

The elements of Personal Development

PSHE 'lunchbox'

↓↓ RSHE 'sandwich' ↓↓

Relationships Education

Sex Education

Physical Health

Mental Well-being

↑↑ RSHE ↑↑

OTHER ELEMENTS OF PSHE

Wider Safety

Economic Understanding

Understanding of Technology &
Media

+ other miscellaneous elements?

Citizenship

Development of
Character,
Confidence and Resilience

Wider Opportunities

British Values

Inclusion
and Equality of Opportunity

CIEAG (Careers Information, Education, Advice and Guidance)

Spiritual, Moral, Social and Cultural Development

RSHE SANDWICH

RELATIONSHIPS EDUCATION:

Y1: Who is special to us? What is the same and different about us?

Y2: What makes a good friend? What is a bully?

Y3: How can we be a good friend? What do families look like?

Y4: How do we treat each other with respect?

Y5/6: Different relationships, Changing and Growing, Adult, Independence, Moving to secondary school.

SEX EDUCATION

Y4 Physical and emotional changes in puberty, external genitalia, personal hygiene routines, support with puberty.

Y6: Human reproduction and birth, attraction to others, romantic relationships, civil partnership and marriage.

Physical Health

Whole school wellbeing week

Y1: What helps us stay healthy? Who helps to keep us safe?

Y2: What helps us stay safe? What helps us grow and stay healthy?

Y3 Why should we eat well and look after our teeth? Why should we keep active and sleep well?

Y4 How will we grow and change? How can we manage risk in different places?

Mental Well-being

Children's Mental Health week

Y2: How do we recognize our feelings?

Y4 How can we manage our feelings?

Y5/6: Looking after ourselves, Growing up, Becoming independent, Taking on responsibility.

RSHE SANDWICH

OTHER ELEMENTS OF PSHE

Wider Safety

Teddy takes a tumble/scooter training/pedestrian training/Bikeability

Annual Stranger danger assembly

Change one thing initiative

Economic Understanding

Class fundraising

Y6 enterprise challenge

Year group Book Flix requests

Grow to eat (and cook) workshops

Understanding of Technology and Media

PSHE and computing lessons

Other miscellaneous elements

Comprehensive SMSC and PC assembly programme.

Citizenship

Pupils demonstrate school values
Pupils demonstrate school rules
House Poetry Recital
World Book Day
Transition programme

Development of Character

House Mile
Olympic athlete visit
Kindness tree
Giving cycle
Dialogic talk key to Teaching and learning principles
Year group eco projects
Book club
Lunchtime awards
House-points
Child sponsorship programme
Teambuilding days
Residentials
Sporting Influence traits

Wider opportunities

60 pupils part of the leadership programme (Science, Art, Reading and Music Ambassadors, Sports Leaders, House Prefects)
160 pupils attend 8 clubs on offer (Media, Performing Arts, Gymnastics, Kids Go Wild, Cookery, Yoga, Table Tennis and Choir)
Over 100 pupils take part in a music lesson each week (Keyboard, Guitar, Drums, Flute, Violin, Cello and Singing)
All KS2 pupils in March music concerts and can play in assembly

British Values

Opportunity to make decisions through school council.
School votes on school issues eg buddy benches, school meals, stage backdrop
Free speech assemblies
learning about gender stereotyping

Inclusion and Equality of opportunity

Diverse characters in books
Neurodiversity week

Careers information, Education, Advice & Guidance

Mystery visitor programme provides first-hand knowledge about the world of work
Careers visits during Number day and Science week

Spiritual, Moral, Social, Cultural

Termly interfaith week/Visits from local vicar and visits to church Restorative practice Child friendly anti-bullying policy Inter school pupil visits eg school council. Sporting Influence competitions. Our story week. Key artists. Composer of the month. House system