PSHE at Tittensor First School

Policy – September 2024
to be reviewed: September 2026

'Be yourself; everyone else is already taken.'

- Oscar Wilde

Rationale – Why do we teach PSHE?

PSHE is about preparing children for life and careers alongside academic success. It helps children and young people to achieve their potential by supporting wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. Research shows that pupils who are emotionally healthy do better at school. PSHE education also helps pupils to develop skills and aptitudes - like teamwork, communication and resilience, preparing them for life in our modern world. The PSHE curriculum is split into 3 strands – Health and Wellbeing, Relationships and Living in the Wider World. We believe that pupils learn better if they can relate to an event or concept so, wherever possible, we try to make links to their everyday life within PSHE lessons. The 3 recurring themes in PSHE allow children at Tittensor to revisit and elaborate on previous learning.

What are the aims of the PSHE curriculum?

At Tittensor, we want to inspire our pupils' curiosity about the wider world. Whilst learning about Personal, Social, Health and Economic education, pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. Within PSHE lessons we teach the knowledge needed to prepare pupils to be happy, productive, responsible, ethical and compassionate members of society. We believe that PSHE should focus on helping pupils to thrive as individuals, family members and members of society. We aim for the children to develop a sense of identity and a cultural understanding. We teach children to understand how to cope with everyday life and deal with difficult decisions they may face as they grow into young adults. We teach PSHE through lots of discussions and use scenarios to develop children's understanding.

What do we expect within the teaching of PSHE?

At Tittensor, we expect that all teachers fully engage with the PSHE curriculum. This can be done in a variety of ways: within our EYFS setting, circle time and group discussion are the foundations of our PSHE sessions. Throughout KS1, we begin to deepen conversations with the children, asking them to verbally respond the session's leading questions. In KS2, children begin to produce written responses to leading questions and record these as a class. It is expected the PSHE will be taught at least once per week, for a minimum of 30 minutes per session. Discussion within class can be electronically recorded and stored on the school server to ensure that all teachers have access for progression evidence. PSHE is assessed half-termly in the form of a poster with each leading question and an area for each child to respond. The PSHE lead will record data based on these assessment posters.

What is taught in PSHE at Tittensor?

Focus/Unit	Nur	Rec	Y1	Y2	Y3	Y4
Health and Well-Being, including: - Choices - Feelings/Health - Identity	✓	✓	✓	✓	✓	✓
Relationships, including: - Bullying - Independence - Respect	✓	✓	✓	✓	✓	✓
Living in the Wider World, including: - Choices - Caring for others - Influences	✓	✓	✓	✓	✓	✓