



## Valley End PSHE Curriculum Overview

### Intent

At Valley End Infant School, Personal, Social and Health Education (PSHE) is a key part of daily life in the school and is promoted by our strong vision, Golden Rules and the underlying values that permeate all that we do together.

We aim to provide our children with the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives. By providing them with opportunities to explore and clarify their own and others' values, attitudes and beliefs, our children are equipped with the skills to thrive as individuals, family members and members of society.

It is intended that the contribution PSHE education makes to the personal development of our children will enable them to become confident and resilient, with high self-esteem. School staff model positive attitudes, behaviour and relationships, reflecting our vision and providing positive role models for the children.

### Implementation

Much of our learning in this subject is in response to issues and situations as they arise with individuals, classes and the whole school. We also teach PSHE as part of the curriculum through assemblies, specific weekly class lessons, visiting speakers and opportunities in other subject areas. Our planning is guided by an online resource called SCARF (Safety, Caring, Achievement, Resilience and Friendship) which helps to provide a whole-school approach to the teaching of PSHE. SCARF is a framework of lessons plans, online planning and assessment tools that are consistent with the PSHE Association Programmes of Study. It is a whole-school approach that promotes behaviour, safety, achievement and wellbeing. This resource enables teachers to embed a comprehensive and progressive PSHE and Wellbeing programme throughout the Early Years and Key Stage one.

Relationship Education is discussed in the context of family life, loving and caring relationships and respect for others. The 'Life Bus' visits each year to enrich the PSHE Curriculum, as do parents in the NHS, who visit to talk about hygiene and our responsibilities to do as much as we can to care for ourselves.

### Impact

PSHE at Valley End School provides opportunities for our children to acquire the knowledge, understanding and skills they need to manage their lives now, and in the future. This results in positive behaviour across the school, as well as strong relationships between pupils and adults. Valley End also receives excellent feedback from our local junior schools about the children's' positive social and emotional behaviour and attitudes.



## Curriculum Map



PSHE and wellbeing long-term plan based on SCARF half-termly units and related key themes  
(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

| Year/Half-termly unit titles | 1<br>Me and my Relationships   | 2<br>Valuing Difference   | 3<br>Keeping Myself Safe   | 4<br>Rights and Responsibilities   | 5<br>Being my Best  | 6<br>Growing and Changing   |
|------------------------------|--|---|--|--|---|---|
| <b>EYFS</b>                  | What makes me special<br>People close to me<br>Getting help  | Similarities and difference<br>Celebrating difference<br>Showing kindness   | Keeping my body safe<br>Safe secrets and touches<br>People who help to keep us safe                                | Looking after things: friends, environment, money  | Keeping my body healthy – food, exercise, sleep<br>Growth Mindset                   | Cycles<br>Life stages<br>Girls and boys – similarities and difference                   |
| <b>Y1</b>                    | Feelings<br>Getting help<br>Classroom rules<br>Special people<br>Being a good friend                       | Recognising, valuing and celebrating difference<br>Developing respect and accepting others<br>Bullying and getting help | How our feelings can keep us safe – including online safety<br>Safe and unsafe touches<br>Medicine Safety<br>Sleep | Taking care of things: Myself<br>My money<br>My environment                                  | Growth Mindset<br>Healthy eating<br>Hygiene and health<br>Cooperation               | Getting help<br>Becoming independent<br>My body parts<br>Taking care of self and others |
| <b>Y2</b>                    | Bullying and teasing<br>Our school rules about bullying<br>Being a good friend<br>Feelings/self-regulation | Being kind and helping others<br>Celebrating difference<br>People who help us<br>Listening Skills                       | Safe and unsafe secrets<br>Appropriate touch<br>Medicine safety  | Cooperation<br>Self-regulation<br>Online safety<br>Looking after money – saving and spending | Growth Mindset<br>Looking after my body<br>Hygiene and health<br>Exercise and sleep | Life cycles<br>Dealing with loss<br>Being supportive<br>Growing and changing<br>Privacy |