

PSHE at Brackensdale Primary School

At Brackensdale Primary we want the pupils to leave our school as well rounded individuals who are able to make good contributions to society.

Our Curriculum

Here at Brackensdale we follow a curriculum derived from the PSHE Association. Over the course of every school year the children will develop knowledge and the required skills to understand;

-Health and wellbeing

-Relationships

-Living in the wider world.

Through this curriculum, we aim for the children to build personal effectiveness skills to enable them to develop self-improvement, resilience, self-regulation, managing peer influence, self-organisation, clarifying own values, applying knowledge creatively to new situations and develop and maintain a healthy self-concept.

We also give opportunity for development in interpersonal and social effectiveness, covering skills such as; empathy and compassion, respect, skills for employability, enterprise skills, valuing and respecting diversity and building and maintaining healthy relationships.

Integral to all the skills above, we teach specific opportunities that develop risk management and decision making skills through lessons involving; identifying positive and negative risk, assessing validity and reliability of information, analysis and formulating questions, identifying links between values and beliefs, decisions and actions and making decisions.

How PSHE is taught through our school

The curriculum has been developed so the children will have developed all the skills by the time they leave Brackensdale in Year 6. Over the course of their time at our school they will have learnt about the following areas.

Health and wellbeing:

- Healthy lifestyles
- Growing and changing
- Keeping safe

Relationships:

- Feelings and emotions
- Healthy relationships
- Valuing difference

Living in the wider world:

- Rights and responsibilities
- Taking care of the environment
- Money

During our PSHE lessons we also look specifically at Drugs education and RSE (relationships and sex education) appropriate to the age group of the children being taught. For this we follow the Christopher Winters scheme which has been approved by the PSHE association. The overview for this area of PSHE is as follows;

SRE curriculum

CWP Curriculum Overview	
Reception Our Lives	Lesson 1: Our Day Lesson 2: Keeping Ourselves Clean Lesson 3: Families
Year 1 Growing and Caring For Ourselves	Lesson 1: Keeping Clean Lesson 2: Growing and Changing Lesson 3: Families and Care
Year 2 Differences	Lesson 1: Differences: Boys and Girls Lesson 2: Differences: Male and Female Lesson 3: Naming the Body Parts
Year 3 Valuing Difference and Keeping Safe	Lesson 1: Differences: Male and Female Lesson 2: Personal Space Lesson 3: Family Differences
Year 4 Growing Up	Lesson 1: Growing and Changing Lesson 2: What is Puberty? Lesson 3: Puberty Changes and Reproduction
Year 5 Puberty	Lesson 1: Talking about Puberty Lesson 2: Male and Female Changes Lesson 3: Puberty and Hygiene
Year 6 Puberty, Relationships and Reproduction	Lesson 1: Puberty and Reproduction Lesson 2: Understanding Relationships Lesson 3: Conception and Pregnancy Lesson 4: Communication in Relationships

Drugs Education curriculum

Drug & Alcohol Education Curriculum Overview	
	Year 1 Year 4
	Year 2 Year 5
	Year 3 Year 6
Year 1 Medicines and People Who Help Us	Lesson 1: Staying Healthy Lesson 2: Medicines Lesson 3: Who gives us medicines?
Year 2 Keeping Safe	Lesson 1: Risk Lesson 2: Hazardous Substances Lesson 3: Safety Rules
Year 3 Smoking	Lesson 1: Why People Smoke Lesson 2: Physical Effects of Smoking Lesson 3: No Smoking
Year 4 Alcohol	Lesson 1: Effects of Alcohol Lesson 2: Alcohol and Risk Lesson 3: Limits to Drinking Alcohol
Year 5 Legal and Illegal Drugs	Lesson 1: Legal and Illegal Drugs Lesson 2: Attitudes to Drugs Lesson 3: Peer Pressure
Year 6 Preventing Early Use	Lesson 1: Cannabis Lesson 2: VSA and Getting Help Lesson 3: Help, Advice and Support