

# Longwell Green Primary School

## General Overview

At Longwell Green, we provide all children with the building blocks to develop healthy, respectful relationships with family and friends in all contexts. We want them to be fully equipped with the knowledge and support of how to be inclusive, healthy and happy in our ever-changing society.

## PSHE and RSE



## Children at Longwell Green are...

...empathetic to others, regardless of any differences.

...understanding of how we grow, develop and learn.

...kind, caring and supportive to each other, enabling everyone to succeed and achieve.

### Year 5

Children look at rights and responsibilities in greater depth and think about how behaviour affects this. They explore democracy including having a voice and participating. The children also look at cultural differences, racism, rumours and name-calling. They unpick different types of bullying and the difference between material wealth and happiness. Additionally, they think about the importance of the future, careers and money as well as looking into the affects smoking, vaping, alcohol and anti-social behaviour. As well as this, they will be taught about online gaming and gambling, reducing screen-time and the dangers of online grooming. Finally, they will explore conception and body image.



### Year 6

Children think about their goals for the year ahead, feeling welcomed and valued and what a role models looks like. They start to look at perceptions of normality and power struggles that may be present. The children are taught to understand disability, bullying and empathy in greater depth. In relation to their dreams and goals, they think about success and emotions linked to success and making a difference in the world. As well as this, they begin to take personal responsibility for their own health and look at exploitation in different forms. Additionally, there is a focus on emotional and mental health and managing stress and are shown sources of support, how to manage their own feelings and take responsibility when using technology. Finally, they look at relationships, puberty, body image and physical attraction in more detail and the importance of respect and consent.



### Year 4

Children are taught to recognise the importance of having a voice and being a part of a school team. They are also introduced to democracy. The children think about challenging assumptions and accepting themselves and others by understanding that everyone is unique. Additionally, they learn to overcome disappointment through having positive attitudes and resilience. As well as this, they look at group dynamics and think about healthy friendships. Later in the year, they study the affects of smoking and drugs and peer pressure and think about the feelings of jealousy, love and loss and sharing memories of loves ones. Finally, children start to unpick the notion of different relationships and how they can be confident about change that may happen in puberty.

### Year 2

Children in Year 2 discuss their hopes and fears for the year and think about how to make good contributions and choices. They start to think about their own rights and how these can contribute to them feeling safe. The children discuss overcoming stereotypes by celebrating differences and embracing diversity in friendships and families. They also work on achieving their personal goals through perseverance and cooperating with others, as well as sharing successes. Additionally, they are taught how to make healthier food choices and how to relax. Finally, they study life cycles and differences between male and female bodies using the correct terminology.



### Year 3

Children look at their identity and self worth and start to think about seeing things from others' perspectives. They begin to think about family conflict and how to manage this, as well as how to solve bullying issues, recognising words can be hurtful and giving and receiving compliments. Children look at having self-motivation and being ambitious, especially when challenges are difficult. They also think about simple budgeting. Additionally, they look at food labelling and choosing healthy options. As well as this, they learn about staying safe both online and offline. They begin to unpick roles within families and have an awareness of how other children's lives may differ from theirs. Finally, they identify how babies grow and what their needs are, as well as changes that occur to the body on the inside and the outside.



### Year 1

The children discuss feeling special and safe as a member of their class and the responsibility they have to feel proud of their achievements. They also look at similarities and differences amongst their peers and are taught to understand what bullying is and how to deal with it. They begin to set goals and think about learning styles that work for them and how to be successful within this. Additionally, they look at medicine safety and discuss the link between health and happiness. Children also discuss belonging to a family and deepen their understanding of being a good friend and celebrating relationships. Finally, they look at life cycles of animals and humans and talk about growing and changes.

### EYFS

Children learn about their own identity and personal talents within a classroom as well as beyond. They begin to understand different feelings that can be felt and they will recognise why they are special. They also learn about different families and where different people live, as well as how to make friends through communication. Additionally, they look at overcoming obstacles and how to ask for help as well as learning about the human body and how to stay healthy by eating well, exercising and basic hygiene. Finally, they are taught about respecting their bodies, growing up and celebrating a range of things that happen in their lives.

