

Characteristics: We are informed citizens!

PSHE



At Orchard Primary School, we value PSHE as this contributes dynamically to children and young people's lives in schools by provoking challenging questions about our purpose in life, awareness of safety, understanding of self-care and that of others, issues of right and wrong and what it means to be human.

In PSHE children learn about families and those who care for us. They determine how to establish caring friendships. Pupils establish safe boundaries when working within IT and determine online dangers and risks. A focus within PSHE is to enable pupils to use the internet mindfully and in an informed way.

The PSHE curriculum engages pupils with healthy living including physical health & fitness links with the PE curriculum. Healthy eating principles are established and applied within DT when studying cooking and nutrition. Older pupils study the impact of drugs and alcohol. Pupils are taught basic first aid to care for themselves and others. Puberty and the changing body has a focus in our upper Key stage 2 RSE programme.

At Orchard, we are informed citizens. We understand...

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- why social media, some computer games and online gaming, for example, are age restricted
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- the risks associated with an inactive lifestyle (including obesity)
- the principles of planning and preparing a range of healthy meals
- be aware of the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking
- the concepts of basic first-aid, for example dealing with common injuries, including head injuries.
- the key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

Learning Opportunities For Key Stage 1	Learning Opportunities For Key Stage 2
Family and People Who Care for Us Being Safe Caring Friendships Respectful Relationships Online Relationships Internet Safety and Harms Physical Health and Fitness Healthy Eating Basic First Aid Health and Prevention Mental Well Being	Family and People Who Care for Us Being Safe Caring Friendships Respectful Relationships Online Relationships Internet Safety and Harms Physical Health and Fitness Healthy Eating Basic First Aid Health and Prevention Mental Well Being Drugs and alcohol Changing Adolescent Body

