



## PSHCE

### Intent, Implementation and Impact



BE THE LIGHT  
MATTHEW 5:15

#### Intent - Why are we teaching this?

At Grampound with Creed School, we believe that personal, social, health, citizenship and economic education (PSHE) is fundamental to every child's education. It is our aim that through our whole school PSHCE curriculum, vision and Christian values, we will support the development of the whole child, building strong foundations that enable each individual to shine brightly as a loving, trusted, wise and hopeful members of the school, local community and wider world. Our aim is for every child to be guided by Jesus's teachings in Matthew 5:16 - "let your light shine before others, so that they may see your good works" to enable all pupils to become independent, responsible and compassionate citizens who understand their rights and responsibilities and appreciate what it means to be

#### Implementation - How is this being taught in the classroom?

At Grampound with Creed School, we have designed our own comprehensive PSHCE curriculum, that is uniquely tailored to meet the needs of our children. Our curriculum is based on the National Curriculum Programmes of Study and covers all the mandatory Relationships and Sex Education (RSE) topics. Our curriculum is based on three core themes:-

***Health and Wellbeing:** puberty, mental health, keeping active, dental care and healthy eating.*

***Relationships:** respectful and healthy relationships (both on and offline), kindness and sex education.*

***Living in the wider world:** career planning, financial literacy and exploring our rights and responsibilities.*

Through our spiral curriculum, key learning is introduced, reinforced and built upon year by year at developmentally appropriate stages, in discrete weekly lessons.

To support the delivery of our PSHCE curriculum and make it as engaging and relevant as possible, we regularly invite visitors from organisations such as; Barnados, RNLI and Cornwall Wildlife Trust, into school to deliver curriculum content that compliments and extends our PSHCE teaching through the delivery of workshops and talks. To support our RSE lessons, we use a high-quality resource designed by the Family Planning Association (FOA) called "Growing up with Yasmine and Tom".

Our youngest pupils in the Early Years Foundation Stage are supported to reach their milestones in self-confidence and self-awareness, managing feelings and behaviour and making relationships.


Our school vision is also embedded throughout our PSHCE curriculum, with teachers taking every opportunity to highlight role models from the school, local community or wider world, who have shone their light and made a difference to people's lives (from a child in our school raising money for charity to celebrities such Marcus Rashford and Greta Thunberg). In PSHCE lessons and collective workshops, children are encouraged to reflect on such role models and think about how they could shine their own light and make a difference in the school community and beyond.

#### Impact - What is the effect?

At Grampound with Creed, our spiral curriculum and wider provision will ensure that children are equipped in making positive decisions about their own health, wellbeing and relationships whilst also allowing them to build a strong understanding of our Christian values, school vision and British values; supporting them to become positive citizens in a diverse, fast-changing modern world.

The impact of our PSHCE curriculum is carefully monitored through ongoing assessment within PSHCE lessons as well as comprehensive termly assessments of children's emotional health and wellbeing using Motional snapshots. The subject lead for PSHCE closely monitors the quality of teaching and learning through lesson observations, book scrutinies and pupil conferencing. Good examples of learning are shared on our central PSHCE display board and children who are noticed for 'being the light', are celebrated in weekly collective workshops and newsletter. By the time each child leaves school, they are effectively equipped with the skills to tackle many of the moral, social and cultural issues they are likely to face during life's journey and shine brightly in their contributions to school life and the wider community.

## Personal Development Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1 and 2 (Cycle A)</b>  <b>Health and wellbeing</b>  <b>Living in the wider world</b>  <b>Relationships</b>	<p><b>Welcome to School</b></p> <p>In this unit, children learn why school rules are needed, including to keep them safe. They will identify kind and unkind behaviour and how this can affect others. Children will identify who the adults are in school that can help keep them safe and happy.</p> <p><b>Respect</b></p> <p>In this unit, children will recognise ways in which they are the same and different to others and know how to treat themselves and others with respect, including being polite and courteous. They will learn how to listen to others and play and work cooperatively. They will talk about and share their opinions on things that matter to them.</p>	<p><b>Be the Light</b></p> <p>In this unit, children will identify their own and others' strengths and interests. They will know what a job is and why people do them. They will describe some community jobs and say what makes people good at their jobs.</p> <p><b>Money</b></p> <p>In this unit, children will identify different types of money and explain where money comes from. They will be able to identify different ways that people choose to use their money and recognise the difference between needing and wanting to spend money. Children will be able to explain some ways to keep money safe.</p>	<p><b>Do you want to be Friends?</b></p> <p>In this unit, children will discuss how to make friends and what makes a good friendship. They will recognise when someone else feels lonely and what to do. Children will learn simple strategies to solve conflicts between friends positively and understand how to ask for help if a friendship is making them feel unhappy.</p> <p><b>My Brilliant Body</b></p> <p>In this unit, children will name body parts and know which parts should be private. They will learn the NSPCC PANTS rules. They will recognise that all bodies are different and say what is brilliant about their body. Children will learn how to respond if someone makes unkind comments about their body and know how to ask for help if they feel unsafe or uncomfortable.</p> <p> Tanni Grey-Thompson</p>	<p><b>Healthy Body</b></p> <p>In this unit, children learn how to look after their health and keep their bodies healthy through physical activity, sleep and diet. They learn to recognise the importance of knowing when to take a break from screen time. Children learn simple hygiene routines to prevent the spread of germs. They will know how to brush their teeth correctly and know which foods and drinks support dental health. They will identify who can help them stay physically healthy.</p>	<p><b>Families</b></p> <p>In this unit, children identify different people in their lives who love and care for them and what they do to help them feel cared for. They talk about the roles different people play in their lives. Children discuss different types of family and identify common features of family life. Children will be able to identify 5 trusted adults.</p> <p><b>We All Have Feelings</b></p> <p>In this unit, children learn to recognise and name different feelings. They will describe how others might be feeling and know that not everyone feels the same at the same time or about the same thing. They will identify things they do to help themselves feel good, such as playing outside, spending time with family and pets.</p>	<p><b>Staying Safe Online</b></p> <p>In this unit, children identify how the internet and digital devices can be used safely to find things out and communicate with others. They will recognise that not all information seen online is true. They will understand the importance of telling a trusted adult if something online makes them feel scared or uncomfortable.</p>

**Year 1 and  
2  
(Cycle B)**

**We are Amazing**

In this unit, children will recognise ways in which we are all unique and will recognise what makes them special by describing what they are good at and sharing their likes and dislikes.

They will learn how to manage when they find things difficult.

**Where do I belong?**

In this unit, children will be able to explain what different groups they belong to. They will identify different roles and responsibilities people have in the community. Children will recognise the ways they are the same and different to other people.



Local community group

**Being a Good Friend Online**

In this unit, children will be able to describe the qualities that make a good friend. They will recognise that hurtful behaviour online is not acceptable and know that there are ways to stop it. They will learn how to resist pressure to do something they don't want to do. Children will be able to recognise when a situation online is unsafe and will know how to get help if they feel unsafe.

**Who Cares?**

In this unit, children will learn how people and other living things have different needs and discuss our responsibility of caring for them. Children will also identify ways they can help to look after their environment.



Greta Thunberg

**It's Not Always Good to Share**

In this unit, children will know that sometimes people behave differently online, including pretending to be someone they are not. They will identify what personal information is and the importance of not sharing it. Children will be able to recognise when a situation online is unsafe and will know how to get help if they feel unsafe. They will learn the NSPCC Share Aware "Keeping Gaming Fun" rules.

**Healthy Body**

In this unit, children learn how to look after their health and keep their bodies healthy through physical activity, sleep and diet. They learn to recognise the importance of knowing when to take a break from screen time. Children learn simple hygiene routines to prevent the spread of germs. They will know how to brush their teeth correctly and know which foods and drinks support dental health. They will identify who can help them stay physically healthy.






Mr Webb

**Every Day Safety**

In this unit, children will learn to identify risks in everyday situations and understand how to keep safe at home (including fire safety) and while out and about (including how to cross a road safely). Children will identify people whose job it is to keep them safe in different situations. They will learn what to do if there is an accident and someone is hurt, including how to call 999 in an emergency.

**Big Feelings**

In this unit, children will be able to recognise that feelings can intensify. They will be able to describe how 'big' feelings can affect their body and behaviour. They will learn ways to manage big feelings and techniques to help calm themselves down as well as how to build resilience. They will talk about the importance of sharing feelings and recognise when and how to seek help.

<p>Year 3 and 4 (Cycle A)</p>	<p><b>Everyday Safety</b></p> <p>In this unit, children will learn how to identify and reduce risks in the home (including fire risks and household products). They will learn strategies for staying safe in the local environment (including road and water safety). They will learn the 'Stop, Look, Listen, Think' sequence for crossing the road and identify safe places to cross. Children will learn how to identify situations that may require the emergency services and know how to contact them.</p>	<p><b>It's Good to be Me</b></p> <p>In this unit, children will discuss what contributes to who they are. They will identify their own personal strengths, skills, interests and achievements. They will learn to describe their own special and unique characteristics and explain how we respect the special and unique characteristics of others. Children will learn how to manage set backs and reframe unhelpful thinking.</p> <p> Ellie Simmonds</p>	<p><b>Be Share Aware</b></p> <p>In this unit, children will recognise ways in which the internet and social media can be used both positively and negatively and understand the importance of keeping personal information private. Children will identify appropriate things to share and things that should not be shared on social media and how to manage requests for personal information or images and how to seek help and report concerns.</p>	<p><b>Healthy Body</b></p> <p>In this unit, children will recognise what good physical health means and identify the key elements of a balanced, healthy lifestyle. They will know how to plan a healthy meal and how regular exercise benefits mental and physical health. They will recognise how good sleep routines contributes to a healthy lifestyle. Children will learn how bacteria and viruses can affect health and how to limit the spread of infection through every day hygiene routines. They will learn how to maintain good oral hygiene.</p> <p> Mr Webb</p>	<p><b>Healthy Mind</b></p> <p>In this unit, children will recognise the importance of taking care of their mental health. They will learn about lifestyle choices and behaviours that support good mental health and build resilience. They will identify things that can affect their feelings and know the importance of expressing them. Children will learn how to respond to and manage feelings in different ways.</p>	<p><b>Who Cares?</b></p> <p>In this unit, children will learn why we have rules and laws and the relationship between rights and responsibilities. They will recognise the importance of showing compassion towards others and how we have shared responsibility to care for other people and living things. Children will suggest ways of protecting the local environment.</p> <p> David Attenborough</p> <p><b>Sun Safety</b></p> <p>In this unit, children will learn about the benefits of sun exposure and health risks of over exposure. They will be able to identify ways to keep themselves safe in the sun.</p>
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Year 3 and  
4  
(Cycle B)

Family and Close Relationships

In this unit, children will recognise that there are different types of relationships and discuss the ways people show how they care for each other. They will recognise that there are different types of family structure and identify the shared characteristics of healthy family life. Children will know how to seek help if a family relationship makes them feel unhappy or unsafe.

Our Community

In this unit, children will learn what it means to live in a community and identify different community groups and the value of the contributions they make.

Local community group



Respecting self and others

In this unit, children will know that personal behaviour can affect other people. They will recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves. Children will know that everyone deserves to be treated politely and with respect (including online). They will learn the importance of respecting the similarities and differences between people and identify what they have in common with other people.

Money Choices

In this unit, children will be able to recognise different ways to pay for things and know that people have different attitudes towards spending and saving. Children will be able to recognise that people make spending decisions based on priorities, needs and wants. They will be able to identify how spending decisions affect others, including the environment and supporting charities.

Pupils who have been courageous advocates

Leonardo DiCaprio



Aspirations

In this unit, children will recognise that there is a broad range of different jobs/careers that people can have. They will understand about stereotypes in the workplace and that a person's career aspirations should not be limited by them. They will identify the kind of job they might like to do when they are older.

Local business owners



Healthy Friendships

In this unit, children will identify the importance of friendships, what a healthy friendship looks like and how positive friendships can support wellbeing. They will recognise the difference between face to face and online friendships. Children will learn the importance of seeking support if they feel lonely and recognise when other feel lonely and discuss strategies for helping them to feel included. They will learn how to recognise what to do if a friendship is making them feel unsafe or uncomfortable. Children will learn the impact of bullying (including online) and learn strategies to respond to hurtful behaviour.

Zayn Malik  
(One Direction)



Safe Relationships

In this unit, children will learn about personal boundaries and recognise different types of physical contact, including strategies to respond to unwanted touch. They will learn how to respond safely to adults they don't know and recognise that sometimes people pretend to be someone they are not when online. Children will know how to recognise risk and seek help to report concerns about their safety (including online).

My Changing Body

In this unit, children will identify and name personal and private parts of the body and learn the importance of maintaining personal hygiene as they get older. They will recognise the difference between safe and unsafe touch and know how to seek help if they feel unsafe or uncomfortable.

**Year 5 and  
6  
(Cycle A)**

**A Diverse Community**

In this unit, children will learn about what diversity means and the benefits of living in a diverse community. They will recognise how stereotypes can negatively influence behaviours and attitudes towards others. Children will learn about prejudice and how to recognise and respond to behaviours which discriminate against others.



Rosa Parks  
The Obamas

**Safe Relationships**

In this unit, children will learn how to respond appropriately and safely to adults they encounter (including online) who they don't know. They will identify different situations where permission (consent) should be given. Children will recognise when it is important to keep something confidential and when it is right to break a confidence or share a secret.

**Healthy Lifestyles/Physical Wellbeing**

In this unit, children will recognise what good physical health means. They will understand how choices and habits can affect a healthy lifestyle. They will know the benefits of eating nutritionally rich foods and keeping active. Children will understand the importance of personal and dental hygiene. They will know how medicines and vaccinations can contribute to health and help prevent disease. They will know who to seek support from regarding their health.



Joe Wicks

**Healthy Friendships**

In this unit, children will recognise how friendships change over time, about making new friends and the benefits of having different types of friends. They will learn strategies to resolve disputes positively and safely.

**Peer Pressure and Bullying**

In this unit, children will recognise the impact of bullying (online and offline). They will learn strategies to respond to peer pressure and bullying and know how to seek help. Children will learn what discrimination means and how to challenge it.



Tesy Nelson  
Ed Sheeran

**Be Share Aware**

In this unit, children will identify some of the different ways information is shared and used online, including how it is targeted at specific individuals. Children will recognise things appropriate to share and things that should not be shared on social media and understand rules surrounding distribution of images. They will know that text and images can be manipulated and know strategies to identify misinformation.



Ian (Molly) Russell

**Drugs/Alcohol and Tobacco**

In this unit, children identify the health risks involved with every drugs, including; cigarettes, vaping, alcohol and medicines. They will recognise why some people use drugs and the laws surrounding drug use. Children will know about organisations who can help support people with drug use.



Eminem  
Ant McPartlin

**Mental Health and Wellbeing**



In this unit, children will learn how positive habits and behaviours can support mental health and wellbeing, such as balancing time online with other activities. They will understand that emotional resilience is a good protective factor and will identify strategies for dealing with challenging situations and strong emotions, including grief. Children will recognise that anyone can experience mental ill health and know that most difficulties can be resolved with support.



Prince William  
and Catherine

**Changing Schools (Y6)**

In this unit, Year 6 children will identify the differences between primary and secondary school and discuss how it might feel to move to secondary school. They will identify different ways of managing change and discuss new opportunities and responsibilities that increasing independence may bring.

<p><b>Year 5 and 6 (Cycle B)</b></p>	<p><b>Families and Close Relationships</b></p> <p>In this unit, children will recognise that there are different types of relationships, including romantic and sexual. They will learn that marriage and civil partnerships are a legal declaration of commitment between two adults. Children will identify that there are many different family structures. They will know how to seek advice if a family relationship makes them feel unhappy or unsafe.</p>	<p><b>Respecting Self and Others</b></p> <p>In this unit, children will learn strategies to support courteous and respectful relationships. They will listen respectfully to others whose lifestyle and beliefs may be different to their own. Children will debate topical issues and respect other people's point view and constructively challenge those that they disagree with.</p>	<p><b>Spending Decisions</b></p> <p>In this unit, children will learn that people's spending decisions can affect others and the environment, such as giving to charity. They will recognise the risks associated with gambling and how this can impact mental health and wellbeing.</p> <p> <b>Aspirations</b></p> <p>In this unit, children will recognise how personal interests, strengths and qualities can influence a person's career choice. They will identify some of the key skills that might help them in their future career, such as team work. They will recognise a variety of routes into careers, such as college.</p> <p> <b>Local business owners</b></p>	<p><b>Keeping Safe</b></p> <p>In this unit, children will learn how to predict, assess and manage risk. They will understand that regulations and age restrictions on social media, games and films are in place to keep them safe. They will identify ways to keep safe when out and about with a mobile device. Children will understand what is meant by first aid and learn some basic techniques.</p>	<p><b>Puberty and Reproduction</b></p> <p>In this unit, children will identify parts of external genitalia and internal reproductive organs. They will recognise the physical and emotional changes that happen during puberty, including; menstruation and masturbation. They will learn about the process of fertilization through sexual intercourse and key facts about pregnancy and birth. Children will know where to get more information and support for puberty.</p>	<p><b>Changing Schools (Y6)</b></p> <p>In this unit, Year 6 children will identify the differences between primary and secondary school and discuss how it might feel to move to secondary school. They will identify different ways of managing change and discuss new opportunities and responsibilities that increasing independence may bring.</p>
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