



PSHE/RSE/ Online Safety	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UMPS Intent	<p>PSHE is a dedicated weekly part of every child's learning at Upton Meadows Primary, from EYFS to Year 6 and forms a central element of our Personal Development priorities. We understand the importance of a comprehensive and rich PSHE curriculum in supporting children to understand themselves and others effectively. We are a Sapere Silver P4C school and the principles of P4C are woven throughout our PSHE curriculum, as well as throughout our wider curriculum. Philosophy for Children (P4C) is an approach to teaching and learning in which children participate in philosophical enquiry. It enhances thinking and communication skills, boosts confidence and self-esteem, and improves behaviour and academic attainment. We aspire for our children to become confident, resilient members of their community who have learnt about and nurtured respect for different religions, faiths and beliefs. We aim for our children to become positive change makers in their own lives and the lives of others. Most importantly our curriculum ensures that every child understands the importance of physical and mental well-being, knows how to be safe and how to live a healthy lifestyle. All the areas of study below are on an annual cycle and are revisited every year in order to build on and develop knowledge and skills.</p> <p>Our PSHE curriculum has been fully updated to incorporate all the required elements of the RSE curriculum, following consultation with parents and governors. - full details are contained within our PSHE (incorporating RSE) policy, which is reviewed annually.</p>					
Value Focus	RESPECT/COURAGE	HONESTY	PERSEVERENCE	RESPONSIBILITY	KINDNESS	COOPERATION
Jigsaw	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Protective Behaviours	<p>Theme 1 and 2 introduced – displayed in school and referred to by all staff.</p> <p>Network Hands – hands to stay in school.</p>	<p>Early Warning signs – the body's way of letting us know we are not feeling safe, completed as a quick class activity using a gingerbread outline. Even if problem solving – one-step removed scenarios completed during morning work x5.</p>	<p>Revisit network hands – borrowed networks, palm pals, SOS contacts.</p> <p>Secrets that feel safe/unsafe – discuss and use card game as a class.</p>	<p>Safe place visualisation – 5 minutes using the script. Feeling safe flower as a follow up for morning work.</p>	<p>Theme 1 and 2 reinforced.</p> <p>Is my fun, fun for everyone? – discuss as a class e.g. during morning work.</p>	<p>Network hands – review for transition.</p> <p>Problem mountain – simplified version for KS1 and completed during morning work x5.</p>
Protective Behaviours	<ul style="list-style-type: none"> • PB board game – reinforcing theme 1 and 2 across the year. 'How could' scenarios for discussion e.g. 'How could someone keep themselves safe even if... they were feeling upset?' 					



additional resources	<ul style="list-style-type: none"> • Feelings thermometer – recreate personalised feelings thermometer with children to share with key staff. ‘Jenga’ feelings Blocks – discussion about related feelings and description of feelings, linking to early warning signs in Autumn 2. • Feeling safe flower – as a follow up activity to the ‘safe place’ visualisation in Spring 2. • EYFS PB Early Learning Goals document (40-60+months). 					
The Upton Meadows Way (our behaviour and values curriculum)	The curriculum is taught explicitly during the first week in Autumn term alongside your typical National Curriculum subjects and timetable. Children should learn the content of the curriculum so that they can recall the information and act upon it. At the start of each term, the ‘Upton Meadows Way’ curriculum is revisited with pupils and will continue to be reinforced throughout the year.					
Relationships and Sex Education (RSE)	RSE topics taught through Jigsaw and Online Safety units during the course of the year.					Changing Me Jigsaw Units taught across school during Summer 2. Parent information evenings held in late May every year.
Online Safety (see separate Online Safety progression)	Self-Image and Identity Privacy and Security	Online Relationships Online Bullying Anti-Bullying Week	Online Reputation Online Bullying Safer Internet Day	Online Information	Health, Wellbeing and Lifestyle	Copyright and Ownership
Enrichment and Safeguarding		PCSOs Anti-bullying week	Safer Internet Day (including passport cards/information evening for parents.)	NSPCC Speak Out Workshops –Year 5	PCSOs – Year 5 and 6 Gang Focus?	