



## PSHE POLICY

### **Introduction**

This document was reviewed during the Autumn term 2025

This policy will next be reviewed in the Autumn term 2027

### **The importance of PSHE**

Our personal, social and emotional health education (PSHE) programme promotes children's personal, social, emotional and economic development as well as their health and wellbeing. It helps give children the knowledge, skills and strategies that they need to lead confident, healthy and stable lives and to become informed, active and responsible citizens.

At Prior Park Primary School, children's wellbeing, happiness and safety are our first priority. PSHE is a key vehicle in which we share this with our children. We regard PSHE as an important and integral component of the whole curriculum. In our school we have an additional focus on the importance of child mental health, learning to identify understand and regulate our thoughts, feelings and emotions.

PSHE is central to our approach and at the core of our school ethos.

### **Aims:**

**At Prior Park Primary School we aim for children to...**

### **Subject content:**

We have devised a PSHE curriculum centred upon three core themes – Health and wellbeing, relationships and living within the wider world.

Our PSHE curriculum is taught throughout each year group by class teachers.

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery & Reception	All EYFS PSHE are taught continuously throughout N and R. ELG 2 Physical development - Physical health and self-care. ELG 3 Personal social and emotional development - self-confidence, self-awareness, managing feelings and behaviour, making relationships. ELG 6 Understanding the world – people and communities, the world, technology.					
Year 1	Relationships		Health and well being		Living in the world	
Year 2	Health and wellbeing		Living in the world		Relationships	
Year 3	Relationships		Living in the world		Relationships	
Year 4	Health and wellbeing		Relationships		Living in the world	

### **Health and Wellbeing**

In this unit our pupils will be taught all about how to keep their bodies and minds healthy. They will learn about the importance of healthy eating, a balanced diet and exercise; about the importance of keeping themselves clean and oral



health. Our pupils will also learn about mental health and will begin to recognise if they feel unwell and who to ask for help. This unit has a big focus on science so our pupils will be taught to name body parts including the penis and vagina.

### **Relationships**

In this unit our pupils will be taught all about positive and negative relationships. They will learn how to identify a positive or a negative relationship, how to cope with their feelings in a constructive way and how to ask for help if they feel unsafe. Pupils will also learn about the impacts of bullying and how to respect themselves and others. A key factor within this unit is helping our pupils to recognise if behaviour or language makes them feel uncomfortable and unsafe and giving them the strategies to ask for help and to keep themselves safe both online and offline.

### **Living in the wider world**

In this unit our pupils will be taught about society and the values of careers, money and providing a positive contribution to society. Pupils will look at following rules, shared responsibilities, different religions and communities and the differences between wants and needs. In this unit, pupils will also be taught about the roles and risks of social media, reliable and unreliable websites and keeping safe online.

We promote British Values throughout our school community but during this unit, our pupils will look at the importance of British values and will develop a greater understanding of its importance within our ever changing society.

### **Organisation and Provision in our school**

The provision of PSHE at Prior Park Primary School is balanced, broad and challenging for our pupils. Pupils revisit each core aspect of PSHE twice within a Key Stage to allow for a deeper understanding. Within positive and encouraging classroom settings, our pupils are supported so they know more, remember more and understand more PSHE in different contexts and the unique challenges they will encounter growing up in our community.

In addition to our PSHE programme, we are able to provide our pupils with THRIVE interventions as well as having an on-site councillor available to all pupils, parents and staff on a weekly basis through Choices4Growth.

### **Relationships within school**

At Prior Park Primary School, we are dedicated to creating positive, supportive and encouraging relationships within all aspects of our school and community. All aspects of our PSHE curriculum will be taught with awareness of our local faith communities which will help to create a constructive context our pupils to learn.

All relationships and sex education at Prior Park Primary School is taught within the science aspect of our curriculum.

We do not teach our pupils additional information, we only teach the statutory core objectives.

Please see our RSE policy for more information.

### **Assessment and Recording**

The recording of PSHE is recorded by class teachers. We record comments, observations and take photographs which can be seen on observation sheets, floor books and sometimes (where appropriate and with consent) on our school website.

Summative assessments will be undertaken by class teachers at the end of each unit. Throughout this academic year we will be developing a school wide assessment format within PSHE.

