



To Care

PSHE EDUCATION AT PICKERING COMMUNITY JUNIOR SCHOOL



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INTENT: When children leave Pickering Community Junior School, they do so with the knowledge, understanding, attitudes, values and skills needed in order for them to be the best version of themselves and to thrive as individuals, family members and members of society. As a subject, PSHE empowers children with a voice and supports them in managing many of the most critical challenges and responsibilities they will face growing up - consequently equipping them for learning and life. Pupils will learn to understand and respect diversity and differences so that they can go on to form healthy and fulfilling relationships. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives. All children will be provided with a broad and balanced curriculum which reflects the equality and diversity policies and practice in our school.

IMPLEMENTATION:

Skills

- Personal and emotional skills: self-awareness, self-regulation and resilience.
- Social and interpersonal skills: empathy, communication, teamwork and conflict resolution.
- Decision making and critical-thinking skills: problem-solving, making informed choices and understanding media literacy.

Knowledge and Understanding

Personal, Social, Health Education

- Being Me in My World – understanding own identity
- Celebrating Difference – anti bullying (cyber and homophobic)
- Dreams and Goals – setting own goals and considering aspirations
- Healthy Me – drug and alcohol education & healthy lifestyle choices
- Relationships – friendships, family, changing relationships, loss.

Relationships and Sex Education

- Taught as part of the 'Changing Me' Unit
- Prepares children for puberty
- Teach children to respect and care for their bodies
- Explores the importance of health and hygiene
- Develop feelings of self-respect, confidence and empathy
- Use correct, scientific terminology to describe themselves and their bodies.

IMPACT: By the end of Year 6, our pupils will have the skills and knowledge in order to navigate themselves through life in modern Britain and will have the foundations needed for them to become healthy, open-minded, respectful and responsible members of society. Pupils will appreciate difference and diversity and have respect for themselves and others around them. In addition to this, children will be able to understand their emotions and know ways in which to deal with them – consequently looking after their mental health and well-being. Very importantly, children will be able to recognise positive and healthy relationships and be able to build these in the future. They will understand the physical aspects involved in Relationships & Sex Education at an age appropriate level. Our pupils will leave Pickering Community Junior School with high aspirations, a belief in themselves and the firm foundations they need in order to thrive.

TOLERANCE OWNERSHIP COMMUNITY ASPIRATION RESILIENCE EMPATHY



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PSHE EDUCATION PEDAGOGY ON A PAGE



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PSHE Supporting Aspects

Cultural Capital

- Modern British Values and SMSC covered in lessons.
- Whole school and year group assemblies with a link to PSHE, British Values and SMSC.
- Pupil contributions to school community – School Council, Eco Club
- Guest assemblies – Police, Fire Service
- Links with Infant and Secondary schools to aid our pupils' transition
- Charity fundraising events across school
- Healthy Schools Award
- Children's Mental Health and Anti-bullying week

School/British values and SMSC

- British and School Values are actively promoted:
 - Democracy: group decision making activities, debates and class discussions.
 - Rule of Law: Lessons on rules, laws, online safety, and consequences of actions teach respect for rules and the reasons behind them.
 - Individual Liberty: Exploring personal choices, freedoms, and safety (including online) encourages pupils to make informed decisions while respecting others' rights.
 - Mutual Respect and Tolerance: Learning about different cultures, beliefs and lifestyles promotes empathy, challenges stereotypes and develops inclusive attitudes.

Learning outside the classroom

- Crucial Crew
- Bikeability sessions
- Mini Police programme
- GOAL careers education

PSHE Lesson structure and pedagogy

THE JIGSAW CHARTER – ground rules are shared to promote a safe learning environment.

CONNECT US - a game or activity designed to be fun and inclusive and to build and maximise social skills.

CALM ME – calms the children, quietening their thoughts and emotions to a place of optimum learning capacity in order to promote a peaceful atmosphere within the classroom.

HELP ME REFLECT – children reflect on their learning experiences, allowing them to process and evaluate what they have learnt - consolidating and applying this.

LET ME LEARN – Children actively apply the new knowledge or skills from the lesson to activities, tasks or discussions.

OPEN MY MIND – introduces the new topic or theme for the lesson by engaging their curiosity.

Core Principles to support the PSHE Pedagogy

- A safe and inclusive learning environment is created. In every lesson, ground rules for respect, confidentiality (within safeguarding limits) are shared and all pupils feel valued and heard.
- Active, participatory learning is promoted in each lesson through role-play activities, paired and group work.
- Real-life and online scenarios are provided to help children apply learning to real situations, build critical thinking, and practise safe decision-making in a context they recognise.
- Teachers model the positive values and behaviours that are expected from the children – respectful communication, empathy, listening skills.
- Inclusivity is promoted – examples, role models and scenarios reflecting a range of cultures, family structures and life experiences are used. Stereotypes and bias are addressed, fostering understanding and respect for diversity.
- Clear messages are shared and embedded about when, how and who from pupils can seek help.
- Reflection and personal goal setting is used to promote the children's ownership of learning.

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