

PSHE

At Ashgate, the topics covered in our PSHE lessons are of great importance with regard to the pupils' ability to deal with situations they find themselves in, as well as for readying them for life beyond primary school. Low self-esteem, dealing with difficult relationships, coping with change, effective conflict resolution, keeping safe and healthy and approaching others with respect, empathy and acceptance are all areas in which our pupils benefit from exploring.

We teach PSHE through the PSHE Matters Scheme which comprises 12 modules to be taught over a two-year cycle. The scheme's non-prescriptive approach allows teachers to decide what is covered and which activities are used based upon their pupils' needs. There are three defined areas: health and wellbeing (H), relationships (R) and living in the wider world (L).

The scheme states:

Personal, Social, and Health Education (PSHE) is central to giving pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible British citizens.

PSHE enables students to understand and respect our common humanity: its diversity and its differences so that they can go on to form, the effective, fulfilling relationships that are an essential part of life and learning.

Safeguarding is a key element of PSHE as pupils learn about their own identity, risks, decision-making and how to keep themselves safe.

PSHE helps pupils to learn to recognise their own value, work well with others and become increasingly responsible for their own learning. They can reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

The DNA threads of *your self*, *your community* and *your learning* are woven throughout our PSHE topics.

In addition to PSHE lessons, we have a school-wide anti-bullying week, internet safety week and involve the children in healthy schools activities throughout the year. Our collective worship programme incorporates many different aspects of the PSHE curriculum too.

Knowledge Progression in PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Cycle A	Being Healthy (H1-3, H6, H7) Explore what a healthy lifestyle is and identify how to keep healthy Recognise that choices can have good and not so good consequences Recognise the importance of personal hygiene and develop skills to help prevent diseases spreading	Relationships (R2, R4, R6, R7, R9) Recognise that our behaviour can affect others Know what is fair and unfair, kind and unkind, right and wrong Listen to other people and offer constructive support Identify special people and how they should care for each other	Exploring Emotions (R1, R2, H1, H4) Recognise a range of feelings in ourselves and develop simple strategies for managing them Recognise feelings in others and know how to respond	Difference and Diversity (L4, L8, R5, R8) Identify ways they are unique but that they also belong to different groups Identify and respect the differences and similarities between people	Being Responsible (L1-3, L5, R4) Identify how they can contribute to the life of the classroom and school Explore the importance of rules and understand that everyone has rights and responsibilities. Identify what improves and harms their environments	Bullying Matters (R2, R6, R11-14) Recognise when people are being unkind Identify different types of teasing and bullying and know that these are wrong and unacceptable Identify strategies to resist teasing/ bullying if experienced or witnessed
KS1 Cycle B	Drug Education H1, H2, H11, H12, H15 Explore how to make informed choices Understand the role of drugs as medicines; identify alternatives to taking medicines; know that some household products can be dangerous; and learn how to stay safe	Changes H5, H8, H9, H13 Explore loss and change and the associated feelings Consider how to manage change positively and where to go for help	Growing Up H8-10, H13, H15, H16, R3, R8, R10, L8 Explore growing, changing and becoming independent Learn the correct names for the main parts of the body (including external genitalia) Understand privacy in different contexts	Being Me L4, L8, L9, R7, R9 Recognise they belong to different groups and communities such as family and school Identify what we have in common with everyone else Explore ways in which they are all unique	Money Matters L6, L7 Recognise what money looks like Identify how money is obtained and how it can be used Understand how to keep money safe and what influences choices.	Being Safe H11-16, L2, L10 Explore rules for and ways of keeping safe in a range of situations Know who to go to if they are worried Recognise that they share a responsibility for keeping themselves and others safe

			Understand when physical contact is acceptable Identify people they can ask for help			Understand why rules are important in keeping us safe
LKS2 Cycle A	Being Healthy H1-3, H5 Explore what affects their physical, mental and emotional health and understand the concept and benefits of a balanced healthy lifestyle Identify how to make informed choices. Set goals <i>DNA links: your self, your future</i>	Relationships R2-4, R7, R9, R10, R21 Recognise what constitutes a healthy relationship and develop the skills to form positive and healthy relationships Understand when it's right to 'break a confidence' or 'share a secret' <i>DNA links: your self, your community</i>	Exploring Emotions R1, R7, R12, H1, H6, H7 Recognise and respond appropriately to a wide range of emotions in themselves and others Understand their actions affect themselves and others Develop strategies to resolve disputes and manage emotions <i>DNA links: your self, your future, your learning</i>	Difference and Diversity R10, R13, R14, R16 Identify how to listen and respond respectfully to a wide range of people Recognise the nature and consequences of discrimination Recognise and challenge stereotypes <i>DNA links: your world</i>	Being Responsible L1-4, L7-9 Identify why rules are needed in different situations Understand that there are human rights to protect everyone Explore rights and responsibilities at home, at school, in the community and in the environment Develop skills to carry out responsibilities <i>DNA links: your community, your world</i>	Bullying Matters R7, R11-14, R18 Know how to recognize bullying and abuse in all its forms. Understand the nature and consequences of discrimination, teasing, bullying and aggressive behavior (including, prejudice-based language, 'trolling') Develop strategies for getting support for themselves and others at risk <i>DNA links: your self, your community</i>
LKS2 Cycle B	Drug Education H2, H9-11, H14, H17, H21, H23 Recognise how to make informed choices	Growing Up H4, H5, H8, H12, H18, R4, R8, R13, R16	Changes H6-8, H14 Understand good and not so good feelings	Being Me L7, L9, L11, R10, R13 Explore different kinds of responsibilities at	Money Matters L10, L12-14, L16 Identify the role of voluntary and charity groups	Being Safe H2, H10, H11, H15, H21-25 Understand how to make informed choices

	Recognise, predict and assess risks in different situations Distinguish between safe and harmful and know some substances can be harmful if misused Know where to get help and how to ask for help <i>DNA links: your self</i>	Know that images in the media do not always reflect reality Know about the kind of changes that happen in life and the associated feelings Know that simple hygiene routine can prevent the spread of bacteria Know the difference between acceptable and unacceptable physical contact Know the names of the body parts <i>DNA links: your self, your world</i>	including their range and intensity Develop an understanding that change can cause conflicting emotions Acknowledge, explore and identify how to manage change positively <i>DNA links: your self, your learning</i>	school and in the community Appreciate the range of identities in the UK Identify that differences and similarities between people arise from a number of factors <i>DNA links: your self, your community, your world</i>	Understand the concept of interest, loan, debt and tax Understand enterprise and begin to develop enterprise skills <i>DNA links: your future</i>	Understand that increased independence brings increased responsibility Develop strategies for keeping physically and emotionally safe in different situations Understand the importance of protecting information especially online and know how to become digitally responsible <i>DNA links: your self</i>
UKS2 Cycle A	Being Healthy H1-5, H16 Explore what affects their physical, mental and emotional health Understand the concepts and benefits of a balanced, healthy lifestyle	Relationships R2-6, R12, R20, R21 Recognise ways in which a relationship can be unhealthy and whom to talk to if they need support Recognise different types of relationship, including those between	Exploring Emotions R1, R7, R12, H6, H7 Recognise that their actions can affect themselves and others Develop strategies to resolve disputes Extend emotional vocabulary Recognise when they experience conflicting	Difference and Diversity R10, R13, R14, R16, R17 Identify how to listen and respond respectfully to a wide range of people Recognise the nature and consequences of discrimination	Being Responsible L1-5, L7-9 Research, discuss and debate topical issues Understand that there are human rights to protect everyone Understand that there are some cultural practices against British law	Bullying Matters R7, R12-14, R18 Develop strategies for getting support for themselves or for others at risk Understand the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice

	Develop skills to make their own informed choices Recognise how images in the media do not always reflect reality	acquaintances, friends, relatives and families Understand the meanings of civil partnerships and marriage and that forcing anyone to marry is a crime Understand about confidentiality and about times when it is necessary to break a confidence	emotions and how to manage these	Recognise and challenge stereo types Understand the correct use of the terms sex, gender identity and sexual orientation	Explore rights and responsibilities at home, at school, in the community and in the environment	based language, 'trolling' Know how to recognise bullying and abuse in all its forms
UKS2 Cycle B	Drug Education H2, H10, H13-17 Identify a range of drugs/ substances and assess some of the risks/effects Identify influences and when an influence becomes a pressure Identify basic emergency procedures Understand the term 'habit' and why habits can be hard to change	Growing Up H4, H6, H7, H12, H13, H18, H19, R1, R5, R13, L1 Explore how images in the media and online do not always reflect reality Identify the intensity of feelings and recognise conflicting feelings Understand what puberty and human reproduction are and what changes occur Identify qualities of a healthy relationship Debate topical issues	Changes H6-8, H14 Learn to acknowledge and manage changes positively Manage transition to secondary school Explore and manage loss, separation, divorce and bereavement Practise asking for help and knowing where to go for help	Being Me L7, L9, R13 Explore different kinds of responsibilities at school and in the community Identify what being part of a community means Understand that differences and similarities between people arise from a number of factors	Money Matters L13-16, L18, R15 Understand about being a critical consumer Develop an understanding of the concepts of interest, loan, debt and tax Identify how resources are allocated and the effects of individuals, communities and the environment Develop enterprise skills.	Being Safe H2, H10, H11, H15, H16, H21-25 Understand that increased independence brings increased responsibility to keep themselves safe Identify where and how to get help. Develop strategies for keeping physically and emotionally safe in different situations Understand the importance of

					Critique how social media presents information	protecting information particularly online Understand how to become digitally responsible
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For expanded lists of knowledge, see the original scheme.

Skills Progression in PSHE

	KS1	LKS2	UKS2
Health and wellbeing	Explain what keeps them healthy Make simple choices about their health and wellbeing Recognise what they like and dislike Set simple goals Express some of their positive qualities/strengths Name and identify a range of feelings and develop simple strategies to manage some of them Explain ways of keeping clean Use skills developed to help prevent diseases spreading Explain some changes that happen from young to old Name main parts of the body including external genitalia Talk about the harmful aspects of some household products/ medicines Describe ways of keeping safe in different situations	Identify what affects their physical and mental health Understand what a balanced diet includes Recognise what might influence our choices to have a 'balanced lifestyle' Identify how images in the media don't always reflect reality Identify their strengths and suggest areas for improvement Name and identify a range of feelings Use strategies to help manage their emotions Identify positive ways to face new challenges such as transition Recognise, predict and manage risks in different situations Explain how their actions have consequences for themselves and others Identify safety rules and where to get help Identify substances/drugs that are legal/illegal and identify the risks Identify physical/emotional changes during puberty Explain what human reproduction is Understand what appropriate and inappropriate touch/contact means and identify strategies required Describe hazards that may exist in their environment and describe strategies to keep them safe	

	Explain different ways that family and friends should care for one another Identify that they do not need to keep secrets and explain why Recognise what is meant by privacy for themselves and others	Describe strategies for keeping safe and being responsible
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