

Progression in PSHE

Who's who?

Subject Leader: Mrs
Tinniswood

Teaching staff: Mrs Watts,
Mrs Hayton, Miss Dixon

Our Aims

At Rosley CE School, Personal, Social, Health Education (PSHE) is centred around our school's Christian vision of working together with **kindness, compassion, forgiveness and trust**, and encouraging children to flourish to achieve their potential. We want to provide opportunities through PSHE for children to learn about themselves and how they can achieve well and become the best that they can be. We promote the development of social skills so the children can be understanding and respectful of others. We teach children about what it means to be a confident citizen and a member of a diverse society and we discuss cultural issues that are a part of growing up. In PSHE the children learn about their own mental health and wellbeing in order to develop strategies that they can then use in the future to support their resilience through life. Relationship and Sex Education (RSE) is an important aspect of PSHE and is taught through a sensitive framework so children can learn and explore key themes throughout their time in school.

We aim to provide opportunities for each child to develop their personal and social skills from when they begin with us in Early Years until they leave us in Year 6. Through learning about their mental health and wellbeing we aim for children to develop positive behaviours which will see them achieve well. Research carried out by Public Health England highlighted how promoting health and wellbeing in schools has the potential to improve children's educational outcomes and their health and wellbeing outcomes.

At Rosley CE School we follow a whole school approach to PSHE through the resource SCARF, which is provided by Coram Life Education. SCARF stands for Safety, Caring, Achievement, Resilience and Friendship. SCARF provides a systematic spiral curriculum which runs from Nursery to Year 6. Each Year group follows six recurring themes with teachers adapting the scheme of work where necessary to meet local circumstances of the school and the children's needs. Pupils receive the equivalent of 1 hour per week of timetabled PSHE lessons every other half term. In addition, we hold a termly 'Health and Wellbeing Day' to complement the PSHE curriculum and enable whole school collaboration. Each Health and Wellbeing Day focusses on one of the 'Five ways to Wellbeing'.



YEAR A 2025 - 2026

RECEPTION		
AUTUMN	SPRING	SUMMER
Me and my relationships What makes me special People close to me Getting help	Growing and Changing Cycles Life stages Girls and boys – similarities and difference	Keeping Safe Keeping my body safe Safe secrets and touches People who help to keep us safe
YEAR 1 & 2		
AUTUMN	SPRING	SUMMER
Me and my relationships (Y2) Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Growing and Changing (Y2) Life cycles Dealing with loss Being supportive Growing and changing Privacy	Keeping Safe (Y2) Safe and unsafe secrets Appropriate touch Medicine safety
YEAR 3 & 4		
AUTUMN	SPRING	SUMMER
Me and my relationships (Y4) Healthy relationships Listening to feelings Bullying Assertive skills	Growing and Changing (Y4) Body changes during puberty Managing difficult feelings Relationships including marriage	Keeping Safe (Y4) Managing risk Understanding the norms of drug use (cigarette & alcohol) Influences Online safety
YEAR 5 & 6		
AUTUMN	AUTUMN	AUTUMN
Me and my relationships (Y6) Assertiveness Cooperation Safe/unsafe touches Positive relationships	Me and my relationships (Y6) Assertiveness Cooperation Safe/unsafe touches Positive relationships	Me and my relationships (Y6) Assertiveness Cooperation Safe/unsafe touches Positive relationships