



Personal, Social, Health and Economic (PSHE) Education Policy

Approved by: Laura Khalil **Date:** April 2025

Last reviewed on:

Next review due by:

Introduction

Personal, Social, Health and Economic (PSHE) Education is a vital aspect of the curriculum in facilitating young people's development into successful, responsible citizens. This policy outlines the aims, objectives, and teaching strategies for effectively delivering PSHE at Hounslow Town Primary School, ensuring it meets the expectations set out by OFSTED and aligns with the 2014 National Curriculum in England.

Aims and Objectives

Our PSHE curriculum aims to equip children with the knowledge, skills, and understanding they need to lead fulfilling lives as individuals and members of society. The objectives are to:

- Promote self-awareness and self-esteem.
- Encourage children to make informed decisions and understand their rights and responsibilities.
- Foster respect for diversity and the ability to empathise with others.
- Develop communication skills for meaningful relationships.
- Equip pupils with the information and skills to stay safe and healthy.
- Prepare pupils for the opportunities, responsibilities, and experiences of life in modern Britain.

Curriculum Design

Our PSHE curriculum follows the Ealing 2017 PSHE Scheme of Work (see Appendix 1 for Curriculum Overview) and is structured to reflect the expectations of the National Curriculum, focusing on the following core themes:

- 1. Health and Wellbeing (Autumn Term)**
 - Understanding physical health, mental wellbeing, nutrition, and lifestyle choices.
 - Knowledge of personal safety, including drug education and relationships.
- 2. Living in the Wider World (Spring Term)**
 - Exploring rights and responsibilities in a democratic society.
 - Developing an understanding of economic wellbeing and financial literacy.
- 3. Relationships (Summer Term)**
 - Cultivating respect and understanding in personal, familial, and community relationships.
 - Addressing issues of consent, boundaries, and diversity.
 - Relationship, Sex and Health Education (RSHE).

Teaching and Learning Strategies

To create an engaging and inclusive PSHE learning environment, we employ a range of teaching and learning strategies:

- **Active Learning:** Encouraging children to participate in discussions, role-play scenarios, and collaborative activities to develop their social and emotional skills.

- **Circle Time and Class Discussions:** Providing a safe space for pupils to voice their thoughts and feelings.
- **Integrated Learning:** Linking PSHE topics with other subjects such as Science, Geography, and English to enhance relevance and understanding.
- **Guest Speakers and Workshops:** Inviting external professionals to provide real-world perspectives on specific PSHE topics.

Assessment

Pupils' understanding in PSHE will be assessed through:

- Formative assessment techniques such as observations, discussions, and self-reflection.
- Periodic evaluations to ascertain knowledge retention and personal growth.
- Engaging pupils in their own assessment through self-assessment and peer review.

Monitoring and Evaluation

The effectiveness of our PSHE policy and curriculum will be monitored through:

- Regular evaluation of lesson plans and teaching resources.
- Gathering pupil feedback and observations to adapt teaching approaches.
- Using learning walks and drop-in observations to ensure high-quality delivery.

Inclusivity

We are committed to providing PSHE education that meets the diverse cultural, linguistic, and social backgrounds of our pupils. We will:

- Ensure that all materials and discussions reflect inclusivity and respect for diversity.
- Engage parents and the community in the development and implementation of the curriculum.
- Pupils from the Rainbow unit are included in mainstream classes to receive an age-appropriate PSHE curriculum.

Training and Development

Staff training will occur regularly to ensure all educators feel confident and informed about the content and teaching methods for PSHE. We will:

- Provide access to CPD opportunities related to PSHE, RSHE and emotional wellbeing.
- Encourage the sharing of best practices among staff.

OFSTED Expectations Summary

According to the most recent Ofsted framework, outstanding PSHE practice should demonstrate:

1. A clear vision and rationale for the PSHE curriculum that aligns with the school's ethos and meets the needs of all pupils.
2. Effective leadership and management of PSHE that ensure high-quality teaching and learning.
3. Robust systems for assessment and monitoring of pupil progress in PSHE.
4. Engaging parents and the community to support PSHE education.
5. Clear evidence of pupils' personal development, behaviour, and welfare as a result of PSHE education.

Conclusion

This PSHE policy reflects Hounslow Town Primary School's commitment to providing a comprehensive and impactful curriculum that promotes the essential life skills of our pupils. By adhering to the expectations

outlined by OFSTED and integrating the requirements of the 2014 National Curriculum, we aim to nurture well-rounded individuals who are prepared to face the world with confidence and resilience.

PSHE at HTPS 2024-25

Ealing scheme of work Whole School Focus School Council Christopher Winter Project RSHE & DAE

Term	Autumn	Spring	Summer
Nursery EYFS	<p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' 60000 Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> Getting to know others Recalling names Recognising similarities and differences between people in the class Identifying what is special about themselves Exploring feelings that you may have <u>stating</u> nursery (i.e. anxious, nervous, sad) Celebrating achievements Recognising what children can do Setting and achieving simple goals Recognising qualities of a good friend Understanding how to recognise and respond to bullying Link to Anti-Bullying week Working with another child Importance of keeping clean Oral health 	<p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) 60000 Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> PANTS - keeping safe Celebrating similarities and differences Recognising special people in our lives Understanding different types of families Understanding how we are all different Understanding how to celebrate being different Exploring gender stereotypes Understanding how to stay safe online Explaining who to tell if you are worried or scared To identify, manage and express a range of emotions To explain what charity is and explain why people donate to charities 	<p>School Council Fundraiser (Summer 1) 60000 Scheme of Work:</p> <ul style="list-style-type: none"> To explore the feeling of loss To explore feeling lonely To identify important people in our lives To identify special people in our lives To explain why we have friends To identify the qualities of a good friend To identify what makes us happy or sad To identify basic ways to use medicine correctly To explain how to manage difficult feelings
Reception EYFS	<p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' 60000 Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> Recognising a range of emotions <u>happy, sad, excited</u> Recalling names Recognising what make them special Recognising similarities and differences between people in the class Recognising what children can do Setting and achieving simple goals To identify the qualities of a good friend To identify and respond to bullying Link to Anti-Bullying week To describe how to make friends and play with other children To understand the importance of keeping clean To understand the importance of keeping teeth clean 	<p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) 60000 Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> PANTS - keeping safe Top recognise what makes us proud To recognise our achievements To celebrate the achievements of others To explore assertive skills To explain who we are similar and different To explore gender stereotypes To explore different types of families Understanding how to stay safe online Explaining who to tell if you are worried or scared To identify, manage and express a range of emotions To explain what charity is and explain why people donate to charities 	<p>School Council Fundraiser (Summer 1) 60000 Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand the terms fair and unfair and identify what is fair and unfair To understand how we can keep ourselves clean To identify what it is important to keep ourselves clean To explore different types of families To identify special people in our lives and explain why these people are special To begin to break gender stereotypes To begin to challenge gender stereotypes To explain how to use medicine safely To identify how things can change To begin to prepare for change To explain why change is good

<p>Year 1</p>	<p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' Evolving Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To understand and explain how to keep teeth healthy To understand the importance of food To understand the difference between healthy and unhealthy foods To understand the importance of variety on a diet To explain how to use medicine safely To explain what voting is and why it is important Link to Student Council Elections To identify different types of bullying and explain what to do if they are being/witness bullying Link to Anti-Bullying week To identify and explain a range of positive and negative emotions 	<p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) Evolving Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To understand the difference between wants and needs To celebrate achievements To celebrate the achievements of others To fundraise money for a charity To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how you can keep yourself safe at home To explain how to keep safe at home To explain the difference between good and bad secrets 	<p>School Council Fundraiser (Summer 1) Day for Change Evolving Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explain what a compliment is and why it is important To recognise our achievements To identify places and people who make me feel safe To explain why these places and people make us feel safe To explain why good friends are important and explore how to make new friends To understand what 'bad' secrets are To explain how to keep ourselves clean Link to RSE To explain why it is important to keep clean Link to RSE To explain how we have changed since we were born Link to RSE To explore different types of families Link to RSE
<p>Year 2</p>	<p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' Evolving Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To identify healthy and unhealthy foods To explain what a healthy snack is To name the 5 food groups To identify foods within each of the food groups To understand the importance of eating fruit and vegetables To explain how to stay safe around harmful substances To identify the risks associated with smoking To explain what parliament is and why it is important Link to Student Council Elections To identify different types of bullying and explain what to do if they are being/witness bullying Link to Anti-Bullying week To explain what conflict is and ways of resolving conflict To explain what to do if conflict escalates 	<p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) Evolving Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To explain the difference between wants and needs To explore life in different countries To explain how their life is different to the lives of children in other countries To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how to keep safe around fire To explain the risks associated with fire To explore gender stereotypes 	<p>School Council Fundraiser (Summer 1) Day for Change Evolving Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explain how to keep ourselves safe Link to PANTS rule To understand that they have the right to say "no" to unwanted touch Link to RSE To identify differences between males and females Link to RSE To explore some of the differences between males and females and to understand how this is part of the lifecycle Link to RSE To focus on difference and naming body parts Link to RSE To understand what pride is and identify what makes us proud To explain why it is important to feel proud To explain what makes us proud of other people To understand what makes a good friend To identify how we can be a good friend to others

<p>Year 3</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To explain what food <u>counts</u> make up meals To understand how food choices can contribute to teeth decay To explain what a drug is To categorise drugs To explain the effects of passive smoking To understand the effects of caffeine To explain democracy and explain why democracy is important Link to Student Council Elections To explain the difference between unkindness and bullying Link to Anti-Bullying week To explain what conflict is and ways of resolving conflict To explain what to do if conflict escalates 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To explain the difference between wants and needs To explore life in different countries To explain how their life is different to the lives of children in other countries To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how to keep safe around fire To explain the risks associated with five To explore gender stereotypes 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explore the differences between males and females and to name the body parts Link to RSE To consider touch and to know that a person has the right to say what they like and dislike Link to RSE To explore different types of families and who to go to for help and support Link to RSE To identify positive thoughts and how positive thoughts can affect us To explore the concept of self-talk and identify how this can help us To identify what makes a healthy relationship and explain what makes a good friend If covering FGM lessons: <ul style="list-style-type: none"> To know you can say no to bad touch To understand that FGM is not a rite of passage If you are NOT covering FGM lessons: <ul style="list-style-type: none"> To understand what dementia is and how it is related to memory
<p>Year 4</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To explain how food gives us energy To explain why nutrients are important To explain the risks and dangers associated with smoking To explain the risks associated with alcohol To understand how democracy works in the UK Link to Student Council Elections To understand the role of the bully, <u>bully</u> standards and victim in a bullying scenario Link to Anti-Bullying week To develop critical think skills about information available online. This includes thinking critically about information, people who may try to talk to you and images online. 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To explain how to save and the benefits of saving To explore the water crisis around the world To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how to keep safe around water To identify the risks associated with water To understand how stereotypes can label people To explain how to break gender stereotypes 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explore the human lifecycle Link to RSE To identify some basic facts about puberty Link to RSE To explore how puberty is linked to reproduction Link to RSE To understand a growth mind-set and how it can affect us To understand rights in a friendship and to explain why it is important to know these rights To understand responsibilities in a friendship and explain why it is important to know these responsibilities If covering FGM lessons: <ul style="list-style-type: none"> To understand aspects of discrimination To understand that every individual no matter what their gender should be treated with equal respect and opportunities If you are NOT covering FGM lessons: <ul style="list-style-type: none"> To explore how dementia affects the whole family To explore how assistive technologies can help people living with dementia

<p>Year 5</p>	<p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> o To set a goal o To explain what makes a healthy meal Link to Eat Like a Champ o To explain the importance of nutrients and fibre Link to Eat Like a Champ o To explain the importance of hydration Link to Eat Like a Champ o To understand the importance of portion control Link to Eat Like a Champ o To interpret and understand information on food labels Link to Eat Like a Champ o To explain what makes a situation fair or unfair. Link to Student Council Elections o To explain how being excluded can affect people and to explain what to do if they are being bullied/witness bullying. Link to Anti-Bullying week o To explore the risks associated with drug use o To challenge misconceptions about drug users o To explain what peer pressure is and how to challenge it 	<p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> o To understand what charity is and explain why people donate to charity o To fundraise money for a charity o To understand deductions that are taken from payslips o To explain what budgeting is and why it is important o To explain what migration is o To explain why <u>people</u> need to migrate o To explain how to keep safe online o To identify who to talk to if you are worried or scared about something o To explain how to keep safe when cycling o To explain the risks associated with cycling o To explore gender stereotypes o To explain why it is important to challenge gender stereotypes 	<p>School Council Fundraiser (Summer 1) Day for Change Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> o To identify the qualities of a good friend o To explore the emotional and physical changes occurring in puberty Link to RSE o To understand male and female puberty changes in more detail Link to RSE o To explore the impact of puberty on the body and the importance of physical hygiene Link to RSE o To explain what it means to belong and explain why belonging is important o To identify places where we feel we belong o To understand benefits of a growth mind-set and explain how to develop a growth mind-set
<p>Year 6</p>	<p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> o To set a goal o To understand the importance of exercise o To explain the risks associated with alcohol o To understand the risks associated with cannabis and volatile substance abuse o To understand how a parliamentary debate takes place in the House of Commons Link to Student Council Elections o To understand explain difference and similarities. Link to Anti-Bullying week o To develop critical think skills about information available online. This includes thinking critically about information, people who may try to talk to you and images online. 	<p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> o To understand what charity is and explain why people donate to charity o To fundraise money for a charity o To understand the different jobs have different salaries o To explore what value for money means o To understand the reasons people may be homeless o To explain what hidden homelessness is o To challenge stereotypes associated with homelessness o To explain how to keep safe online o To identify who to talk to if you are worried or scared about something o To identify risks that they may face o To understand what risky behaviours are o To challenge gender stereotypes 	<p>School Council Fundraiser (Summer 1) Day for Change Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> o To identify the qualities of a good friend o To consider puberty and reproduction Link to RSE o To consider physical & emotional behaviour in relationships Link to RSE o To explore the process of conception and pregnancy Link to RSE o To explore positive and negative ways of communicating in a relationship Link to RSE o To understand how to develop positive self-talk o To explore positive friendships and explain what makes a friendship successful o If covering FGM lessons: <ul style="list-style-type: none"> o To understand how beauty is portrayed around the world o To know I have the right to say no o If you are NOT covering FGM lessons: <ul style="list-style-type: none"> o To know the types of difficulties people with dementia may experience o To explore ways in which communities can support people living with dementia