



Cedars Park Primary School

PSHE & RSE Long Term Plan



Intent

At Cedars Park, we value Personal, Social and Health Education (PSHE) as it supports our children in their social and emotional development as well as promoting their health and well-being. We believe that in order for our children to thrive, they need a secure understanding of how to manage their feelings and relationships and how to face challenges in their lives. We ensure that our curriculum is accessible for all to enable all learners to make progress from their own starting points, including those with Special Educational Needs (SEN). This is achieved by providing appropriate scaffolds in our planning so that all of our learners are able to wholly understand the importance of our PSHE curriculum. Where there are barriers, we pride ourselves on embracing different approaches and seizing new opportunities to ensure high-quality learning and reflect on our teaching and learning.

Through our PSHE curriculum, our children build the knowledge and understanding that they need to be positive citizens and to play an effective role in their community. Our lessons give children an understanding of the rights and responsibilities that are part of being a good citizen, which enables them to play an active and healthy part in the life of our school, their community and the world.

We strive for our children to be informed, thoughtful and responsible individuals who are aware of their rights and responsibilities and the impact we have on our community. We understand the importance of mental health so we ensure that promoting good mental health is a recurrent and embedded theme within our curriculum.

Weekly class assemblies are encouraged to explore PSHE themes and any subjects arising in classes may be addressed during the class assemblies.

Implementation

We follow the Jigsaw scheme of work for PSHE, which has an integrated whole school approach. Each half term begins with a whole school assembly delivered by the principal or vice principal to introduce the theme. This is then reflected in each week's focus value. Lessons are delivered weekly by teaching staff and all follow the same lesson structure. This ensures consistency of the PSHE curriculum throughout the school which then benefits the children.

PSHE sessions are planned using the Jigsaw scheme of work and are scaffolded/adapted appropriately by teachers to meet the needs of their learners. The sessions look different with some outcomes being a discussion, some being a hands on practical group activity or some being independent learning. Learning is recorded in PSHE books that each child has.

Our PSHE curriculum is embedded in our whole-school ethos where we celebrate difference and values of respect, tolerance and equality.



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Impact

The impact of our PSHE curriculum is evident in the confidence our children demonstrate when expressing their feelings and managing their friendships. Children at Cedars Park learn to use their voice to express their emotions and to use words to solve problems. We also see the impact of this learning in our children's engagement with their community and their care for others. The choices our children make to keep themselves safe and healthy also reflect the impact of our PSHE curriculum.

Children complete a survey at the start of every PSHE topic based on the theme that they will be learning. They also then complete a survey at the end of the topic. This is then checked by teachers and subject leaders to measure the impact of the PSHE curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Being Me in My World → Who...Me? → How am I feeling today? → Being at School → Gentle Hands → Our Rights → Our Responsibilities	Celebrating Difference → What am I Good At? → I'm Special, I'm Me! → Families → Homes → Making Friends → Standing Up for Yourself	Dreams and Goals → Challenge → Never Giving Up → Setting a goal → Obstacles and Support → Flight to the Future → Footprint Awards	Healthy Me → Everybody's Body → We like to move it, move it! → Food, Glorious, Food → Sweet Dreams → Keeping Clean → Safe Adults	Relationships → My Family and Me! → Make Friends, Make Friends, Never Ever Break Friends! → Falling out and Bullying → Being the Best Friends we can be	Changing Me → My Body → Respecting My Body → Growing Up → Fun and Fears → Celebration
Year 1	Being Me in My World → Special and safe → My class → Rights and Responsibilities → Rewards and feeling proud → Consequences → Owning our Learning Charter	Celebrating Difference → The same as... → Different from... → What is 'bullying'? → What do I do about bullying? → Making new friends → Celebrating difference, celebrating me	Dreams and Goals → My Treasure Chest of Success → Steps to Goals → Achieving Together → Stretchy Learning → Overcoming Obstacles → Celebrating My Success	Healthy Me → Being Healthy → Healthy Choices → Clean and Healthy → Medicine Safety → Road Safety → Happy, Healthy Me	Relationships → Families → Making Friends → Greetings → People Who Help Us → Being My Own Best Friend → Celebrating My Special Relationships	Changing Me → Life Cycles → Changing Me → My Changing Body → Boys' and Girls' Bodies → Learning and Growing → Coping with Changes

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Year 2	Being Me in My World → Hopes and Fears for the Year → Rights and Responsibilities → Rewards and Consequences → Our Learning Charter → Owning our Learning Charter	Celebrating Difference → Assumptions → Stereotypes → Why does bullying happen? → Standing up for myself and others → We're all different → Celebrating difference and still being friends	Dreams and Goals → Goals to Success → Being Healthy → Learning with Others → A Group Challenge → Being Relaxed → Celebrating our Achievement	Healthy Me → Healthy Eating → Keeping Safe at Home → Safe Outside → Medicine Safety → Healthy, Happy Me!	Relationships → Families → Keeping Safe - exploring physical contact → Friends and Conflict → Secrets → Trust and Appreciation → Celebrating My Special Relationships	Changing Me → Life Cycles in Nature → Growing from Young to Old → The Changing Me → Boys' and Girls' Bodies → Assertiveness → Looking Ahead
Year 3	Being Me in My World → Getting to Know Each Other → Our Nightmare School → Our Dream School → Rewards and Consequences → Our Learning Charter → Owning our Learning Charter	Celebrating Difference → Families → Family conflict → Witness and feelings → Witness and solutions → Words that harm → Celebrating difference: compliments	Dreams and Goals → Dreams and Goals → My Dreams and Ambitions → Feeling Safe Helps Me Grow → Choices That Help Us Grow → Our New Challenge: Overcoming Obstacles → Celebrating My Learning	Healthy Me → Fit and Healthy → Food and Energy → What Do I Know about Drugs? → Being Safe and Getting Help → Safe or Unsafe → My Amazing Body	Relationships → Family Roles and Responsibilities → Friendship → Global Connections and Thinking Critically → Rights, Needs and Wellbeing → Being a Global Citizen → Celebrating My Web of Relationships	Changing Me → How Babies Grow → Outside Body Changes → Inside Body Changes → Keeping Ourselves Clean → Family Stereotypes → Looking Ahead
Year 4	Being Me in My World → Becoming a Class 'Team' → Being a School Citizen → Rights, Responsibilities and Democracy → Rewards and	Celebrating Difference → Judging by Appearances → Understanding Influences → Understanding Bullying → Problem-solving → Special Me	Dreams and Goals → Hopes and Dreams → Broken Dreams → Overcoming Disappointment → Creating New Dreams → Achieving Goals → We Did It!	Healthy Me → My Friends and Me → Staying Safe With Friends → Smoking and vaping → Alcohol → Healthy Friendships → Celebrating My Inner Strength and	Relationships → Jealousy → Love and Loss → Memories → Getting On and Falling Out → Girlfriends and Boyfriends → Celebrating My	Changing Me → Unique Me → Puberty and Menstruation → Being Part of a Family → Circles of Change → Accepting Change → Looking Ahead

	Consequences → Our Learning Charter → Owing our Learning Charter	→ Celebrating Difference: how we look		Assertiveness	Relationships and with People and Animals	
Year 5	Being Me in My World → My Year Ahead → Being a Citizen of My Country → Responsibilities → Rewards and Consequences → Our Learning Charter → Owing our Learning Charter	Celebrating Difference → Different cultures → Racism → Rumours and Name-Calling → Types of Bullying → Does Money Matter? → Celebrating Difference across the World	Dreams and Goals → When I Grow Up (My Dream Lifestyle) → Keeping Track of Money → Mr Dream Job. Why I want it and the steps to get there → Dreams and Goals of Young People in Other Cultures → How Can We Support Each Other? → Rallying Support	Healthy Me → Smoking and vaping → Alcohol → Emergency Aid → Body Image → My Relationship with Food → Healthy Me	Relationships → Recognising Me → Safety with Online Communities → Being in an Online Community → Online Gaming → My Relationship with Technology: screen time → Relationships and Technology: Staying Safe and Happy Online	Changing Me → Self and Body Image → Puberty for Girls → Puberty for Boys → Conception → Looking Ahead
Year 6	Being Me in My World → My Year Ahead → Being a Global Citizen → The Learning Charter → Our Learning Charter → Owing our Learning Charter	Celebrating Difference → Am I Normal? → Understanding Difference → Power Struggles → Why Bully → Celebrating Difference: admiration accolades	Dreams and Goals → Personal Learning Goals → Steps to Success → My Dream for the World → Helping to Make a Difference → Recognising our Achievements	Healthy Me → Taking Responsibility for my Health and Well-being → Drugs → Exploitation → Gangs → Emotional and Mental Health → Managing Stress and Pressure	Relationships → What is Mental Health → My Mental Health → Love and Loss → Power and Control → Being Online: Real or Fake? Safe or Unsafe? → Using Technology Responsibly	Changing Me → My Self Image → Puberty → Babies: Conception to Birth → Boyfriends and Girlfriends → Real Self and Ideal Self → The Year Ahead