



Shine as Lights in the World Philippians 2.15

At Wychwood we want Personal, Social, Health and Economic Education (PSHE) to provide the children with opportunities to acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future. Our PSHE curriculum helps the children to develop the qualities and attributes needed to thrive as individuals, family members and members of the community.

Relationships and health education equips children with the knowledge and skills to make healthy choices for their physical and mental wellbeing. Through our teaching we aim to put in place the building blocks needed for positive and safe relationships, including with family, friends and online. The children will be taught what a relationship is, what friendship is, what family means and who can support them. We will explore how to treat each other with kindness, consideration and respect.

During the year the themes we will be focusing on are:

Autumn Term

	Being Me in My World	Celebrating Difference
FSU	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself
KS1	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends
LKS2	Being part of a class team Being a school citizen Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Challenging assumptions Judging by appearance Accepting self and others Understanding influences
UKS2	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued	Perceptions of normality Understanding disability Power struggles Understanding bullying

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	Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Inclusion/exclusion Differences as conflict Difference as celebration Empathy
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Spring Term

	Dreams & Goals	Healthy Me
FSU	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety
KS1	Achieving realistic goals Learning styles Tackling new challenges Identifying and overcoming obstacles Group co-operation Contributing to and sharing success	Medicine safety/safety with household items Road safety Linking health and happiness Motivation Healthier choices Relaxation
LKS2	Hopes and dreams Difficult challenges and achieving success Dreams and ambitions Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Keeping safe and why it's important – online and offline scenarios Healthier friendships Group dynamics Assertiveness Peer pressure Celebrating inner strength
UKS2	Goals in different cultures Supporting others (charity) Motivation Personal learning goals, in and out of school Success criteria Emotions in success	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress

Summer Term

	Relationships	Changing Me
FSU	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
KS1	People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships Different types of family Physical contact boundaries Friendship and conflict	Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition Life cycles in nature Growing from young to old Increasing independence Preparing for transition
LKS2	Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Jealousy Love and loss Memories of loved ones	Inside body changes Family stereotypes Challenging my ideas Being unique Having a baby Puberty and menstruation Preparing for transition
UKS2	Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules Mental health Identifying mental healthy worries and sources of support Love and loss Managing feelings	Self and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Boyfriends and girlfriends Sexting Preparing for transition

Book recommendations

On the following pages there are some different recommendations of books that link to some of the topics that are being covered in PSHE over the year. Please ensure you read the reviews and general themes of the book to make sure they will be appropriate for your child. If you click on the book it will take you to a link on Amazon.

Visits

If you or a family friend has a job or any experience linked to any of the PSHE units being covered then we would love to invite them into school. Please contact the office if you know someone who would be interested in speaking to the children about their experiences.

Thank you for your support.

Mrs Maunoury – PSHE Lead



