



PSHE at Hook Lane



Through our PSHE at Hook Lane, we aim to give our children opportunities to better understand themselves, others and the world around them.

We want our children to be resilient, emotionally and socially intelligent, able to problem solve effectively and able to identify and assess risk and dangers.

Within our PSHE teaching, we want the children to feel comfortable and confident discussing a range of topics and putting across their views and opinions with no fear.



What do we teach?

Our PSHE curriculum covers these main themes:

In EYFS:

- Self-Regulation
- Managing Self
- Building Relationships

In KS1:

- Myself
- Relationships
- Rights and Responsibilities
- My Body
- Family and Community
- Money Matters

These are continued themes in KS2 alongside:

- Privacy
- Diversity
- Prejudice
- Stereotypes
- Drugs and alcohol
- Puberty

Throughout these strands, we promote the British Values of: democracy, tolerance, the Rule of Law, individual liberties and respect.



What do we teach?

EYFS:

Self-Regulation:

Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability.

Managing Self:

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships:

Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.



What do we teach?

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| Year 1 | <p>Myself Pupils will explore their strengths and set goals for the year. They will discuss the importance of rules and why they need to be followed.</p> | <p>Relationships Pupils will explore feelings linked to friendships. They will discuss fairness and how to deal with disagreements.</p> | <p>Rights and responsibilities Pupils will explore ways that they can be a good member of the class. They will discuss themes such as sharing, animals rights and personal choices.</p> | <p>My body Pupils will explore the importance of exercise and good food choices. They will discuss the games they play at playtime and how to avoid rough play.</p> | <p>Family and community What do we all have in common? Pupils will explore the idea of family. They will discuss how grown-ups can keep them safe.</p> | <p>Money matters Pupils will explore where money comes from and discuss what they spend their money on. Mental health Pupils will explore good and not good feelings.</p> |
| Year 2 | <p>Myself Pupils will explore their areas for improvement and discuss how they can get better. They will think about how to stop germs and illnesses from spreading.</p> | <p>Relationships Pupils will explore how to deal with keeping secrets. They will discuss what they should do if they think someone is being bullied.</p> | <p>My body Pupils will explore the reasons why they should eat healthily and exercise. They will discuss how to deal with problems with their friends.</p> | <p>Rights and responsibilities Pupils will explore the idea of rules. They will discuss their own rights and what to do if they feel unhappy about this.</p> | <p>Family and community Pupils will explore the differences between people in the community. They will discuss the idea of 'privacy'.</p> | <p>Money matters Pupils will explore where money comes from and discuss what they spend their money on. Mental health Pupils will explore how they can help others.</p> |
| Year 3 | <p>Myself Pupils will explore how to get out of a negative mindset.</p> | <p>Relationships Pupils will explore healthy friendships and peer pressure. They will discuss ways families care for each other to create a positive environment.</p> | <p>My body Pupils will explore the importance of balanced meals and food labels and why we should read them. Privacy Pupils will explore the ideas of personal boundaries and when they should say, 'no'.</p> | <p>Money Matters Pupils will explore how to keep track of money and how to save money. Diversity What is it? Why is it good? Why have a diverse community?</p> | <p>Responsibilities. Pupils will explore keeping safe - identifying hazards and how to minimise/avoid them as well as how to react in an emergency situation. Pupils will discuss recycling and why it is important.</p> | <p>Aiming High Pupils will explore achievements, goals, jobs and skills. Mental health Pupils will discuss being aware of feelings and what they are.</p> |
| Year 4 | <p>Myself Pupils will explore setting achievable personal goals for the term. They will discuss identifying and building their personal identity.</p> | <p>Relationships Pupils will explore how to deal with friendship issues. They will identify different types of families.</p> | <p>My body Pupils will explore the foods that are good for their digestive system. They will discuss how to improve dental health. Privacy Pupils will explore the ideas of 'secrets'. What secrets should they keep and when to tell an adult.</p> | <p>Money Matters Pupils will explore how to plan a simple budget and how to raise money. Stereotypes Pupils will explore the idea of stereotypes, how they affect people and how we can challenge them. Focus on gender.</p> | <p>Responsibilities Pupils will explore how to use medicines safely and other household products. They will learn basic first aid techniques for common injuries (burns, nosebleeds).</p> | <p>Mental health Pupils will explore the language we use related to our check-in.</p> |
| Year 5 | <p>Myself Pupils will set goals for each subject for the term. They will discuss responsibilities related to independence (walking home and mobile phones).</p> | <p>Relationships Pupils will explore not succumbing to trends. They will discuss online friendships vs face to face and the benefits of widening friendships. They will share ideas on how to seek help if you're feeling lonely or excluded by peers.</p> | <p>My body Pupils will explore how exercise and sleep affect our mental and physical health. Privacy Pupils will discuss seeking and giving permission in different situations.</p> | <p>Money Matters Pupils will explore how to use a bank account and how to pay for things. Stereotypes 2: Pupils will focus on wider stereotypes: Appearance (glasses, tattoos, tracksuits) Jobs (scientists, models, sports stars).</p> | <p>Marriage Pupils will explore the meaning of marriage in different faiths and communities as well as civil partnerships and committed relationships.</p> | <p>My body Pupils will explore changes in the body/mind and puberty (periods). They will identify reproductive organs in females and discuss personal hygiene related to puberty. Mental health - Pupils will explore the idea of sadness and strategies for being aware and managing this.</p> |
| Year 6 | <p>Myself Pupils will set end of term goals related to weaknesses they identify. They will explore road safety awareness and responsibilities related to becoming more independent.</p> | <p>Relationships Pupils will explore how to resist pressure from friends in school/other places to do things that make them anxious. They will discuss how to recognise unhappy family relationships and where to seek advice.</p> | <p>Privacy Pupils will build on peer pressure knowledge. They will explore how to stay private online and discuss fake news and how to spot it.</p> | <p>Drugs and Alcohol unit. Pupils will explore the risks around cigarettes/vaping/alcohol. They will discuss the laws around drugs and why they are there. Prejudice What is it? What is discrimination? How to respond if you witness or experience it.</p> | <p>Money Matters Pupils will explore links between jobs and money and how to keep money safe online.</p> | <p>My body Pupils will learn about puberty and sex education including erections, wet dreams and personal hygiene. Mental health - Pupils will explore the impact of media and online pressures on mental health. They will discuss the emotions around transition to secondary school.</p> |

How do we teach PSHE?

PSHE is taught in class, following the curriculum, as well as through mapped out Key Stage 1 and 2 oracy assemblies.

'Rules for Talk' are established within classes at the beginning of the year and used within any class or group discussions.

The PSHE focus for each half term should be evident in discrete class displays.

We encourage oracy opportunities as much as possible in these sessions and not every lesson is expected to have a traditional written outcome.



SRE (sex and relationships education).

Sex and Relationships Education in the context of the National Curriculum:

As well as the statutory objectives covered in the Science curriculum, children at Hook Lane will receive PSHE lessons building upon the foundations of relationships.

EYFS: Children learn about the concept of male and female and about young animals. In ongoing PSHE work, they develop skills to form friendships and think about relationships with others.

Key Stage 1: Through work in science, children learn about the life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of personal hygiene to maintain good health. In RE and PSHE, children reflect on family relationships, different family groups and friendship. They begin to consider emotions related to loss and how to deal with these. They begin to cooperate with others in work and play and begin to recognise the range of human emotions and ways to deal with them. They also learn about personal safety.

Key Stage 2: In science, children build on their knowledge of life cycles and learn about the basic biology of human reproduction. In RE and PSHE, they continue to develop an understanding of relationships within a family, between friends and the community and that there are different patterns of friendship. They will develop skills needed to form relationships and to respect other people's emotions and feelings. They will consider how to make simple choices and exercise some basic techniques for resisting pressures. In line with our current PSHE curriculum, children will have the opportunity to learn about different relationship types.

Hook Lane prides itself in delivering a curriculum which promotes diversity and engages children within various communities where they can discuss gender expectations whilst providing a supportive and nurturing environment for their learning. Every child benefits from an ethos of mutual respect and a celebration of who they are. The resource 'Challenging Homophobia in schools' will support class teachers planning.

SRE (sex and relationships education).

SRE continued:

The Sex and Relationships Education Programme (SRE) is organised by Miss Driscoll. SRE is taught by the class teacher. A range of teaching methods are used which include use of video, discussion and looking at case studies. Sex and relationship education in year 5 and 6 is usually delivered in single gender groups as the children feel more confident and able to ask questions relevant to them.

Resources to teach sex and relationship education include: some fiction, reference books, and specifically made videos which cover the main guidance.

Consulting Parents:

Materials which will be used in the school's SRE programme can be seen by parents in school before their child/children are taught the lesson. The school informs parents (via email) when aspects of the sex and relationship programme are taught and provides opportunities for parents to discuss the content of the lessons and to view the videos and resources being used. Parents have the right to withdraw their children from those aspects of sex and relationship education not included in the National Curriculum Science Orders - alternative work will be set



Adaptive teaching

Using adaptive teaching to provide the opportunity for all pupils to experience success by adapting lessons, whilst maintaining high expectations for all. This may be through:

- Talk groups of mixed ability
- Scaffolded discussion
- Oral rehearsing in 1:1 or paired situation before verbalising to bigger groups
- Stem sentences to support formulation of viewpoints and sharing these
- Lego therapy
- Social stories and comic strip conversations to help to support understanding
- 1:1 discrete teaching for specific concepts
- Tailored support to discuss specific subjects, in collaboration with parents/joint working
- Transition work -in school between classes/pre-entry and in preparation for Secondary school. Tailored transition work according to individual needs
- Social skills groups, circle of friends and circle times used flexibly to proactively support potential issues
- Planning for specific cohort needs where social skills/life skills and potential barriers can be targeted
- Whole school five point scale, but more individualised and tailored zones of regulation in place for some

