

Springwell School PSHE and Relationships Education Curriculum Topics

Below are the areas we cover within our PSHE and Relationships Education curriculum, split out into the different pathways our children follow. Further details on coverage can be found on class topic webs, which are uploaded to class pages, and the curriculum page on our website.

PSHE and Relationships Education is covered in an ongoing manner during day-to-day activities i.e. circle time, dinner time, trips, swimming, play – time etc. It is also covered through taught units in Upper Glitter and beyond. Parents can request to see the contents of our PSHE and Relationships Education curriculum if they so wish. To do so please get in touch with the school. Sex education is not currently covered within Springwell School.

Sparkle/ Transitional	Autumn	Spring	Summer
	Children in Sparkle Pathway work on personalised learning programmes (PLP's). PSHE and Relationships Education is covered in this pathway in three principal ways: <ul style="list-style-type: none"> • Through working towards Communication and Interaction targets contained within their PLP's. • Through working towards Social, Emotional and Mental Health targets contained within their PLP's. • Through activities linked to the EYFS area 'Personal, Social and Emotional Development'. 		

Transitional/Lower Glitter	Autumn	Spring	Summer
	Children in Lower Glitter Pathway cover PSHE and Relationships Education in an ongoing manner across the whole of the school day. During this phase teachers focus on developing the children's: <ul style="list-style-type: none"> • <u>Independence</u> in terms of eating, drinking, dressing and toileting. • Ability to follow instructions, and understand and conform to <u>Rules and Routines</u>. • Ability to form and maintain <u>Relationships</u> with adults and peers. • Ability to <u>Communicate and Respond to Feelings</u>, including theirs and those of others. 		

Upper Glitter, Bronze and Silver	Autumn	Spring	Summer
<ul style="list-style-type: none"> • Within Upper Glitter, Bronze and Silver, PSHE and Relationships Education remains a core part of pupils' everyday experience. Teachers observe for, and develop, children's independence, routine awareness, instruction following, relationship building, and understanding of the feelings of themselves and others throughout each day. Alongside this there are formal taught lessons covering the topics below. While the topics are the same in Upper Glitter, Bronze, and Silver, the content of the lessons build upon what has been learnt in the previous pathway. 			
<p>Cycle 1 and 3</p>	<p>Being Me in My World</p> <p>Children:</p> <ul style="list-style-type: none"> • Help others to feel welcome • Try to make our school community a better place • Think about everyone's right to learn • Care about other people's feelings • Work well with others • Follow the Learning Charter 	<p>Celebrating Difference</p> <p>Children:</p> <ul style="list-style-type: none"> • Accept that everyone is different • Include others when working and playing • Know how to help if someone is being bullied • Try to solve problems • Use kind words • Know how to give and receive compliments 	<p>Dreams and Goals</p> <p>Children:</p> <ul style="list-style-type: none"> • Stay motivated when doing something challenging • Keep trying even when it is difficult • Work well with a partner or in a group • Have a positive attitude • Help others to achieve their goals • Work hard to achieve their own dreams and goals
<p>Cycle 2 and 4</p>	<p>Healthy Me</p> <p>Children:</p> <ul style="list-style-type: none"> • Have made a healthy choice • Have eaten a healthy, balanced diet • Have been physically active • Have tried to keep themselves and others safe • Know how to be a good friend and enjoy healthy friendships • Know how to keep calm and deal with difficult situations 	<p>Relationships</p> <p>Children will learn to:</p> <ul style="list-style-type: none"> • Know how to make friends • Try to solve friendship problems when they occur • Help others to feel part of a group • Show respect in how they treat others • Know how to help themselves and others when they feel upset and hurt • Know and show what makes a good relationship 	<p>Changing Me</p> <p>Children will learn to:</p> <ul style="list-style-type: none"> • Understand that everyone is unique and special • Can express how they feel when change happens • Understand and respect the changes that they see in themselves • Understand and respect the changes that they see in other people • Know who to ask for help if they are worried about change • Are looking forward to change

Gold	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1 and 3	Feelings and Emotions – Jealousy & Anger	Feelings and Emotions – Worry Being Responsible – Coming home on time	Being Responsible – Looking out for others and Stealing	First Aid – Asthma and Life support	First Aid – Bleeding and Fractures Keeping/Staying Safe – Peer Pressure	Keeping/Staying Safe – Cycle Safety and Water Safety
Cycle 2 and 4	A world without judgement – Breaking down Barriers and Inclusion and Acceptance	A world without judgement – British Values The Working World – Chores at home	The Working World – Enterprise and In-App Purchases	Keeping/staying healthy – Healthy living and Smoking	Keeping/staying healthy – Alcohol Computer Safety – Online Bullying	Computer Safety – Image sharing and Making Friends On-line and

Support for Individual Pupils going through Puberty

Learning about puberty can take place with children in Bronze Pathway and above if a child is struggling with the changes taking place within their body. These will be personalised 1-1 sessions, discussed and arranged with the parents/carers before they take place. The units that we can cover are listed below.

Knowing how I am changing	Rights and choices	Safety in the community	Respecting privacy
---------------------------	--------------------	-------------------------	--------------------