believe that all children should have **equal opportunities** to access the PSHE curriculum and we provide suitable resources to allow that to happen. Before each session, 'Ground Rules' are revised to ensure that all children feel safe and that their opinions and contributions are going to be heard and respected, however they may differ from those of others.

### **Early Years**

In the Early Years curriculum, children are taught in the specific area of Personal, Social and Emotional Development (PSED). PSED themes are threaded through the 6 other curriculum areas and especially Physical Development and Understanding the World. Children have opportunities to socialise with others and share their own experiences. Displays represent the children's learning and promote taking care of their environment and resources. A range of planned provision and resources support them to develop their own sense of self, as well as their friendships and feelings. A balance of adult and child-led learning through play allows the children to explore and discover their interests, collaborate and negotiate with friends and talk about their feelings within a safe and happy atmosphere. A broad selection of stories, non-fiction, rhymes and poems fosters an understanding of people, their personalities, emotions, motivations and actions, as well as the world in all its diversity. Wider experiences increase their knowledge and sense of the world around them – from visiting parks, libraries and museums to meeting important members of society such as police officers, nurses and firefighters. Achievements are recorded and shared with parents so that development can carry on at home as well as at school, and parents have opportunities to bring home experiences and photos to school.

### **Early learning goals:**

#### **Personal, Social and Emotional Development**

Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children are supported to manage emotions, develop a positive sense of self, set themselves simple goals and have confidence in their own abilities. They learn to persist in a task, wait for what they want and stay focussed. Through adult modelling and guidance, they learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably.

In Key Stages One and Two, PSHE education offers learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

#### **Key Stage One**

In Year 1 Pupils learn about special times at home and school; what makes themselves special; managing feelings; personal safety and people who keep them safe; money and different jobs.

In Year 2, pupils learn about healthy eating and keeping fit; keeping safe at home and outside, including fire and road safety; making friends and solving problems; why medicines are taken and keeping safe around them. In Relationship and Sex Education, pupils learn about the respecting the differences and similarities between people; biological differences between male and female children and other animals; different types of family; growing up and the importance of caring for each other.

#### **Key Stage Two**

In Years 3 pupils learn about what drugs are and that they can be harmful, including tobacco; bullying, how it makes people feel and what to do about it; setting goals and dealing with setbacks; work and managing money; healthy choices about food and drink

In Year 4 pupils build on Year 3 learning and look at democracy; effects and risks of alcohol; cultural food choices; how to be safe when computer gaming; keeping safe around transport and water and basic first aid. In Relationship and Sex Education, pupils learn about physical changes, puberty, menstruation, and managing feelings around these changes.