

# PHSE Overview

## Our Aim

Our intention is that when children leave All Saints Primary, they will do so with the knowledge and emotional understanding to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In an everchanging world, it is important that they are aware of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being.

Our PSHE curriculum incorporates the Government's Guidance from the 2020 RSE curriculum.

## Teaching and Learning

Pupils are taught PSHE using 'HeartSmart', which is a scheme with biblical links that best fits our whole school ethos. It is a spiral, progressive scheme of work, covering all of the above and 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

**EYFS** - In the Foundation Stage, PSHE and citizenship is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters in the EYFS' and the PSED Early Learning Goals. Reception also uses the HeartSmart Scheme of Work materials. (see below)

**Key Stage 1 and Key Stage 2** - At Key Stage 1 and 2, PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum. We ensure we cover the Health and Well-Being, Relationships and Living in the Wider World Learning Opportunities set out in the PSHE Association's Programme of Study, which comprehensively cover the statutory Health Education and Relationships Education guidance.

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PSHE is taught through HeartSmart's six half termly themes with each year group studying the same unit at the same time (at their own level):

Autumn 1: Get HeartSmart (including Protective Behaviours)

Autumn 2: Don't forget to let love in

Spring 1: Too much selfie isn't healthy

Spring 2: Don't hold on to what is wrong

Summer 1: Fake is a mistake

Summer 2: No way through isn't true (including Sex Education)

In addition to the HeartSmart program and in response to local issues, we have an additional Knife Crime Unit for Year 6. This Unit is taught during the Summer term and produced by No knives Better Lives in collaboration with the Government.

## By the end of Year 6

By the time our children leave our school they will:

- be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationship with their peers both now and in the future.
- understand the physical aspects involved in RSE at an age appropriate level
- have respect for themselves and others.
- have a positive self esteem

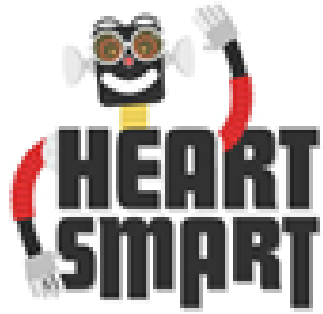
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Unit coverage throughout the school.

Each unit will be completed in the same term throughout the school. Each unit is accompanied by 2 whole school collective workshops which are completed during class worship time at the beginning of each half term.

<p>Autumn 1 <b>Get HeartSmart</b></p> <p>Identifying positive and negative feelings and exploring how we look after our hearts emotionally and physically.</p> <p>Protective Behaviours All four sessions to be covered this half term</p>	<p>Autumn 2 <b>Don't forget to let love in</b></p> <p>Learning how important, valued and loved we are</p> <p>Protective Behaviours Review Network hand</p>	<p>Spring 1 <b>Too much selfie isn't healthy!</b></p> <p>Exploring the importance of others and how to love them well.</p> <p>Protective Behaviours Review Network hand</p>	<p>Spring 2 <b>Don't rub it in, rub it out</b></p> <p>Understanding how to process negative emotion and choose forgiveness to restore relationships.</p> <p>Protective Behaviours Review Network hand</p>	<p>Summer 1 <b>Fake is a mistake</b></p> <p>Unpacking how to bravely communicate truth and be proud of who we are.</p> <p>Protective Behaviours Review Network hand</p>	<p>Summer 2 <b>'No way through', isn't true</b></p> <p>Knowing there is a way through every situation, no matter how impossible it may seem.</p> <p>Protective Behaviours Review Network hand</p> <p>Year 6– additional – Knife crime unit</p>
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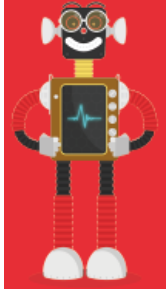
## Get HeartSmart

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year R	Looking at Boris' special tools to learn what it means to be HeartSmart	Using Junk materials to dress up as Boris	Roll a dice to find the missing tools from Boris' toolbox	Learning to read facial expressions and body language to understand how someone is feeling	Talking about the things we love and how they make us feel	Looking for hidden hearts	
Year 1	Introduction to HeartSmart	How we can use our power in positive and negative ways	Understanding our emotions	What we put in our hearts is what comes out	Who we are grateful for in our class and why	Helping Boris make good choices to keep healthy	Circle time – What we have learned.
Year 2	Introduction to HeartSmart	Describing how we can use our power in positive and negative ways	Considering the reputations we would like to have	What is in our hearts, is played out in our words and actions	Identifying special people and how they show us love	Creating a robot face from healthy food	Circle time – What we have learned.

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	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year 3	Introduction to HeartSmart	Looking at ways we can be positive (kind) and negative (unkind) to one another	Recalling memories and associating a feeling with them	Thinking about things we need to guard our hearts from	Listing the people in our lives we are grateful for	Thinking of the benefits of living a healthy lifestyle	Circle time – What we have learned.
Year 4	Introduction to HeartSmart	Demonstrating consequences of the words we use about ourselves and others	Suggesting ways we can grow a desired characteristic e.g kindness	Thinking about and discussing how we know who we can trust	Thinking about the characteristics that make a healthy family life	Recognising what positively and negatively affects our mental health	Circle time – What we have learned.
Year 5	Introduction to HeartSmart	Considering how powerful people lead others	Describing the heart reputation we would like	Discussing how to know what we should and shouldn't watch	Writing letters of thanks to people who support and encourage us	Thinking about the importance of good quality sleep for health	Circle time – What we have learned.
Year 6	Introduction to HeartSmart	Demonstrate that our body language can be used to help us feel more powerful	Comparing our hearts to trainers – how do we keep our hearts soft but strong	Recognising when it is right to keep a secret and when a secret should be shared	Recognising the importance of commitment in marriage	Learning about the Eat well plate and how to plan a healthy meal	Circle time – What we have learned.

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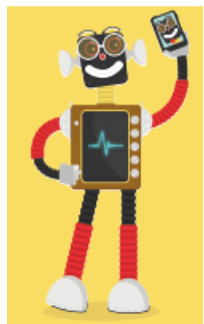
## Don't forget to let love in!

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year R	Learning that each one of us is loved, special and important	Thinking about our favourite things and how they are all different	Talking about how we demonstrate different emotions	Thinking about what makes our friends special	Children to find different objects they like	Demonstrating our different skills and talents	
Year 1	Introduction to the 1 <sup>st</sup> HeartSmart principle	Learning about appropriate and inappropriate contact	Differentiating between truths and lies about us	Game of preferences	Learning that there is a choice in spending and saving	Ways to take care of ourselves everyday	Circle time – What we have learned.
Year 2	Introduction to the 1 <sup>st</sup> HeartSmart principle	Recognising and celebrating our strengths and ways in which we are all unique	Learning to differentiate between the truths and lies that we hear or speak about ourselves	Writing an acrostic poem for my name by selecting words that describe you	Discussion around how being thankful for what we have changes our attitudes	Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves.	Circle time – What we have learned.

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	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year 3	Introduction to the 1 <sup>st</sup> HeartSmart principle	Learning to accept the encouragement given to us by others	Considering what love is and what is isn't	Comparing 'Te Fiti' before and after she 'let love in'	Listing things we are grateful for and why	Making good choices to keep our hearts healthy	Circle time – What we have learned.
Year 4	Introduction to the 1 <sup>st</sup> HeartSmart principle	Looking at ways we feel loved	Celebrating our strengths and achievements	Comparing measurements to determine our uniqueness	Highlighting things about our bodies we are grateful for	Creating a catchy rhyme/song or rap to remind others about the importance of hand washing	Circle time – What we have learned.
Year 5	Introduction to the 1 <sup>st</sup> HeartSmart principle	Making the connection between Gunner's story and Don't forget to let love in!	Considering the way the words we listen to about ourselves make us feel	Thinking about different sources of pressure, including from our friends, and the ways we can respond	Recognising that resources can be allocated in different ways and these choices affect others	Who to go to for help and how to keep asking until help is given	Circle time – What we have learned.
Year 6	Introduction to the 1 <sup>st</sup> HeartSmart principle	Working out what we are worth	Encouraging one another with kind and positive words and accepting the words spoken about us	Recalling significant events and people in our lives so far	Thinking of things we are grateful for each week	Identifying early signs of illness	Circle time – What we have learned.

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## Too much selfie isn't healthy

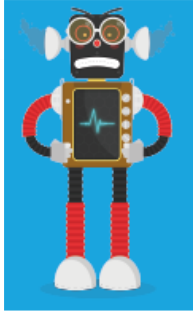
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year R	Discussion about who you love and what you love to do together	Game to demonstrate how everyone's family is different	Looking at ways people express how they are feeling and ways we can show we care	Exploring ways to show care and affection of others	Thinking about how we show others we care when we offer our help	Thanking members of the school community for their help	
Year 1	Introduction to the 2 <sup>nd</sup> HeartSmart principle	Developing an awareness of our surroundings and the people around us	How can we help others? How have others helped us?	Who looks after us? How can we show them our appreciation?	Working as a team to reach an end goal	Discussing simple rules to help keep us safe online	Circle time – What we have learned.
Year 2	Introduction to the 2 <sup>nd</sup> HeartSmart principle	Be aware of surroundings and the people around you	Looking for opportunities to do something kind for others	Thinking about people who look after us in our community	Looking at how are we the same and how we are different	Rules for keeping safe online	Circle time – What we have learned.



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Year 3	Introduction to the 2 <sup>nd</sup> HeartSmart principle	How can you be #unselfie and doing something kind for others?	How to respond in an emergency	Honouring others for their kindness	Working together, listening to one another and respecting other's views	Discussing why it is important to keep personal information private	Circle time – What we have learned.
Year 4	Introduction to the 2 <sup>nd</sup> HeartSmart principle	Being aware of surroundings and people around you	Suggesting how someone is feeling based on their facial expressions and body language	Thinking about and thanking the unseen heroes of our local community	Recognising that we sometimes need help from others and working together to achieve a shared goal	Developing an awareness of ways to use mobile phones and tablets responsibly	Circle time – What we have learned.
Year 5	Introduction to the 2 <sup>nd</sup> HeartSmart principle	What we can do when we feel lonely	Listening to what others say	Thinking of people who deserve honour and suggesting ways to honour them	Investigate the purpose and role of different groups (pressure groups)	Developing and awareness of what you should and shouldn't share online	Circle time – What we have learned.
Year 6	Introduction to the 2 <sup>nd</sup> HeartSmart principle	Demonstrating ways we are different and ways we are the same	Practicing being a good listener	Thinking of ways the generations before us have overcome challenges that we benefit from	Considering ways we can be a good friend and support one another	Discussing the benefits and dangers of social media	Circle time – What we have learned.

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## Don't rub it in, rub it out

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year R	Discussing what makes a super friend	Game to show the importance of including others	Game to encourage children to listen to one another	Thinking about the types of words we use and how they make others feel	Being kind to others even when their behaviour is unkind	Exploring saying sorry through story	
Year 1	Introduction to the 3 <sup>rd</sup> HeartSmart Principle	Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends	Discussion around how forgiveness can help hard situations disappear	Different ways we can handle negative emotion effectively	Exploring different ways to handle disappointment	How the words we use can build others up or knock them down	Circle time – What we have learned.
Year 2	Introduction to the 3 <sup>rd</sup> HeartSmart principle	Saying sorry and offering forgiveness between friends	Demonstrating how holding onto unforgiveness can make us feel	Reflecting on helpful ways to deal with hurt	Ways to handle negative emotion	Demonstrating the consequences of teasing or bullying	Circle time – What we have learned.

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	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year 3	Introduction to the 3 <sup>rd</sup> HeartSmart Principle	Demonstrating the effects of saying sorry	Considering different ways to respond to scenarios	Demonstrating the benefits of letting go of hurt	Discussion around how trust is built and betrayed	Recognising and challenging stereotypes	Circle time – What we have learned.
Year 4	Introduction to the 3 <sup>rd</sup> HeartSmart Principle	Discussing ways to fix broken friendships	Discussing what forgiveness is and the value of forgiving others	Talking about different types of stress and ways to manage negative stress	Learning about personal boundaries	Recognising and dealing with online abuse	Circle time – What we have learned.
Year 5	Introduction to the 3 <sup>rd</sup> HeartSmart Principle	Developing simple strategies to resolve conflict	Describing what Nelson Mandela's life teaches us about forgiveness	How to handle our emotions	Discussing how we respond to our own mistakes	Recognise bullying in all its forms and thinking about strategies to deal with bullying	Circle time – What we have learned.
Year 6	Introduction to the 3 <sup>rd</sup> HeartSmart Principle	Developing strategies to resolve conflict and disputes	Discussing how we benefit when we choose to forgive others	Exploring how our tone and body language communicates our than our words	Discussing how to build trust between friends	Considering the impact of bullying	Circle time – What we have learned.

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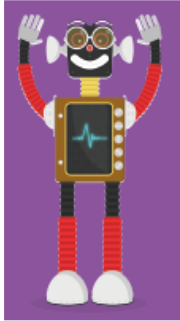
## Fake is a mistake

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year R	Children to differentiate between lies and truth	Write or draw a postcard for Boris using kind and encouraging words	Story to explore the importance of telling the truth	Pretending to be someone else is fun but being me is better	Circle time to think about what the children are thankful for	Sharing and celebrating differences in our homes and families	
Year 1	Introduction to the 4 <sup>th</sup> HeartSmart Principle	Being yourself is the best you you can be	Don't hide your true thoughts and feelings	Thinking about who we can trust to talk to when we are sad or mad	How small lies can have a big impact	Looking at the importance of good oral hygiene and dental health	Circle time – What we have learned.
Year 2	Introduction to the 4 <sup>th</sup> HeartSmart Principle	There never has and never will be another one of me	Not all the thoughts we have about ourselves are true	Discussing how different emotions feel	Looking at ways to be polite when meeting others	Thinking of ways to stay safe in the sun	Circle time – What we have learned.

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	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year 3	Introduction to the 4 <sup>th</sup> HeartSmart Principle	The real me is the best me	Spotting shame and replacing it with truth	Thinking about appropriate and inappropriate contact	Importance of truth to build strong friendships	Learning the facts and science about allergies	Circle time – What we have learned.
Year 4	Introduction to the 4 <sup>th</sup> HeartSmart Principle	Celebrating one another for who we are not what we do	Who speaks into our lives and are they using the voice of love?	Having the courage to tell the truth isn't always easy	When dares are fun and when they are not. Thinking of ways to say no to dares	Learning the facts and risks associated with smoking	Circle time – What we have learned.
Year 5	Introduction to the 4 <sup>th</sup> HeartSmart Principle	How images we see online and in the media don't always represent reality	Exploring how shame can make us want to hide how we really feel	Knowing who we can trust to be vulnerable and open with	How feedback can help us grow	Finding out about the risks associated with alcohol for young people	Circle time – What we have learned.
Year 6	Introduction to the 4 <sup>th</sup> HeartSmart Principle	Being proud of who we are	Catching negative self talk and replacing it with positive self talk	Learning how to use boundaries to establish respectful friendships	Finding out facts about vaccinations	Find out facts about legal and illegal substances and their risks	Circle time – What we have learned.

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## ‘No way through’, isn’t true

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year R	Considering how we can move forward from mistakes we make	Series of challenges for children to practice and complete	Circle time to consider what to do when the children are stuck	Game and discussion around what children want to do when they grow up	Activity to demonstrate persevering to find a way through	Considering change through the life cycle of a caterpillar	
Year 1	Introduction to the final HeartSmart principle	Learning from our experiences and trying again	Trusting our instincts. Good secrets V bad secrets.	There is potential in all of us	Creating Dreamboards to capture our hopes and dreams	Circle time and activity around people, animals and things we have lost	Circle time – What we have learned.
Year 2	Introduction to the final HeartSmart Principle	Finding alternative solutions to problems	Looking at seemingly impossible situations in different ways	Overcoming challenges and difficulties	Imagining ‘What if ...’ in a positive way	Looking for signs of energy and thinking about ways to conserve it	Circle time – What we have learned.

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	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year 3	Introduction to the final HeartSmart principle	Thinking about progress (ladders) and setbacks (snakes)	Importance of getting back up and trying again	Learning how to respond to emergency first aid situations	Developing the right attitudes to achieve our dreams	How to manage change well	Circle time – What we have learned.
Year 4	Introduction to the final HeartSmart principle	Thinking about the skills and attitudes needs to meet a challenge	Considering the habits we need to develop or change to reach our goals	How to persevere and hold onto hope	Dreaming of the future	Key facts about the changes that take place in puberty between 9 - 11	Circle time – What we have learned.
Year 5	Introduction to the final HeartSmart principle	Demonstrating that 'No way through', isn't true	How the successes we achieve on the inside can often be greater than those seen on the outside	Looking at the power of Hope and how it can keep us going	Key facts about the menstrual cycle	How to look after ourselves during puberty	Circle time – What we have learned.
Year 6	Introduction to the final HeartSmart principle	Demonstrating that 'No way through', isn't true	Thinking about how we are feeling, why we feel that way and what we need	Looking at the power of Hope and how it can keep us going	Learning to step out of our comfort zones	How the brain changes during puberty	Circle time – What we have learned.