

PSHE at Meadows First School (Vision and Intent)

The 5 principles of our curriculum are: **Unique Child, Positive Relationships, Key Knowledge & Skills, Love of Learning, Global Citizens** We embed these 5 principles within our **PSHE Curriculum** as follows:



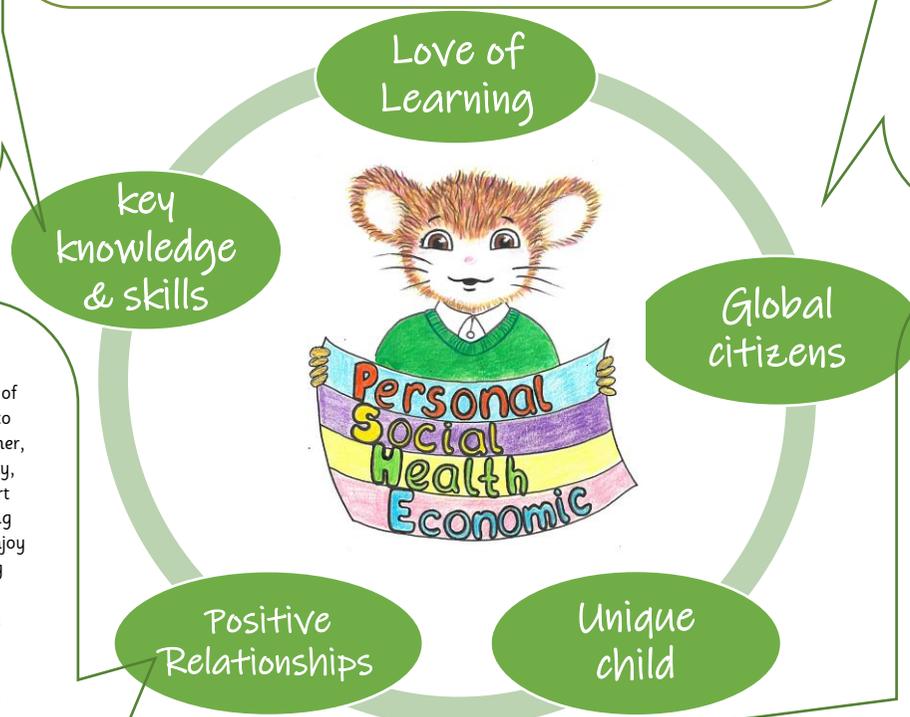
We equip children with the PSHE **skills, vocabulary and knowledge** necessary for the next stage of their learning journey. Knowledge and skills are sequential and build upon to develop progress in PSHE across the school. Vocabulary development plays a vital role in this We want children to be able to use PSHE as a means for communication and to use language skilfully when sharing their thoughts, ideas and views, knowing that they will be accepted and valued within each class and building upon this as they progress through school and are exposed to a rich cultural capital of wider ideas and alongside their own.

Our PSHE curriculum uses units called “puzzle pieces” which allow for progression and continuity throughout the school to embed deep learning, ignite curiosity and broaden our children’s awareness of the elements that contribute to being happy, safe, friendly, active, unique, calm and to achieve their full potential. For example, in the Autumn term the whole school work on a unit focussed on “celebrating differences”. In Reception the children think about how they are special. By Year 4, the children are recognising that everybody is unique and being accepting of this. We want children to develop a thirst for learning by using memorable and purposeful learning experiences. Alongside our PSHE we develop links within our community to encourage our pupils to become active citizens, such as finding out about democracy and the role of parliament from meeting our MP, and as part of the global community, raising money through charity events.

We want our children to use the vibrancy of our great country, to learn from other cultures, respect diversity, and appreciate what they have. We achieve this by providing a strong SMSC curriculum, with British Values and our core values placed at the heart of everything we do. This feeds into the PSHE curriculum- eg. children learn about their own rights and the rights of children around the world. Children are encouraged to share their ideas and value the viewpoint of their peers, developing tolerance and respect for themselves and others.

We want children to feel empowered to make a difference and affect changes as **global citizens** to their community and the world in which they live. e.g our children are active in supporting cultural and community events such as our Harvest collection, for a local charity who support the homeless and those in need, when children bring in donations of food for our Harvest celebration.

The PSHE curriculum at Meadows supports the development of positive and respectful relationships. We encourage children to work together in PSHE, supporting and encouraging each other, as well as reflecting on and thinking critically about the safety, ideas and experiences of others. We enable parents to support their children by involving them in their education and inviting them into school: eg: we invite parents to come along and enjoy fundraising for charity such as our Macmillan Coffee Morning hosted by Year 4, and Christmas Fair. Life in 21st Century Britain can be busy and stressful and by allowing children time to be immersed in PSHE and explore the richness of the world around them can aid wellbeing and reduce stress by being mindful and taking time to reflect, building upon a self-worth and value, encompassing a sense of belonging and peace. We know how to keep ourselves safe in PSHE by finding out how to take care of ourselves and be respectful of others, both in our local community and in the wider world. As well as feeling safe to express our own opinions, values and ideas.



At Meadows First School we can all learn to be rights champions and care for one another. We develop the holistic child, acknowledging their unique needs and ensuring all children are able to access the PSHE curriculum. EG: In addition to PSHE lessons, each class promotes wellbeing through specific activities every week, including using our Wellbeing Garden, Forest School and other outdoor spaces.

Children use meadows Mouse to develop lifelong learning habits to be;

Enthusiastic: to learn how to take care of their own mental and physical wellbeing, to celebrate their positive relationships and care for those around them, and to develop successful strategies to help with challenges that they face.

Determined: We encourage a growth mindset, with high expectations, so children are proud to share and talk about their ideas, experiences, challenges and achievements.

Focused: We want them to have no ceiling to their achievements and to grow up happy, healthy, respectful and tolerant of other views and opinions and to be active and engaged in their community.

Organised: We aim for our children to be independent and confident to use equipment safely as well as selecting the right equipment for the right piece of work. We are proud of what we can achieve!

MEADOWS FIRST SCHOOL LONG TERM PLAN - PSHE

With a focus on Meadows curriculum; Unique child, Positive relationships, Key knowledge and skills, Love of Learning, Global Citizens – children will learn to

- develop confidences and responsibilities and make the most of their abilities.
- prepare to play active role as citizens.
- develop a healthy, safe lifestyle with the ability to make appropriate risk assessments.
- develop good relationships and respect and celebrate the differences between people.
- understand some basic principles of finances.
- make a positive contribution to the life of the school

	Autumn Term		Spring Term		Summer Term	
Implementation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Well-being	Unique Me	Unique Me	Clever Me	Active Me & Safe Me	Friendly Me	Safe Me & Clever Me
Rights Respecting	I have the right to Friends. Article 15	I have the right to be safe. Article 19.	I have the right to be listened to. Article 12	I have the right to play and rest. Article 31	I have the right to water/ food. Article 24	The right to a good quality education. Article 28
Jigsaw Content overview	Being me in my world (Unique Me)	Celebrating difference (Unique Me)	Dreams and goals (Clever Me)	Healthy Me (Active Me & Safe Me)	Relationships (Friendly me)	Changing Me
Nursery & YR	<ul style="list-style-type: none"> • Self-identity • Understanding feelings • Being in a classroom • Being gentle • Rights and responsibilities 	<ul style="list-style-type: none"> • Identifying talents being special • Families • Where we live • Making friends • Standing up for yourself 	<ul style="list-style-type: none"> • Challenges • Perseverance • Goal-setting • Overcoming obstacles • Seeking help • Jobs • Achieving goals 	<ul style="list-style-type: none"> • Exercising bodies • Physical activity • Healthy food • Keeping clean • Sleep • Safety 	<ul style="list-style-type: none"> • Family life • Friendships • Breaking friendships • Falling out • Dealing with bullying • Being a good friend  	<ul style="list-style-type: none"> • Bodies - respecting my body • Growing up • Growth & change • Fun and fears Celebrations
Year 1	<ul style="list-style-type: none"> • Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and feeling proud • Consequences • Owing the Learning Charter 	<ul style="list-style-type: none"> • Similarities and differences • Understanding bullying and knowing how to deal with it • Making new friends • Celebrating the differences in everyone 	<ul style="list-style-type: none"> • Setting goals • Identifying successes and achievements • Learning styles • Working well and celebrating achievement with a partner • Tackling new challenges • Identifying and overcoming obstacles • Feelings of success 	<ul style="list-style-type: none"> • Keeping myself healthy • Healthier lifestyle choices • Keeping clean  • Being safe • Medicine  • Road safety • Linking health and 	<ul style="list-style-type: none"> • Belonging to a family • Making friends/being a good friend • Physical contact preferences • People who help us • Qualities as a friend and person • Self-acknowledgement • Being a good friend to myself 	<ul style="list-style-type: none"> • Life cycles – animal and human • Changes in me • Changes since being a baby • Linking growing and learning • Coping with change • Transition

				happiness	<ul style="list-style-type: none"> • Celebrating special relationships 	
Year 2	<ul style="list-style-type: none"> • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings 	<ul style="list-style-type: none"> • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Gender diversity • Celebrating difference and remaining friends 	<ul style="list-style-type: none"> • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group co-operation • Contributing to and sharing success 	<ul style="list-style-type: none"> • Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks and sharing food 	<ul style="list-style-type: none"> • Different types of family • Physical contact boundaries • Friendship and conflict • Secrets • Trust and appreciation • Expressing appreciation for special relationships 	<ul style="list-style-type: none"> • Life cycles in nature • Growing from young to old • Increasing independence • Assertiveness • Preparing for transition
Year 3	<ul style="list-style-type: none"> • Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights and responsibilities • Rewards and consequences • Responsible choices • Seeing things from others' perspectives 	<ul style="list-style-type: none"> • Families and their differences • Family conflict and how to manage it (child-centred) • Witnessing bullying and how to solve it • Recognising how words can be hurtful • Giving and receiving compliments 	<ul style="list-style-type: none"> • Difficult challenges and achieving success • Dreams and ambitions • New challenges • Motivation and enthusiasm • Recognising and trying to overcome obstacles • Evaluating learning processes • Managing feelings • Simple budgeting 	<ul style="list-style-type: none"> • Exercise • Fitness challenges • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe and why it's important online and off line scenarios • Respect for myself and others • Healthy and safe choices 	<ul style="list-style-type: none"> • Family roles and responsibilities • Friendship and negotiation • Keeping safe online and who to go to for help • 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 	<ul style="list-style-type: none"> • Staying safe in the sun • Staying safe around water • Different ways I can pay for things and track money • How and why people decide to spend money • Transition 
Year 4	<ul style="list-style-type: none"> • Being part of a class team • Being a school citizen • Rights, responsibilities and democracy (school council) • Rewards and consequences • Group decision-making • Having a voice • What motivates behaviour 	<ul style="list-style-type: none"> • Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • Identifying how special and unique everyone is • First impressions 	<ul style="list-style-type: none"> • Hopes and dreams • Overcoming disappointment • Creating new, realistic dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitudes 	<ul style="list-style-type: none"> • Healthier friendships • Group dynamics • Smoking • Alcohol • Assertiveness • Peer pressure • Celebrating inner strength 	<ul style="list-style-type: none"> • Jealousy • Love and loss • Memories of loved ones • Getting on and falling out • Showing appreciation to people and animals. 	<ul style="list-style-type: none"> • Know the basic concepts of first aid • Know how to make an emergency call • Keeping healthy teeth and gums. • Transition to Middle School