



PSHE and RSE Curriculum

Contents

- Intent Statement
- PSHE and RSE at STV on a page
- LTP

PSHE and RSE Intent Statement

The intent of the PSHE and RSE curriculum at St Vincent's VC Academy is to provide plenty of opportunities for the children to learn, apply and strengthen the key elements to become healthy, independent, and responsible members of society.

Being Me in My
World

Celebrating
Difference

Dreams and Goals

Healthy Me

Relationships

Life to the Full

Our curriculum plan has been designed and built with clear schemes of work for each year group and each subject. The plan allows for spiral learning avoiding unnecessary repetition but recapping what has gone before and moving learning on. Rosenshine's Principles underpin the teaching and learning practices within planning, lesson design and delivery. Sequences of learning are also carefully planned for so that there is a natural flow between units of learning.

Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Our curriculum aims to help children understand how they are developing personally and socially, and tackles many of the moral, social, and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.

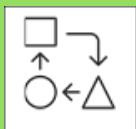


PSHE and RSE on a Page



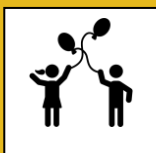
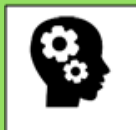
Big Ideas

- To develop our young learners as well-rounded individuals.
- To provide children with a mindful, comprehensive approach to self-development.
- To give children the skills to reflect, manage their behaviour and emotions, learn about relationships, develop respect for self and others, as well as how to keep themselves safe.



Content, Sequencing and Retrieval

- PSHE and RSE units are taught in the order in which they occurred to help children develop a sense of chronology and develop their chronological understanding. Subject specific vocabulary is selected and taught within lesson sequences.
- The Long-Term Plan ensures that pre-requisite knowledge and skills are considered and linked to new learning.
- Opportunities to revisit and retrieve prior learning are woven into sequencing and teaching and learning practice.



Engagement / Enrichment

- Opportunities to join in with national events e.g., E-Safety week/Anti-bullying week.
 - Providing occasions for visits out of school and visitors into school.
- Celebrating our learning with themed days linked to the topic E.g., team building day/Respect Day.
 - Planning sports events for the children to participate in.



Support, Challenge and Progress for All

Units of work are carefully sequenced, so prior knowledge and concepts are returned to and built upon from previous year groups and units.

Circle time is used to pre-load learners before lessons to support vocabulary and key concepts.

Our Curriculum follows a tight progression of skills and knowledge.

Every lesson has opportunities for children to discuss and practice their learning linking back to their previous learning. Remembering and building on skills, information and knowledge is celebrated and giving opportunities for this is a key part of St Vincent's teaching and learning opportunities. Every child has access to the National Curriculum.

Some children have specific support and guidance taken from their EHCP and SEN support plan.

Scaffolding, diverse questioning and opportunities for shared thinking are key tools in supporting pupils to make progress at all levels.



PSHE Long Term Plan

Year Group	Autumn	Spring	Summer
EYFS	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<p>Jigsaw: Relationships</p> <p>Life to the Full: Module 2, Unit 3. Module 1, Unit 4</p>
Year One	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<p>Jigsaw: Relationships</p> <p>Life to the Full: KS1, Module 1, Unit 1 KS1, Module 2, Units 1, 2 & 3 KS1, Module 3, Unit 1</p>
Year Two	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<p>Jigsaw: Relationships</p> <p>Life to the Full: KS1, Module 1, Units 1, 2 3 & 4 KS1, Module 3, Units 1 & 2</p>

Year Three

Jigsaw:
Being Me in My World

Jigsaw:
Celebrating Difference

Jigsaw:
Dreams and Goals

Jigsaw:
Healthy Me

Jigsaw: Relationships

Life to the Full:
LKS2, Module 1, Unit 1
LKS2, Module 2, Units 1, 2 &
3

LKS2, Module 3, Unit 1

Year Four

Jigsaw:
Being Me in My World

Jigsaw:
Celebrating Difference

Jigsaw:
Dreams and Goals

Jigsaw:
Healthy Me

Jigsaw: Relationships

Life to the Full:
LKS2, Module 1, Units 1, 2 3
& 4

LKS2, Module 3, Units 1 & 2

Year Five

Jigsaw:
Being Me in My World

Jigsaw:
Celebrating Difference

Jigsaw:
Dreams and Goals

Jigsaw:
Healthy Me

Jigsaw: Relationships

Life to the Full:
UKS2, Module 1, Unit 1
UKS2, Module 2, Units 1, 2
& 3

UKS2, Module 3, Unit 1

Year Six

Jigsaw:
Being Me in My World

Jigsaw:
Celebrating Difference

Jigsaw:
Dreams and Goals

Jigsaw:
Healthy Me

Jigsaw: Relationships

Life to the Full:
UKS2, Module 1, Units 1, 2 3
& 4

UKS2, Module 3, Units 1 & 2

EYFS Overview

Term	Topic	Skills	Focus
Autumn	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<ul style="list-style-type: none"> • Manage my feelings • Think about my friends' feelings • Understanding how to work together • We are good at different things • Understanding we are all different • How to deal with conflict 	<p>Teamwork and self-confidence</p> <p>Difference and resilience</p>
Spring	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<ul style="list-style-type: none"> • Face problems and overcome them • Have a positive attitude • Say how I feel • Making the correct choices for my body • Stranger danger 	<p>Determination</p> <p>Self-care</p>
Summer	<p>Jigsaw: Relationships</p>	<ul style="list-style-type: none"> • Problem solving • Manage feelings • Making friends and being a good friend • Respect 	<p>Friendships and self-management</p>

Year One Overview

Term	Topic	Skills	Focus
Autumn	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<ul style="list-style-type: none"> • Understanding how to be a class member and working together • Participating in class discussion • Understanding right and wrong choices • How to make friends • Understand we are all different • Define the term 'bullying' 	<p>Teamwork</p> <p>Difference and resilience</p>
Spring	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<ul style="list-style-type: none"> • Face new challenges and how to overcome this • Think about my goals and aspirations • Have a positive attitude • Understand way to keep me healthy • Awareness of dangers in and around the home 	<p>Aspirations and self-belief</p> <p>Self-care</p>
Summer	<p>Jigsaw: Relationships</p> <p>Life to the Full: KS1, Module 1, Unit 1</p> <p>KS1, Module 2, Units 1, 2 & 3</p> <p>KS1, Module 3, Unit 1</p>	<ul style="list-style-type: none"> • Understand different friendships and different families • Express and understand appropriate physical contact • Know people who can help us • Identify special people in our lives • How to treat people and recognising forgiveness • Awareness of secrets • Talking about the community and the people in it. 	<p>Self-awareness</p> <p>Confidence</p> <p>Community</p>

Year Two Overview

Term	Topic	Skills	Focus
Autumn	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<ul style="list-style-type: none"> • Recognise my role as a class friend • How to work as a team • Make correct choices • Awareness of people and their similarities and differences • Understand it is ok to be different • Knowing how and why bullying happens 	<p>Teamwork and peer awareness</p> <p>Difference and resilience</p>
Spring	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<ul style="list-style-type: none"> • Perseverance • Positive attitude and outlook • Understanding how I work and the ability to work as a team • Expressing my feelings • Understanding how to keep myself healthy • Awareness of handling different situations 	<p>Aspirations and self-belief</p> <p>Self-care</p>
Summer	<p>Jigsaw: Relationships</p> <p>Life to the Full: KS1, Module 1, Units 1, 2 3 & 4 KS1, Module 3, Units 1 & 2</p>	<ul style="list-style-type: none"> • Exploring physical contact with friends and family • Understand friendship disagreements • Expressing knowledge about secrets • Who can help me – trust? • Understanding me and my body parts • Recognizing I belong 	<p>Choices</p> <p>Confidence</p> <p>Self-awareness</p> <p>Community</p>

Year Three Overview

Term	Topic	Skills	Focus
Autumn	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<ul style="list-style-type: none"> • Making responsible choices • Have a positive attitude to challenges • Think about my actions and consequences • Understand and accept difference • Recognise conflict and ways to deal with this 	<p>Teamwork</p> <p>Difference and resilience</p>
Spring	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<ul style="list-style-type: none"> • Express my dreams and aspirations with ways to tackle these • Face new challenges systematically • Show confidence and motivation about challenges • Understanding about how my life choices affect my body • Keeping myself safe • Recognise why I need to be healthy 	<p>Aspirations and self-belief</p> <p>Self-care</p>
Summer	<p>Jigsaw: Relationships</p> <p>Life to the Full: LKS2, Module 1, Unit 1</p> <p>LKS2, Module 2, Units 1, 2 & 3</p> <p>LKS2, Module 3, Unit 1</p>	<ul style="list-style-type: none"> • Relevance of forgiveness • Understanding all aspects of bullying • Online safety – the need to be responsible online • Respecting me and my body – trust 	<p>Positive relationships</p> <p>Online safety</p> <p>Choices</p>

Year Four Overview

Term	Topic	Skills	Focus
Autumn	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<ul style="list-style-type: none"> • Work on my own, as a team member or in the wider community • Recognise democracy • How my actions impact others • Understanding assumptions and their effect • Uniqueness • Bullying and resolving problems 	<p>Teamwork</p> <p>Difference and resilience</p>
Spring	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<ul style="list-style-type: none"> • Dealing with disappointment • Showing determination after disappointment • Sharing positivity and willingness to help others • My friendship choices and what I value • Roles within friendship groups and their importance • Negative impacts on my health – right/wrong choices 	<p>Aspirations and self-belief</p> <p>Self-care</p>
Summer	<p>Jigsaw: Relationships</p> <p>Life to the Full: LKS2, Module 1, Units 1, 2 3 & 4 LKS2, Module 3, Units 1 & 2</p>	<ul style="list-style-type: none"> • Making relationships and expressing feelings to friends • Understanding loss • Relationships changing recognising compromise • Respect for our changing bodies • Showing confidence when things change • Positive self-perception • Understanding our life cycle and how it develops • I fit in the community 	<p>Self-confidence</p> <p>Emotions</p> <p>Self-awareness</p>

Year Five Overview

Term	Topic	Skills	Focus
Autumn	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<ul style="list-style-type: none"> • Develop my responsibilities as a person of the community • Recognise empathy for others • Understand rewards and consequences for my actions • Be familiar with cultural differences and the term racism • Develop understanding of bullying and how my actions impact situations – directly/indirectly • Awareness of others around the world 	<p>Teamwork, self-confidence, and choices</p> <p>Difference and resilience</p>
Spring	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<ul style="list-style-type: none"> • Thinking systemically about my aspirations and achieving them • Recognise a wide range of jobs available • Continue developing an optimistic attitude • Understanding the risks of unhealthy choices • Developing a confident body image – social media, with food and peers • Basic first aid skills 	<p>Aspirations and self-belief</p> <p>Self-care</p>
Summer	<p>Jigsaw: Relationships</p> <p>Life to the Full: UKS2, Module 1, Unit 1 UKS2, Module 2, Units 1, 2 & 3 UKS2, Module 3, Unit 1</p>	<ul style="list-style-type: none"> • Recognising who I am • Playing online safely • Understanding the internet and the negative/positive impacts • Understanding peer pressure – saying no • Making good choices • Identifying personal online data • How I fit into the Catholic community 	<p>E-Safety</p> <p>Self-awareness</p> <p>Choices</p> <p>Community</p>

Year Six Overview

Term	Topic	Skills	Focus
Autumn	<p>Jigsaw: Being Me in My World</p> <p>Jigsaw: Celebrating Difference</p>	<ul style="list-style-type: none"> • Understand my fears and worries looking forward • Recognise my actions impact everyone • Make choices about my behaviour • Explore different perceptions of normal • Develop my teamwork abilities • Appreciate everyone's role when working together • Develop my understanding of bullying 	<p>Teamwork and choices</p> <p>Difference and resilience</p>
Spring	<p>Jigsaw: Dreams and Goals</p> <p>Jigsaw: Healthy Me</p>	<ul style="list-style-type: none"> • Know my strengths in order to set myself goals • Understand worldwide problems that concern me • Showing willing to help and make a difference • Develop my ability to self-motivate • Awareness of drugs and exploitation – empathy • Understand the risk of gangs • Develop my understanding of mental health issues and attitudes towards this subject 	<p>Aspirations and self-belief</p> <p>Self-care</p>
Summer	<p>Jigsaw: Relationships</p> <p>Life to the Full: UKS2, Module 1, Units 1, 2 3 & 4 UKS2, Module 3, Units 1 & 2</p>	<ul style="list-style-type: none"> • How to positivity care for my mental health • Develop my understanding of grief and the stages of it • Explore E-Safety • Understanding our bodies and the feelings we experience • Reproduction and the fertility cycle • Making helpful choices for our bodies 	<p>Mental well-being</p> <p>Self-regulation</p> <p>E-Safety</p>