

# Fulmer Infant School

## Personal, Social, Health Education(PSHE) policy



### INTENT

The aim of PSHE at Fulmer Infant School is to help children become more aware of what it means to lead a happy and healthy life and to start to think about being responsible for themselves and their well-being with regard to their present and future life-styles. We strive to provide a school environment which is welcoming, attractive and well cared for. We aim to help each child develop self-esteem and have a feeling of self-worth. We encourage each to grow into a caring, competent and morally responsible individual, having respect for him/herself and others.

### IMPLEMENTATION

PSHE is taught age appropriately and through the topics below.

#### Core theme:Being Me in My World

##### **Year 1 coverage:**

Feeling special and safe  
Being part of a class  
Rights and responsibilities  
Rewards and feeling proud  
Consequences  
Owning the learning charter

##### **Year 2 coverage:**

Hopes and fears for the year  
Rights and responsibilities  
Rewards and consequences  
Safe and fair learning  
Environment  
Valuing contributions  
Choices  
Recognising feelings

**Core theme: Celebrating differences**

**Year 1 coverage**

Similarities and differences  
Understanding bullying and knowing how to deal with it  
Making new friends  
Celebrating the differences in everyone

**Year 2 coverage**

Assumptions and stereotypes about gender  
Understanding bullying  
Standing up for self and others  
Making new friends  
Gender diversity  
Celebrating difference and remaining friends

**Core theme: Dreams and goals**

**Year 1 coverage**

Setting goals  
Identifying successes and achievements  
Learning styles  
Working well and celebrating achievement with a partner  
Tackling new challenges  
Identifying and overcoming obstacles  
Feelings of success

**Year 2 coverage**

Achieving realistic goals  
Perseverance  
Learning strengths  
Learning with others  
Groups co-operation  
Contributing to and sharing success

**Core theme: Healthy Me**

**Year 1 coverage**

Keeping myself healthy  
Healthier lifestyle choices  
Keeping clean  
Medicine safety/safety with household items  
Road safety  
Linking health and happiness

**Year 2 coverage**

Motivation  
Healthier choices  
Relaxation  
Healthy eating and nutrition  
Healthier snacks and sharing food

**Core theme: Relationships**

**Year 1 coverage**

Belonging to a family  
Making friends/being a good friend  
Physical contact preferences  
People who help us  
Qualities as a friend and person  
Self-acknowledgement  
Being a good friend to myself

**Year 2 coverage**

Different types of family  
Physical contact boundaries  
Friendship and conflict  
Secrets  
Trust and appreciation  
Expressing appreciation for special relationships  
Celebrating special relationships.

**Core theme: Changing Me**

**Year 1 coverage**

Life cycles – animal and human  
Changes in me  
Changes since being a baby  
Differences between female and male bodies  
Linking growing and learning  
Coping with change  
Transition

**Year 2 coverage**

Life cycles in nature  
Growing from young to old  
Increasing independence  
Differences in female and male bodies  
Assertiveness  
Preparing for transition

**IMPACT**

The curriculum promotes the physical, spiritual and health education of the children preparing the children for the opportunities, responsibilities and experiences of adult life.

<b>Signatures of Co - Headteachers:</b>	<b>Signature of Chair of Governors:</b>
<b>Date:</b>	<b>Date:</b>
<b>Review date:</b>	<b>Review date:</b>