



# PSHE/RSE



## CONTENT & SEQUENCING

At Ryefield, we follow Coram Life Education.

Children's experience of Coram Life Education's sessions is fun, engaging and memorable. Children meet Harold the Giraffe puppet ('Healthy Harold'), and friends, have discussions and watch short films about healthy eating, legal and illegal drugs and their effects, the body and how it works, friendships and their influence, and how choices and behaviours can affect children's health and education outcomes.

Interventions include challenging social norms – misperceptions of peers' engagement with risky behaviour – to engender more positive behaviours.



## BIG IDEAS

Our aim is to improve the wellbeing, resilience and achievement of all children so that they can thrive. By promoting the spiritual, moral, cultural, mental and physical that will prepare them for the opportunities, responsibilities and experiences of later life.

PSHE permeates every aspect of our curriculum and is underpinned by the School's Creed and Moments of Triumph.

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
1	Me and my relationships	Growing and changing	Being my best	Rights and responsibilities	Keeping myself safe	Valuing difference
2	Me and my relationships	Growing and changing	Being my best	Rights and responsibilities	Keeping myself safe	Valuing difference
3	Me and my relationships	Growing and changing	Being my best	Rights and responsibilities	Keeping myself safe	Valuing difference
4	Me and my relationships	Growing and changing	Being my best	Rights and responsibilities	Keeping myself safe	Valuing difference
5	Me and my relationships	Growing and changing	Being my best	Rights and responsibilities	Keeping myself safe	Valuing difference
6	Me and my relationships	Growing and changing	Being my best	Rights and responsibilities	Keeping myself safe	Valuing difference



## CITIZENSHIP

Citizenship helps children's social development: enabling them to engage with others; to develop understanding of their communities and society, and by providing opportunities for responsible and active citizenship. This is embedded throughout our teaching of history, in understanding how Britain was built. We also have lots of opportunities for children to serve the school community throughout the year, this is reflected in our Moments of Triumph, our school wellbeing monitors and our sports council.



## ENRICHMENT

Throughout the year the curriculum is enhanced through themed weeks and special events. These include:

- The Life Bus
- Children's Mental Health Week
- Anti-bullying Week
- Equality and Diversity Week
- During safeguarding week, a specific focus on appropriate relationships.
- Workshops with the local police.
- Online safety
- Workshops from outside agencies with specific focuses
- Junior Citizenship
- Road safety
- Bike-ability



## PROGRESS

SCARF lesson plans have been designed to cover all aspects of PSHE (including RSE).

The SCARF suggested half-termly units provide a spiral curriculum, ensuring age-appropriate teaching and learning from children's first to final year at primary school. Whole-school SCARF provides additional tools to help your school promote the learning from lessons across the wider curriculum and across all aspects of school life.



## SUPPORT

Quality first teaching seeks to ensure that the pupils receive the support and guidance needed in class. A positive mind-set is encouraged as children can underperform in PSHE because they think that they either 'know it' all already, or they don't think the subject area is important to them.

Additional materials such as the use of cooperative learning strategies ensure that pupils are engaged in their learning.