



Our PSHE Curriculum

At LWPS we believe that PSHE is a platform for all learning. Our PSHE curriculum is based upon 'Coram Life Education' scheme. This encompasses the following principles: Safety, Caring, Achievement, Resilience and Friendship. The children have the opportunity to learn through PSHE lessons and weekly circle times in addition to developing these skills within all subjects. Our curriculum builds on the requirements of the statutory guidance for Relationships Education and Health Education.

Our children receive high quality inclusive teaching for all lessons; the teaching approaches vary and include (but are not limited to): debates, group/Individual research & presentation, draw & write, drama & role play, group/individual writing tasks and circle times. As part of the class community, teachers are often the best placed professionals to teach PSHE to the children they work with for the year. However, other professionals, visits and visitors and can add to the provision and provide expert knowledge and memorable experiences, for example fire safety officers visits and NSPCC.

The benefits for pupils from PSHE education are relevant both now and in the future. Knowledge and skills such as being able to sustain healthy & safe relationships, establishing a good sense of self awareness, together with an ability to manage risk, experience change and communicate effectively are helpful for pupils being able to thrive as individuals, family members and members of society. It will help children to manage many significant opportunities and challenges they will face growing up.

Determination, Independence, Aspiration, Curiosity and Community-Mindedness taught through our core Christian values of compassion, resilience and trust

Determination As responsible citizens, we expect our children to strive for excellence in all that they do and demonstrate strong intent to get the job done and to do it to the best of their ability. We want them to show this academically as well as in their generosity of spirit within our whole school community. Our children are *resilient* learners, constantly showing their growth mindset in all that they do. In PSHE, this can be seen in our pupils' desire to do well and build on their prior knowledge and interpersonal skills.

Independence As responsible citizens as well as future leaders, our children self-organise and self-regulate very well, knowing what to do and where to go for further support if and when they need it. They show great *trust* in one another and the adults around them, knowing who they can go to for help or support if and when needed. We expect our children to exercise their independence at all levels so that they become confident and capable young people ready for their next challenge at each stage of their development.

Aspiration As responsible citizens our pupils are ambitious, showing a drive to follow their dreams and apply the skills and knowledge they are developing to all areas of their learning. They are excited by their programme of study and constantly strive for challenge building their *resilience* as they learn.

Curiosity As responsible citizens we expect our children to be active participants in their learning, always wanting to expand their knowledge and skills. They are driven by rich questioning and reasoning that extends their thinking and challenges their beliefs. We want our children to question their own understanding and beliefs showing an understanding of the world around them, demonstrating *compassion* for those around the world.

Community-Mindedness As responsible citizens, our children understand what it means to be mindful of those in and around our school community. They fundraise extensively, showing *compassion* in all that they do. They understand how we are all different and yet the same, and what impact their own actions have on those around them. They care deeply for one another, are articulate and show tolerance and respect in all that they do.

Our PSHE Programme of Study

PSHE Planning Long Term Map

(The codes in italics link to the DFE end of KS outcomes taken from Coram life education document)

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
R	<p>Me and My Relationships All about me <i>FPC3, RR1, RR4, RR5</i></p> <p>What makes me special <i>RR1, RR4</i></p> <p>Me and my special people <i>FPC1, FPC2, FPC3, CF1, RR1</i></p> <p>Who can help me? <i>FPC2, FPC6, CF1, CF2, CF3, CF4, CF5, BS5, BS8, MW9</i></p> <p>My Feelings <i>FPC2, FPC6, CF3, CF4, CF5, RR2, RR3</i></p> <p>My Feelings (2) <i>FPC2, CF3, CF5, RR3, BS6, BS8, MW3</i></p>	<p>Valuing Difference I'm special, you're special <i>RR1, RR4</i></p> <p>Same and different <i>CF1, CF2, CF3, RR1, RR4, RR5, BS6, MW3</i></p> <p>Same and different families <i>FPC1, FPC2, FPC3, RR1</i></p> <p>Same and different homes <i>RR1, RR3</i></p> <p>Kind and caring <i>CF2, CF3, RR3</i></p> <p>Kind and caring (2) <i>CF1, CF2, CF3, RR1, RR3</i></p>	<p>Keeping Myself Safe What's safe to go onto my body <i>HP4, HP5</i></p> <p>Keeping myself safe – What's safe to go into my body (including medicines) <i>HE3, HP3</i></p> <p>Safe indoors and outdoors</p> <p>Listening to my feeling (1) <i>BS3, BS5, BS6, BS7</i></p> <p>Keeping safe online <i>OR3, BS2, BS5, BS6</i></p> <p>People who help to keep me safe <i>FPC2, FPC6, BS5, BS6, BS</i></p>	<p>Rights and Responsibilities Looking after my special people <i>FPC1, FPC2, FPC3, FPC4</i></p> <p>Looking after my friends <i>CF1, CF2, CF3, RR8, BS6</i></p> <p>Being helpful at home and caring for our classroom <i>RR3</i></p> <p>Caring for our world <i>RR3</i></p> <p>Looking after money (1): recognising, spending, using</p> <p>Looking after money (2): saving money and keeping it safe</p>	<p>Being My Best Bouncing back when things go wrong <i>MW2, MW3</i></p> <p>Yes I can! <i>MW2, MW3</i></p> <p>Healthy eating (1) <i>HE1, HE2</i></p> <p>Healthy eating (2) <i>HE1, HE2</i></p> <p>Move your body <i>PHF2, HE1, HP3, HP4, HP5</i></p> <p>A good night's sleep <i>HP3, HP4</i></p>	<p>Growing and Changing Seasons</p> <p>Life Stages – plants, animal, humans</p> <p>Life Stages: Human life stage – who will I be?</p> <p>Where do babies come from?</p> <p>Getting bigger <i>FPC2, FPC3</i></p> <p>Me and my body – girls and boys <i>BS3</i></p>

PSHE Planning Long Term Map

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cycle A Year 1 & 2 (Except Term 6 which is just Year 1 annually)	Me and My Relationships Why we have classroom rules RR2, RR3 Thinking about feelings BS5, MW2, MW3, MW4, MW7 Our feelings BS5, MW1, MW2, MW3, MW4, MW7 Feelings and bodies MW2, MW3, MW6, MW7 Our special people balloons FPC3, FPC4 Good friends ✖ CF1, CF2, CF3 How are you listening? CF2, CF4, CF5, RR1	Valuing Difference Same or Different? FPC3, FPC4, RR1, RR2 Unkind, tease or bully? CF2, CF3, CF4, RR5, RR6, MW8 Harold's school rules RR3, RR5, BS1 Who are our special people? FPC1, FC2, FPC3, FPC4, MW6 It's not fair! CF2, CF3, CF4, RR2, RR3	Keeping Myself Safe Healthy me ✖ Science links PHF1, PHF3, PH4, HP3 Super sleep ✖ Science links HP3 Who can help? (1) FPC6, CF2, CF4, BS5 Harold loses Geoffrey MW2 What could Harold do? ✖ Science links DAT1 Good or bad touches? FPC6, RR8, BS1, BS2, BS5, BS7, BS8	Rights and Responsibilities Harold's wash and brush up Science links HP4, HP5 Around and about the school Taking care of something RR5 Harold's money How should we look after our money? Basic First Aid BFA1, BFA2	Being My Best I can eat a rainbow ✖ Science links HE1, HE2, HE3 Eat well Science links HE1, HE2, HE3 Catch it! Bin it! Kill it! Science links HP5 Harold learns to ride his bike Pass on the praise! CF2, CF5, RR1, RR3, RR5 Harold has a bad day CF2, CF4, RR2, RR3, RR5	Growing and Changing Inside my wonderful body! ✖ Taking Care of a Baby Science links FPC2, CAB1 Then and now Who can help? (2) CF3, CF4, RR5, RR6, MW8 Surprises and secrets FPC6, CF4, RR8, BS1, BS2, BS4, BS5, BS6, BS7, BS8 Keeping privates private BS2, BS7

PSHE Planning Long Term Map

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cycle B Year 1 and 2 (Except Term 6 which is just Year 2 annually)	Me and My Relationships Our ideal classroom (1) RR2 Our ideal classroom (2) RR3 How are you feeling today? MW2, MW3 Bullying or teasing? RR5, RR6 Don't do that! RR5, RR6 Types of bullying ☆ RR5, RR6 Being a good friend ☆ CF1, CF2, CF3 Let's all be happy! ☆ MW2, MW9	Valuing Difference What makes us who we are? RR1, RR2 How do we make others feel? RR2, MW3 My special people FPC1, FPC2, FPC3, FPC4 When someone is feeling left out MW7 An act of kindness CF3, RR2, RR3, MW3 Solve the problem CF4, CF5	Keeping Myself Safe Harold's picnic ☆ Science links MW3, MW5, DAT1 How safe would you feel? BS1, BS5 What should Harold say? BS1, BS4 I don't like that! RR8, BS3, MW2 Fun or not? BS1, BS3, BS5 Should I tell? BS1, BS2, BS5 Some secrets should never be kept BS1, BS2, BS3, BS4, MW2	Rights and Responsibilities Getting on with others CF5, RR3, RR5, RR6 When I feel like erupting MW3, MW4 Feeling safe BS6, BS7, BS8 How can we look after our environment? Harold saves for something special Harold goes camping	Being My Best You can do it! My day MW3, PHF2, HE1 Harold's postcard - helping us to keep clean and healthy Science links HP5, HP6 Harold's bathroom Science links HP4 My body needs... ☆ Science links PHF1, HE1, HP3 What does my body do? ☆ Science links	Growing and Changing A helping hand CF3 Sam moves house MW2 Haven't you grown! CAB1 My body, your body Science links BS2, CAB1 Respecting privacy BS2 Basic first aid BFA1, BFA2

PSHE Planning Long Term Map

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cycle A Year 3 &4 (Except Term 6 which is just Year 3 annually)	Me and My Relationships As a rule ISH4 My special pet MW2, MW3, MW4 Tangram team challenge Looking after our special people FPC2, CF1, CF2 How can we solve this problem? CF3, CF4, RR1 Dan's dare BS1 Thunks RR1, RR2, RR3 Friends are special ✖ CF1, CF2, CF4	Valuing Difference Family and friends FPC1, FPC2, FPC3, FPC4, RR7 My community MW5 Respect and challenge RR1, RR3 Our friends and neighbours RR1, RR2 Let's celebrate our differences FPC3, RR1, RR2, RR6, OR2, MW8, ISH5 Zeh RR1, RR5, RR6, RR7, OR2, MW8, ISH5	Keeping Myself Safe Safe or unsafe? BS4, BS5 Danger or risk? BS4 The Risk Robot BS5 Alcohol and cigarettes: the facts ✖ HE3, DAT1 Super Searcher OR3, OR4, OR5, ISH1, ISH3, ISH6 None of your business! RR8, OR1, OR2, OR3, OR4, OR5, BS1, BS4, BS5, ISH3, ISH5, ISH7 Raisin challenge (1) BS1, BS6 Help or harm? ✖ Science links HE3, DAT1	Rights and Responsibilities Our helpful volunteers MW5 Helping each other to stay safe BS8 Recount task OR4, ISH6 Harold's environment project Science links Can Harold afford it? Earning money	Being My Best Derek cooks dinner! (healthy eating) HE1, HE2, HE3 Poorly Harold HP5 For or against? RR1, RR2, RR3 I am fantastic! OR1 Getting on with your nerves! ✖ Body team work ✖ Science links Top talents ✖	Growing and Changing Relationship Tree CF1, CF2, CF5, OR2 Body space BS3 Secret or surprise? BS2 Together (from Year 4) FPC3, FPC4, FPC5, CF1 Basic first aid BFA1, BFA2

PSHE Planning Long Term Map

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cycle B Year 3 & 4 (Except Term 6 which is just Year 4 annually)	Me and My Relationships An email from Harold! <i>CF2, CF3, MW3, MW7</i> OK or not OK? (part 1) <i>CF2, CF3, CF4, CF5, RR1, RR2, RR5, MW3</i> OK or not OK? (part 2) <i>CF2, CF4, CF5, RR1, RR4, RR5, MW3</i> Human machines <i>RR2</i> Different feelings <i>MW1, MW2, MW3, MW4</i> When feelings change <i>MW3, MW4</i> Under pressure <i>RR1, RR6, MW8, ISH</i>	Valuing Difference Can you sort it? * <i>CF1, CF2, CF3, CF5, RR1, RR2, RR5</i> Islands <i>CF5, RR8, BS1, BS3, BS5, MW4</i> Friend or acquaintance? <i>FPC1, FPC2, CF1, CF2, RR1</i> What would I do? <i>FPC3, CF4, CF5, RR1, RR2, RR3, RR5, RR6</i> The people we share our world with <i>FPC3, RR1, RR2, RR5</i> That is such a stereotype! <i>RR7, OR5</i>	Keeping Myself Safe Danger, risk or hazard? <i>BS4, BS5, HE1</i> Picture Wise <i>OR3, OR5, ISH3</i> How dare you! <i>CF5, RR4, RR6, BS1, BS6, MW4</i> Medicines: check the label * <i>Science links</i> <i>HP5</i> Know the norms * <i>Science links</i> <i>HE3</i> Keeping ourselves safe <i>CF3, CF5, RR4, RR6</i> Raisin challenge (2) <i>OR5, BS1, ISH2, ISH6</i>	Rights and Responsibilities Who helps us stay healthy and safe? <i>BS6, BS7, BS8, PHF4</i> It's your right How do we make a difference? <i>OR2</i> In the news! <i>English link</i> <i>RR3, OR5, ISH6, ISH7</i> Safety in numbers <i>RR5, RR6, BS7</i> Logo quiz Harold's expenses Why pay taxes?	Being My Best What makes me ME! <i>RR1, RR2, RR4</i> Making choices * <i>CF2, RR1</i> SCARF Hotel * <i>Science links</i> <i>HE1, HE2, HE3</i> Harold's Seven Rs <i>Science links</i> My school community (1) Basic first aid <i>BFA1, BFA2</i>	Growing and Changing Moving house <i>MW2, MW3, MW9</i> My feelings are all over the place! <i>FPC1, FPC2, FPC3, CF5, RR2, MW3, MW4, CAB1</i> All change! <i>BS7, CAB1</i> My changing body (in Year 3 unit) <i>CAB1, CAB2</i> Period positive <i>CAB1, CAB2</i>

PSHE Planning Long Term Map

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cycle A Year 5 & 6 (Except Term 6 which is just Year 5 annually)	Me and My Relationships Collaboration Challenge! Give and take <i>CF2, CF3</i> How good a friend are you? <i>CF1, CF2, CF3, CF4, MW1, MW2, MW3</i> Relationship cake recipe <i>CF2, CF3, CF4, CF5, RR3, RR4, RR5</i> Being assertive ✖ <i>CF2, CF3, CF5, RR1</i> Our emotional needs ✖ <i>MW2, MW3, MW4, MW9</i> Communication <i>OR2, OR3, MW8</i>	Valuing Difference Qualities of friendship <i>CF1, CF2, CF3, CF4, CF5, RR1, RR2, RR3, RR4, RR5</i> Kind conversations <i>RR1, RR2, RR4, RR5</i> Happy being me <i>RR1, RR2, RR3, RR4, RR5, RR6, RR7</i> The land of the Red People <i>FPC3, CF3, RR1, RR2, RR4, RR5</i> Is it true? <i>RR1, RR2, RR6, RR7, OR2, OR3, OR4, OR5, BS1, ISH2, ISH3, ISH5, ISH6</i> It could happen to anyone <i>CF1, CF2, CF3</i>	Keeping Myself Safe 'Thinking' about habits <i>DAT1</i> Jay's dilemma Spot bullying <i>RR1, OR1, OR2, OR3, OR5, ISH4</i> Ella's diary dilemma <i>CF5, RR2, RR4, RR5, RR8, BS1, BS2</i> Decision Dilemmas Play, like, share <i>OR1, OR2, OR3, OR4, OR5, BS1, BS4, ISH3, ISH5, ISH7</i> Would you...? Drugs: true or false? ✖ <i>Science links</i> <i>DAT1</i> Smoking: what is normal? ✖ <i>Science links</i> <i>ISH6, DAT1</i> Would you risk it? ✖ <i>Science links</i> <i>BS</i>	Rights and Responsibilities What's the story? <i>ISH6, PHF2, PHF3, HE1</i> Fact or opinion? <i>OR4, ISH6</i> Rights, responsibilities and duties Mo makes a difference <i>MW5</i> Spending wisely Lend us a fiver! Local councils	Being My Best Getting fit ✖ <i>Science links</i> <i>DAT1</i> It all adds up! ✖ Different skills My school community (2) Independence and responsibility Star qualities <i>ISH4</i> Basic first <i>BFA1, BFA2</i>	Growing and Changing How are they feeling? <i>MW2, MW3, MW4</i> Taking notice of our feelings <i>RR5, BS1, BS3, BS4, BS5, BS7, BS8</i> Dear Hetty Growing up and changing bodies <i>FPC6, RR8, BS2, BS3, CAB1, CAB2</i> Changing bodies and feelings <i>CAB1</i> It could happen to anyone <i>CF5</i> Help! I'm a teenager - get me out of here! <i>FPC2, FPC4, RR1, RR2, RR3, RR4, CAB1</i> Dear Ash <i>BS2, BS4, BS5, BS6, BS7, BS8</i> Stop, start, stereotypes <i>RR1, RR6, RR7</i>

PSHE Planning Long Term Map

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cycle B Year 5 & 6 (Except Term 6 which is just Year 6 annually)	Me and My Relationships Working together Let's negotiate Solve the friendship problem <i>CF2, CF3, CF4, CF5</i> Assertiveness skills <i>CF5, RR2, RR4, RR5, RR8</i> Behave yourself ✖ <i>RR1, RR2, RR4, RR5, RR6, BS6</i> Dan's day <i>FPC2, CF1, CF2, CF3, MW1, MW2, MW3, MW4</i> Don't force me <i>FPC3, FPC4, FPC5, FPC6, RR1, RR5, RR8, BS7</i> Acting appropriately <i>RR5, RR6, BS1, BS2, BS3, BS4, BS5, BS6, BS7, BS8</i>	Valuing Difference OK to be different <i>CF2, RR1, RR6</i> We have more in common than not <i>RR1, RR5, RR6</i> Respecting differences <i>RR1, RR2, RR3, RR5</i> Tolerance and respect for others <i>RR1, RR2, RR5</i> Advertising friendships! <i>FPC1, CF1, CF2, CF3, CF4, CF5, MW6</i> Boys will be boys? - challenging gender stereotypes <i>RR1, RR2, RR6, RR7, ISH2, ISH6</i>	Keeping Myself Safe Think before you click! <i>RR8, OR2, OR3, OR4, BS1, ISH4, ISH5</i> Traffic lights <i>OR3, OR5, ISH3</i> To share or not to share? <i>OR3, OR5, BS1, BS2, BS3, BS7, ISH3, ISH5, ISH7</i> Rat Park <i>MW1, MW3, MW4, MW5, MW6, MW7, MW9, PHF3, DAT1</i> What sort of drug is...? <i>PHF3, DAT1</i> Drugs: it's the law! ✖ <i>PHF3, DAT1</i> Alcohol: what is normal? ✖ <i>PHF3, DAT1</i> Joe's story (part 1) ✖	Rights and Responsibilities Two sides to every story <i>RR7, ISH6</i> Fakebook friends <i>RR8, OR1, MW1, ISH4, ISH6</i> What's it worth? Jobs and taxes Action stations! <i>English links</i> <i>MW5</i> Project Pitch (parts 1 & 2) <i>English links</i> Happy shoppers Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made	Being My Best Five Ways to Wellbeing project <i>MW1, MW5, MW6, MW7, ISH2, PHF2</i> This will be your life! This will be your life! ✖ Our recommendations What's the risk? (1) ✖ <i>CF2, CF3, CF5, RR1, RR4, RR6, BS1, DAT1</i> What's the risk? (2) <i>FPC1, OR3, BS1, BS2, BS4, ISH6</i> Basic first aid <i>BFA1, BFA2</i>	Growing and Changing Helpful or unhelpful? Managing Change <i>FPC2, FPC6, MW2, MW4, MW6, MW9</i> I look great! <i>RR1, RR2, RR4, MW3, ISH2</i> Media manipulation <i>RR1, RR4, RR7, OR1, ISH2, ISH5</i> Pressure online <i>OR1, OR3, OR4, OR5, BS1, BS3, BS4, BS5</i> Is this normal? <i>RR1, BS7, CAB1, CAB2</i> Dear Ash <i>BS2, BS4, BS5, BS6, BS7, BS8</i> Making babies <i>Science links</i> <i>FPC3, FPC4, BS3, BS6, BS7, BS8, CAB1, CAB2</i> What is HIV?

	It's a puzzle <i>RR8, OR2, OR3, OR4, OR5, BS1, BS2, BS4, ISH1, ISH3, ISH5, ISH7</i>		<i>CF2, CF3, CF5, RR1, RR4, MW4, MW6, MW7, PHF3</i> Joe's story (part 2) <i>FPC1, CF1, CF3, CF4, RR5</i>			<i>Science links</i> <i>HP5</i>
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