

Personal, Social, Health and Economic Education (PSHE)

Personal, social, health and economic (PSHE) education is an important part of our curriculum at Houghton C of E Primary School. We follow the Cambridgeshire Primary Personal Development Programme. Relationship, Health and Sex Education also forms part of this curriculum. The overview and progression maps below outline the key themes that children explore and revisit to progressively develop their knowledge and understanding.

We recognise the importance of developing the whole child so that they can lead confident, healthy and safe lifestyles.

Our PSHE teaching provision promotes opportunities to link British values with Social, Moral, Spiritual, Cultural (SMSC) and economic responsibilities.

At Houghton C of E Primary School, the children will learn about:

- Living in the wider world
- Health and wellbeing- internet safety, online relationships, keeping themselves safe, growing and changing and mental well-being.
- Relationships focusing upon, caring friendships, family and people respectful relationships and asking for help.

The aims of our PSHE curriculum are to:

- Support pupils' spiritual, moral, cultural, mental and physical development
- Prepare pupils for the opportunities, responsibilities and experiences of life
- Teach pupils about safeguarding and online safety
- Explore, process and sometimes challenge their own and others' values, attitudes, beliefs, rights and responsibilities
- Equip children with the skills, language and strategies needed to enable them to lead happy, safe and secure lives.
- Develop positive personal attributes linked to our school and British values.

Through responsive teaching, staff continuously monitor children's progress against expected attainment for their age and provide in-lesson feedback in to move the learning forward. Children are given opportunities to discuss, listen respectfully and reflect to one another in pairs, small groups and as a whole class. Groups of children from selected year groups join with the PHSE Co-ordinator to complete end of unit assessments using RAG (Red, Amber, Green). The children respond verbally to questions and discuss what they have learned, proving what they have learned through offering examples and reasons why.

Evidence of work is collated by the PHSE Co-ordinator and where applicable, is recorded in children's books.

Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Our commitment to elected membership roles of School Council and other committees contributes to PSHE and our Christian Values in our school.

Houghton Whole School PHSE Yearly Overview

	Unit 1	UNIT 2	UNIT 3
EYFS	MYSELF & MY RELATIONSHIPS My Emotions	MYSELF & MY RELATIONSHIPS Family and Friends	HEALTHY AND SAFER LIFESTYLES Healthy Lifestyles
	CITIZENSHIP Identities and Diversity	CITIZENSHIP Me and My World	MYSELF & MY RELATIONSHIPS Beginning and Belonging
YEAR 1	MYSELF & MY RELATIONSHIPS My Emotions	HEALTHY AND SAFER LIFESTYLES Managing Risk	CITIZENSHIP Rights, Rules and Responsibilities
	MYSELF & MY RELATIONSHIPS Family and Friends	HEALTHY AND SAFER LIFESTYLES Healthy Lifestyles	HEALTHY AND SAFER LIFESTYLES Relationships Education
YEAR 2	HEALTHY AND SAFER LIFESTYLES Digital Lifestyles	HEALTHY AND SAFER LIFESTYLES Relationships and Sex Education	CITIZENSHIP Diversity and Communities
	MYSELF & MY RELATIONSHIPS Anti-Bullying	HEALTHY AND SAFER LIFESTYLES Personal Safety	HEALTHY AND SAFER LIFESTYLES Drug Education
YEAR 3	MYSELF & MY RELATIONSHIPS Family and Friends	CITIZENSHIP Diversity and Communities	HEALTHY AND SAFER LIFESTYLES Managing Safety and Risk
	MYSELF & MY RELATIONSHIPS My Emotions	LIFESTYLES Personal Safety	HEALTHY AND SAFER LIFESTYLES Relationships and Sex Education
YEAR 4	HEALTHY AND SAFER LIFESTYLES Digital Lifestyles	HEALTHY AND SAFER LIFESTYLES Healthy Lifestyles	CITIZENSHIP Rights, Rules and Responsibilities
	MYSELF & MY RELATIONSHIPS Anti-Bullying	HEALTHY AND SAFER LIFESTYLES Drug Education	HEALTHY AND SAFER LIFESTYLES Relationships and Sex Education
YEAR 5	MYSELF & MY RELATIONSHIPS My Emotions	CITIZENSHIP Diversity and Communities	HEALTHY AND SAFER LIFESTYLES Healthy Lifestyles
	MYSELF & MY RELATIONSHIPS Family and Friends	HEALTHY AND SAFER LIFESTYLES Managing Risk	HEALTHY AND SAFER LIFESTYLES Relationships and Sex Education
YEAR 6	HEALTHY AND SAFER LIFESTYLES Digital Lifestyles	HEALTHY AND SAFER LIFESTYLES Drug Education	Body Image Promoting Positive Thinking About My Personal Body Image
	CITIZENSHIP Rights, Rules and Responsibilities MYSELF & MY RELATIONSHIPS Anti-Bullying	LIFESTYLES Personal Safety	HEALTHY AND SAFER LIFESTYLES Relationships and Sex Education

