

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 B 2026 - 2027

RECEPTION		
AUTUMN	SPRING	SUMMER
Valuing Difference Similarities and difference Celebrating difference Showing kindness	Growing and Changing Cycles Life stages Girls and boys – similarities and difference	Rights and Respect Looking after things: friends, environment, money
YEAR 1 & 2		
AUTUMN	SPRING	SUMMER
Valuing Difference (Y2) Being kind and helping others Celebrating difference People who help us Listening Skills	Growing and Changing (Y1) Getting help Becoming independent My body parts Taking care of self and others	Rights and Respect (Y2) Cooperation Self-regulation Online safety Looking after money – saving and spending
YEAR 3 & 4		
AUTUMN	SPRING	SUMMER
Valuing Difference (Y4) Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Growing and Changing (Y3) Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	Rights and Respect (Y3) Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money
YEAR 5 & 6		
AUTUMN	AUTUMN	AUTUMN
Valuing Difference (Y5 & 6) Recognising and celebrating difference Influence and pressure of social media Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Growing and Changing (Y6) Managing difficult feelings Managing change How my feelings help keeping safe Getting help	Rights and Respect (Y6) Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy