



PSHE is comprised of three main strands

HEALTH AND WELLBEING - physical wellbeing, mental health, ourselves, growing and changing, keeping safe

LIVING IN THE WIDER WORLD - responsibilities, communities, media and digital resilience, economic well being, aspirations, career

RELATIONSHIPS - families and close positive relationships, caring friendships, respectful relationships, online relationships, being safe

Why is PSHE important?

We believe that a PSHE curriculum is essential in the education of all pupils. We understand that a high-quality PSHE education should enable our children to become happy, healthy, independent and responsible members of a society. Our PSHE curriculum will equip pupils with knowledge to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. It will also provide them with the skills needed to live within the wider world, form healthy relationships, maintain a healthy lifestyle and keep safe. We believe that the knowledge and skills that intertwine within PSHE learning are vital in not only a child's education, but also in their wider life. As such, our PSHE curriculum will support our pupils to be prepared for the next stage in their young lives and to live responsibly in a modern, diverse world.

How do we teach PSHE?

At Albrighton Primary School we provide learning experiences that encourage children to be responsible and caring members of the school and wider community. Through collaborative opportunities and regular 'circletime' we aim to help children to develop values of mutual understanding and respect of others. We want to develop responsible attitudes in order to lead, confident, healthy and independent lives.

We have a whole school thematic approach so that different year groups are working on similar themes at the same time throughout the year, allowing for cross-phase collaboration and to enable us to link the PSHE curriculum to whole school assemblies.

We have chosen to use the core themes from the DfE recommended PSHE Association Programme of Study as a basis for our curriculum framework as well as using The No Outsiders programme to support our teaching on equality and diversity.

Core Themes - Living in the Wider World, Relationships and Health and Wellbeing are taken from the PSHE Association Programme of Study and covered within the following units on a two year rolling plan

Term	Autumn		Spring		Summer	
PSHE Theme	Living In The Wider World		Relationships		Health & Well being	
Cycle A	One World	Money Matters	Be Yourself	VIPs	It's My Body	Safety First
Cycle B	Aiming High	Diverse Britain	TEAM	Digital Wellbeing	Growing Up	Think Positive

All PSHE lessons are delivered at an age appropriate level.