



PSHE at Halley:
Preparing your child for the future

Health is not the absence of
illness, it is the state
of physical, mental and
social wellbeing.



Our Values, Vision and Aims

OUR INTENT

OUR VALUES



OUR VISION

Provide a safe, supportive, and stimulating environment that enables and encourages highest standards of achievement (**ambition**).

Broad, balanced and **creative** curriculum which makes the most of the learning opportunities offered by the richness and diversity of the **cultures** and environment on our doorstep.

Provide an **enriched practical** curriculum based on excellence and **enjoyment** which allows for **exploration**, **enquiry**, and opportunities to ask questions.

OUR AIMS



All of our children are to become **successful, independent** learners.



All of our children are to be equipped with skills and knowledge to meet their current and future needs and **creative** potential.



All of our children are to be **confident** individuals who can live safe and **healthy** lives.



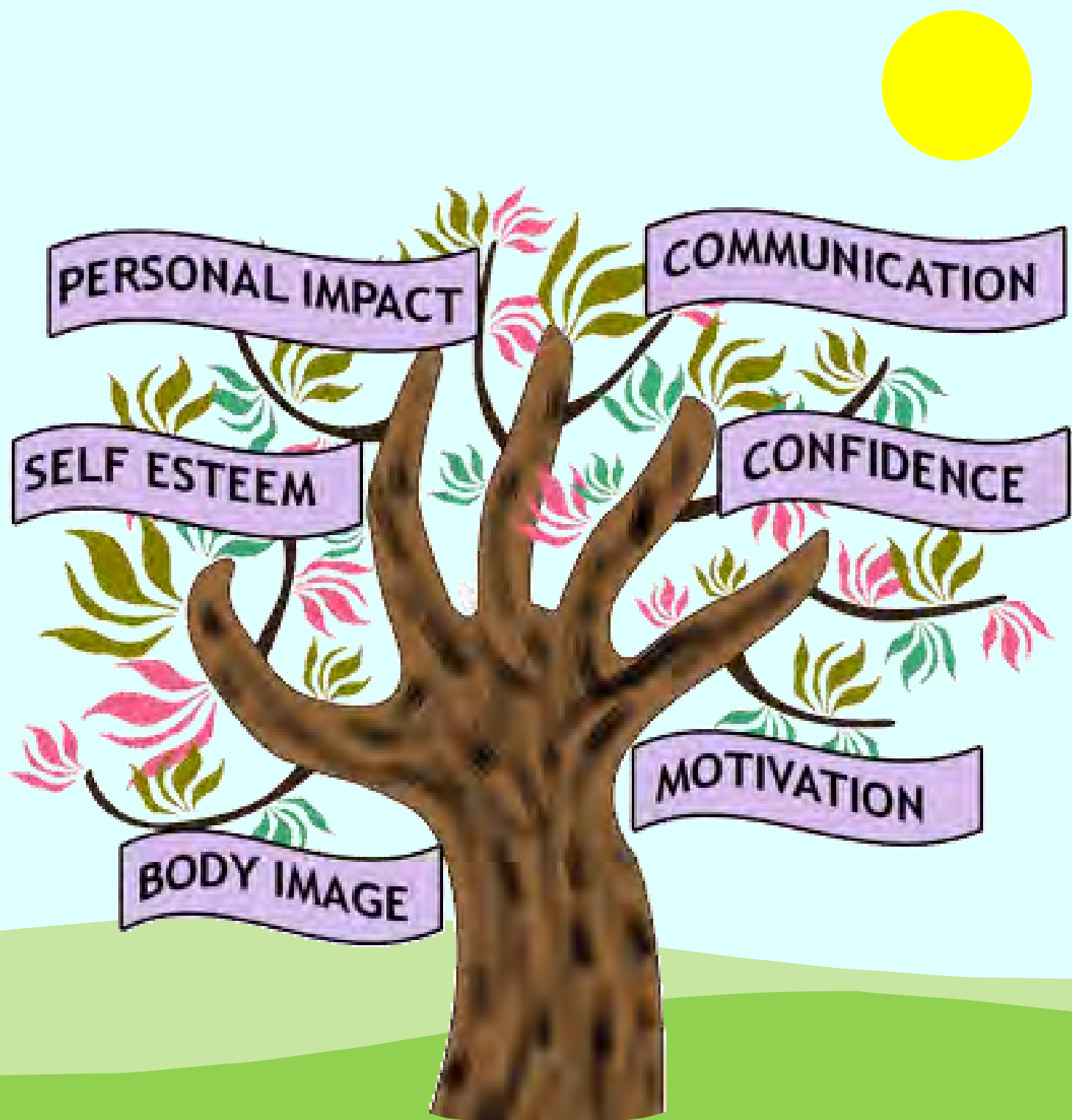
All of our children are to **respect** and value each other's contributions irrespective of race, gender, religion or ability.



All of our children are to be **self-aware** and able to manage their own behaviour, understanding that it has an impact on others.



All of our children are to be active and motivated **citizens** within the wider school community.



The Importance of PSHE

What is PSHE?

Personal, social, health and economic (PSHE) education is a planned programme of school-based learning opportunities and experiences that deal with the real life issues children and young people face as they grow up.

What does the evidence say?

"The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success."
Department for Education review of PSHE education Impact and effective practice.

What are the aims of this guide?

For our Parents and Carers to:

- Be fully informed about what is taught in PSHE & RSE
- Have a broad and holistic understanding how the RSE and PSHE sit within the Schools curriculum and ethos
- Understand what is statutory.

Definitions

What we mean
when we talk about...

Relationships

Connection/kinship –
how we build healthy positive
relationships – social skills

Sex

Two main categories (male/female)
into which humans, animals and
most other living things are divided by
on the basis of their reproductive
functions

Health

Mental health, physical health
and emotional health

What is taught in PSHE?



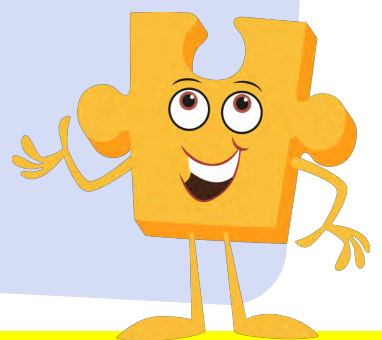
At Halley Primary School we teach PSHE and RHE mainly through the Jigsaw scheme of work. Jigsaw is designed so that all year groups work on the same theme (puzzle) at the same time. All the lessons are delivered in an age and stage appropriate way so they meet the children's needs. There are 6 pieces to the Jigsaw puzzle:

Being Me in My World
Celebrating Difference
Dreams and Goals

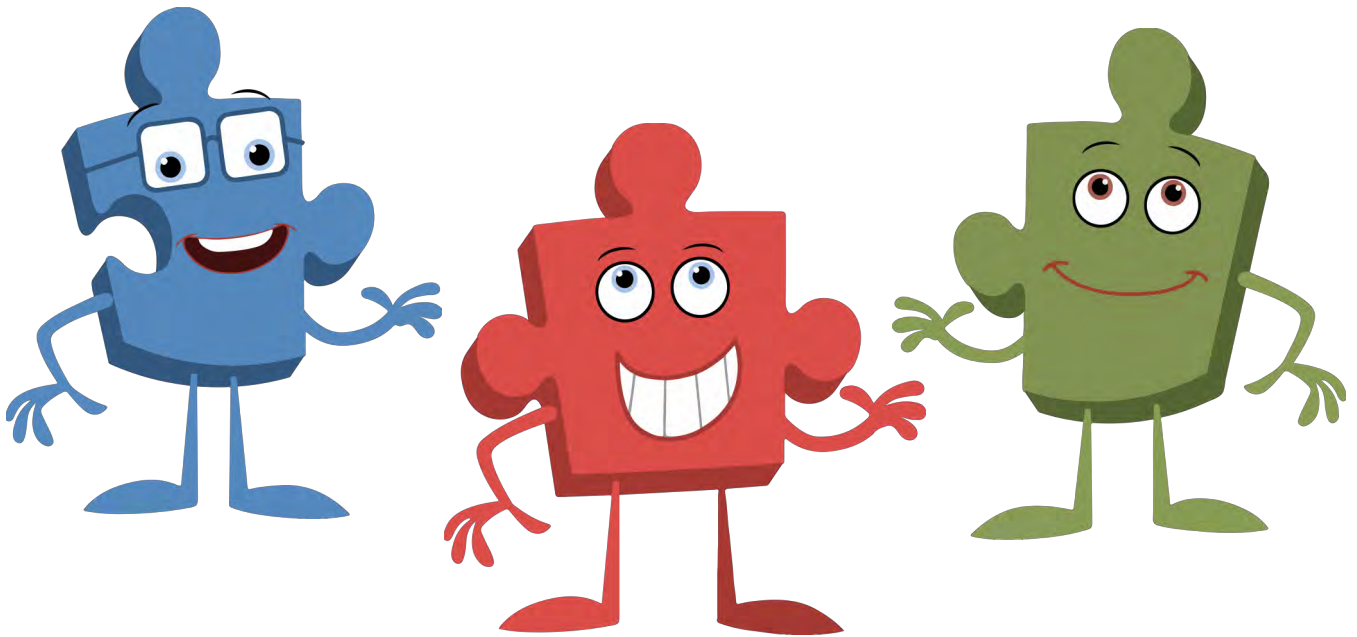
Healthy Me
Relationships
Changing Me

Within each Jigsaw puzzle piece, elements of the PHSE & RHE Curriculum are covered. These include:

- Relationships Education
- Physical Health and Mental Wellbeing Education
- Science
- Sex Education
- Virtues



What is taught in PSHE?



Relationships Education

Relationships Education is taught across all year groups and across different Jigsaw units. Relationships Education became statutory in September 2020. Further details and guidance can be found here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

Physical Health and Mental Wellbeing Education

Physical Health and Mental Wellbeing Education is also taught across all year groups and across many of the Jigsaw units but it is mainly covered in the 'Healthy Me' and 'Relationships' units.

What is taught in PSHE?

Science

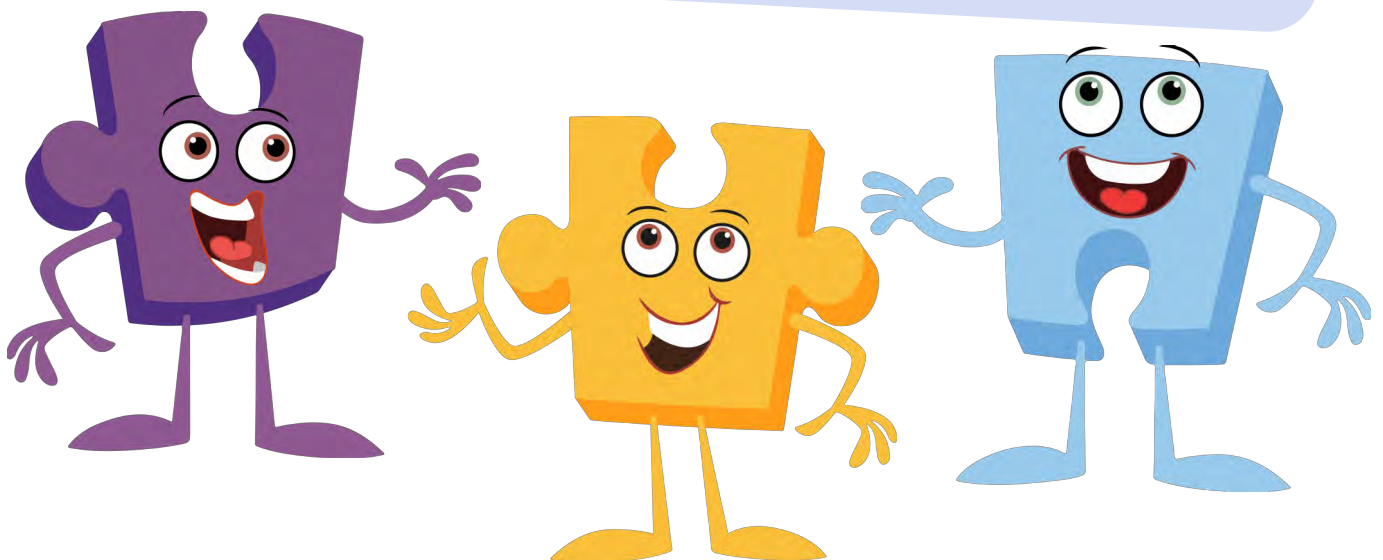
There is some overlap between the both the Science, PSHE, RHE (Years 1 to 5) and RSHE (Year 6 only) curricula. These have been included in the overviews on pages **10-15**. Science remains a statutory core subject.

Sex Education

There is one unit that covers sex education and this is taught in Year 6 only. The School view is this is appropriate and vital information children should have access to and is relevant to their safety and wellbeing; however, parents can choose to withdraw their children from these taught sessions if they wish to.

Virtues and Values

At Halley there are a number of topics which form a vital part of social and moral aspects of the School's curriculum. These include learning about rights and responsibilities and attributes like perseverance, respect and being able to self-regulate (independence).



Year 1 Learning

Curriculum Overview

Relationships Education

Being part of a class; knowing what makes us special; celebrating similarities and differences; understanding and dealing with bullying; making friends; working with others; families; special people.

Physical Health and Mental Wellbeing Education

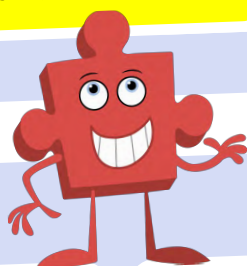
Making healthy choices; road safety; safety in the home; appropriate physical contact; changes in me.

Values and Virtues

Our rights and responsibilities; setting goals; dealing with obstacles; coping with change; transition to Year 2.

Science Education

Life cycles of animals



Jigsaw Units

Autumn
1

Being Me
in My World

Autumn
2

Celebrating
Difference

Spring
1

Dreams
and Goals

Spring
2

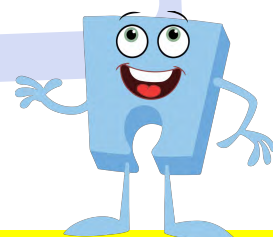
Healthy
Me

Summer
1

Relationships

Summer
2

Changing
Me



Year 2 Learning

Curriculum Overview

Relationships Education

Recognising feelings; knowing what makes us special; celebrating differences; understanding and dealing with bullying; gender stereotypes; friends and solving conflict; learning with others; different kinds of families.

Physical Health and Mental Wellbeing Education

Healthier choices; relaxation; healthy eating and nutrition; physical contact boundaries; secrets; growing from young to old.

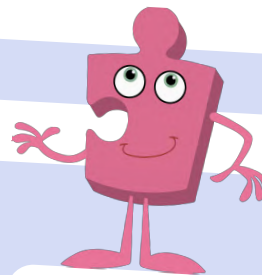
Values, Virtues and Economic Education

Our rights and responsibilities; rewards and consequences; achieving goals; perseverance; coping with change; transition to Year 3.

Science Education

Life cycles and Parts of the body

Jigsaw Units



Autumn
1

Being Me
in My World

Autumn
2

Celebrating
Difference

Spring
1

Dreams
and Goals

Spring
2

Healthy
Me

Summer
1

Relationships

Summer
2

Changing
Me

Year 3 Learning

Curriculum Overview

Relationships Education

Families, including different kinds of families; managing conflict; witnessing bullying and how to solve it; hurtful words and compliments.

Physical Health and Mental Wellbeing Education

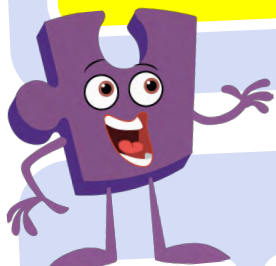
Exercise; fitness challenges; managing feelings; healthy swaps; keeping safe on and offline; getting help; healthy and safe choices; personal space and unwanted touch.

Values, Virtues and Economic Education

Rules, rights and responsibilities; setting personal goals; motivation and enthusiasm; responsible choices; simple budgeting; respect; expressing and challenging ideas; transition to Year 4.

Science Education

Revision and retrieval of naming body parts.



Jigsaw Units

Autumn
1

Being Me
in My World

Autumn
2

Celebrating
Difference

Spring
1

Dreams
and Goals

Spring
2

Healthy
Me

Summer
1

Relationships

Summer
2

Changing
Me

Year 4 Learning

Curriculum Overview

Relationships Education

Being a part of a team; challenging assumptions; accepting myself and others; understanding bullying; peer pressure; healthier friendships; assertiveness; jealousy; love and loss; getting on and falling out.

Physical Health and Mental Wellbeing Education

Smoking and alcohol; good oral health; basic facts about puberty; positive attitudes; overcoming disappointment.

Values, Virtues and Economic Education

Rights and responsibilities and democracy; what motivates behaviour; setting realistic goals; resilience; transition to Year 5.

Science Education

Reproduction in plants and animals, human lifecycle.

Jigsaw Units

Autumn
1

Being Me
in My World

Autumn
2

Celebrating
Difference

Spring
1

Dreams
and Goals

Spring
2

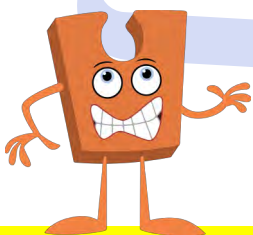
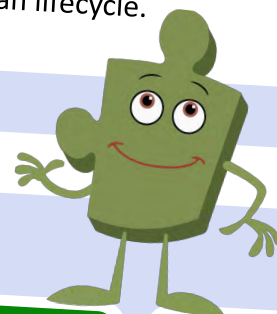
Healthy
Me

Summer
1

Relationships

Summer
2

Changing
Me



Year 5 Learning

Curriculum Overview

Relationships Education

Cultural differences; racism; rumours and name calling; types of bullying; building self-esteem; safer online communities; rights and responsibilities online; online dangers.

Physical Health and Mental Wellbeing Education

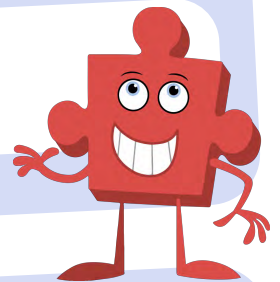
Smoking and alcohol; emergency aid; body image; relationships with food; healthy choices; reducing screen time; internet safety rules; emotional and physical changes during puberty; physical hygiene.

Values, Virtues and Economic Education

Rights and responsibilities; being a citizen; democracy; material wealth and happiness; jobs and careers; goals; charity; motivation; transition to Year 6.

Science Education

Changes as humans develop to old age



Jigsaw Units

Autumn
1

Being Me
in My World

Autumn
2

Celebrating
Difference

Spring
1

Dreams
and Goals

Spring
2

Healthy
Me

Summer
1

Relationships

Summer
2

Changing
Me

Year 6 Learning

Curriculum Overview

Relationships Education

Group dynamics; role-modelling; understanding disability; understanding bullying; difference as a source of both conflict and celebration; love and loss; managing feelings; power and control; body image; communication in relationships; online relationships.

Physical Health and Mental Wellbeing Education

How substances (e.g. alcohol) affect the body; exploitation (including gang culture); emotional and mental health; managing stress; identifying mental health worries and sources of support; safe and responsible use of technology.

Values, Virtues and Economic Education

Children's universal rights; goals for the year; empathy; assertiveness making a difference in the world; motivation; recognizing achievements; transition to secondary school.

Science Education

Reproduction

Sex Education

Puberty and reproduction; conception and pregnancy



Jigsaw Units

Autumn
1

Being Me
in My World

Autumn
2

Celebrating
Difference

Spring
1

Dreams
and Goals

Spring
2

Healthy
Me

Summer
1

Relationships

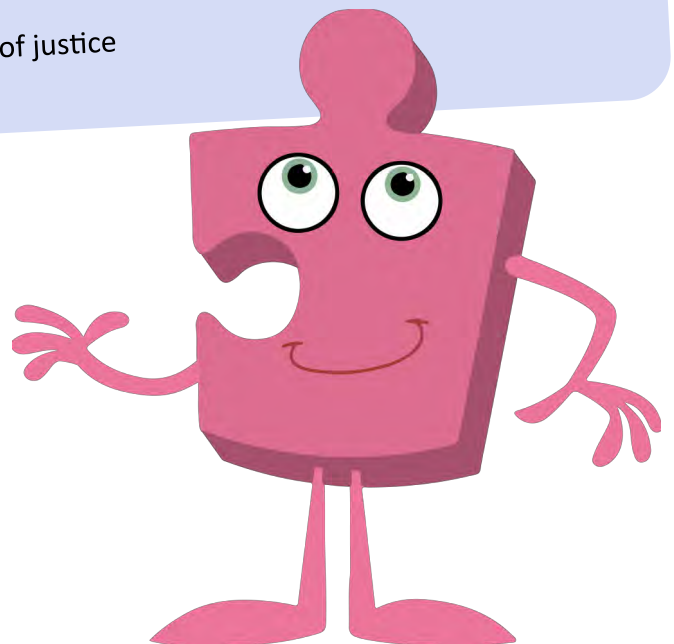
Summer
2

Changing
Me

Personal development

We want our Halley children to develop their personal attributes, values, virtues and traits:

- We want our children to be resilient and persevere with challenging tasks
- We want our children to believe they can achieve,
- We want our children to work towards long-term goals and continue despite setbacks
- We want our children to have a sense of self, self-belief, self-worth and self-respect
- We want our children to foster and build positive relations with others
- Through virtues of honesty, courage, kindness, generosity and trustworthiness we want our children to have a sense of justice



Parent Voice



At Halley, we recognise our partnership between home and school is essential to our pupil's well-being and achievement; and we are keen to hear parents' views, recognising diversity, religious and cultural background of our community.

If there is anything you would like the School to consider in relation to the teaching and learning of our PHSE & RHE curriculum please let us know. There are many opportunities across the school year though Headteacher Coffee Mornings, Year Group Welcome and Curriculum Parent Meetings, Workshops, School Survey's to share your thoughts and views. Parents are always welcome to make an appointment to meet with staff at Halley.

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illness, it is the state
of physical, mental and
social wellbeing.



Jigsaw

