



Personal, Social and Health Education

Long Term Overview

Impact

At Plumpton School we value PSHE as one way to support children's overall development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

Implementation

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our children's needs. This programme's complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported. At Plumpton School our PSHE curriculum is taught on a two-year rolling programme within class 2-4. In nursery and reception, the same learning is repeated each year to imbed understanding and generate differing conversations year on year.

Across the school the **spiral curriculum** follows the units below:

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise

Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
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Summer 2 focus' on 'Changing me'. This unit we teach in single year groups to ensure that each child learns about their own body and the changes and feelings that they may be experiencing, along with appropriate Relationships and Health Education for their age.

Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change
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Local issues relating to our school are weaved into the children's learning such as road safety and further safe internet use.

Impact

Each unit has a knowledge overview that teachers use to assess prior knowledge, understanding and any misconceptions that the children may have before starting the unit. This helps the teachers to tailor the teaching to our children. Once the unit is complete it is then revisited to gauge present understanding, any questions still arising or further teaching that needs to be undertaken through individual, small group or whole class teaching.