Progression in PSHE

at Aston St. Mary's School

Relationships

PSHE at Aston St. Mary's School

PSHE at Aston St Mary's is split into three core themes:

1. Relationships
2. Health and Wellbeing
3. Living in the Wider World

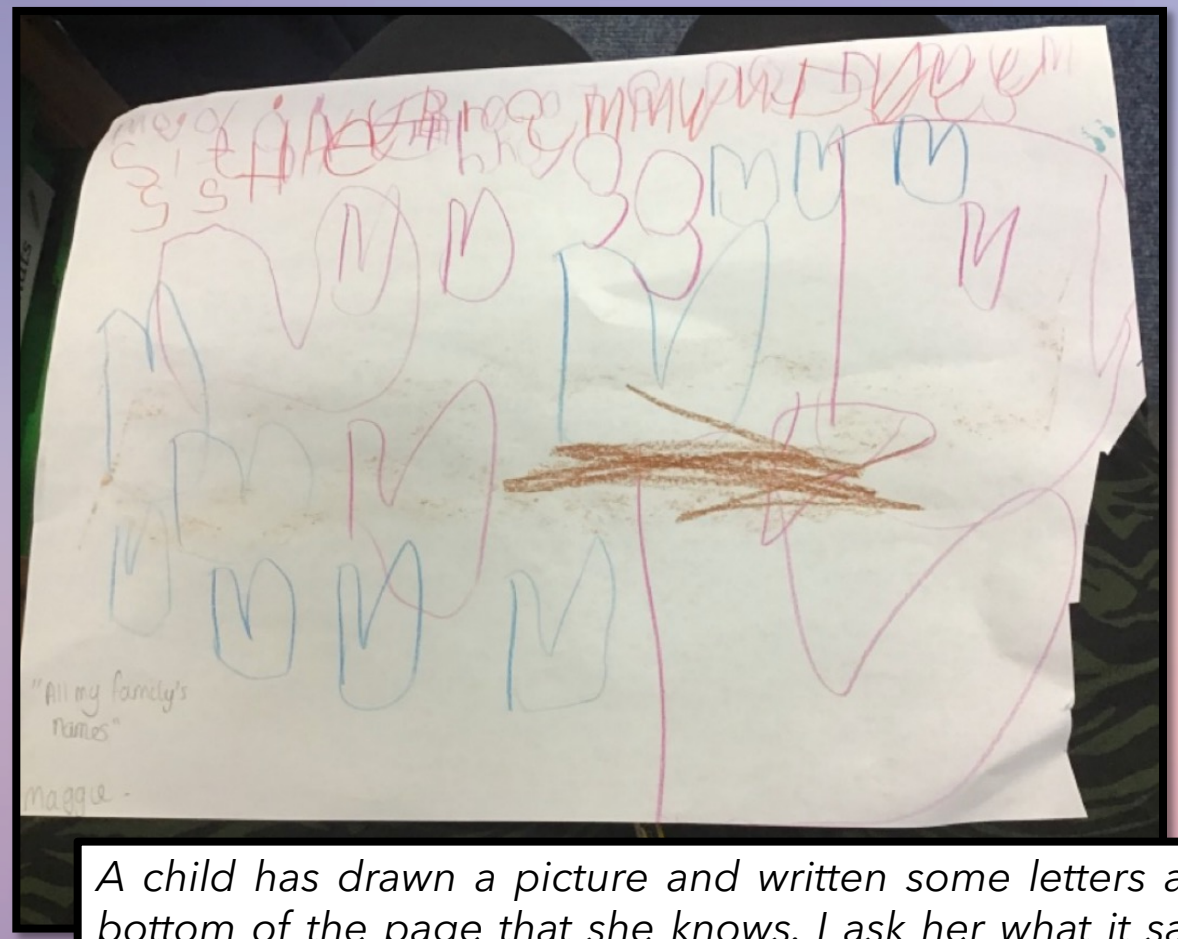
This document outlines the progression withing the Relationships strand from Early Years up to Year 6. Within Relationships, four main units are studied: Be Yourself, Digital Wellbeing, TEAM, and VIPs. The units are revisited so that pupils develop a greater depth of understanding as they develop their relationships with the wider world. Evidence of pupil's learning is collected in class portfolios but, more importantly, is evident in the pupils themselves.

Shackadell

Early Years

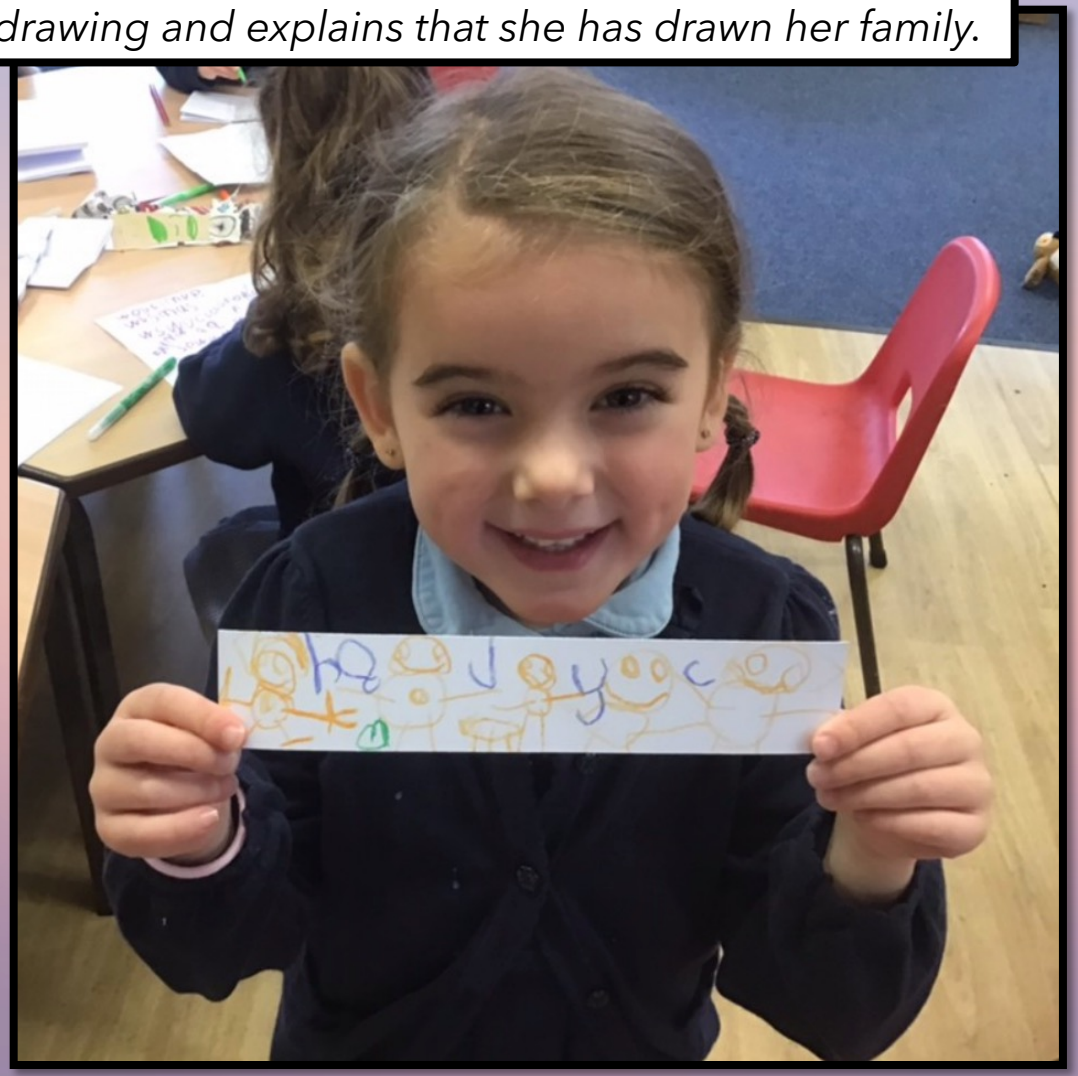
PSHE is an integral and important part of our curriculum at Aston St. Mary's School. Our aim is to provide a programme of learning through which pupils can acquire the knowledge, understanding and skills they need to manage their lives now and in the future. It enables them to develop their unique character and the qualities and attributes needed to thrive as individuals and members of their families, school and society. In Shackadell class, adult-led PSHE activities are taught through many exciting and interesting ways. These are both adult-led, as well as through our planned continuous provision enhancements.

Two pupils are trying to get a ball out of the tree using one of the poles. They climb up the ladder to get a bit higher but still do not succeed. I suggest that we combine two of the poles together to make it longer. One child goes in to get some Sellotape. I then model how to use the tape to combine the two poles. They try to reach it but cannot. The boys realise they need to be a bit taller, so the other child climbed up the ladder with the pole and he's able to knock the ball free! Brilliant problem-solving and teamwork well done boys!



A child has drawn a picture and written some letters at the bottom of the page that she knows. I ask her what it says at the bottom and she says "it's all my families names".

During Child Initiated Learning, a child is busy drawing. She has chosen a long thin piece of card. She shows me her drawing and explains that she has drawn her family.



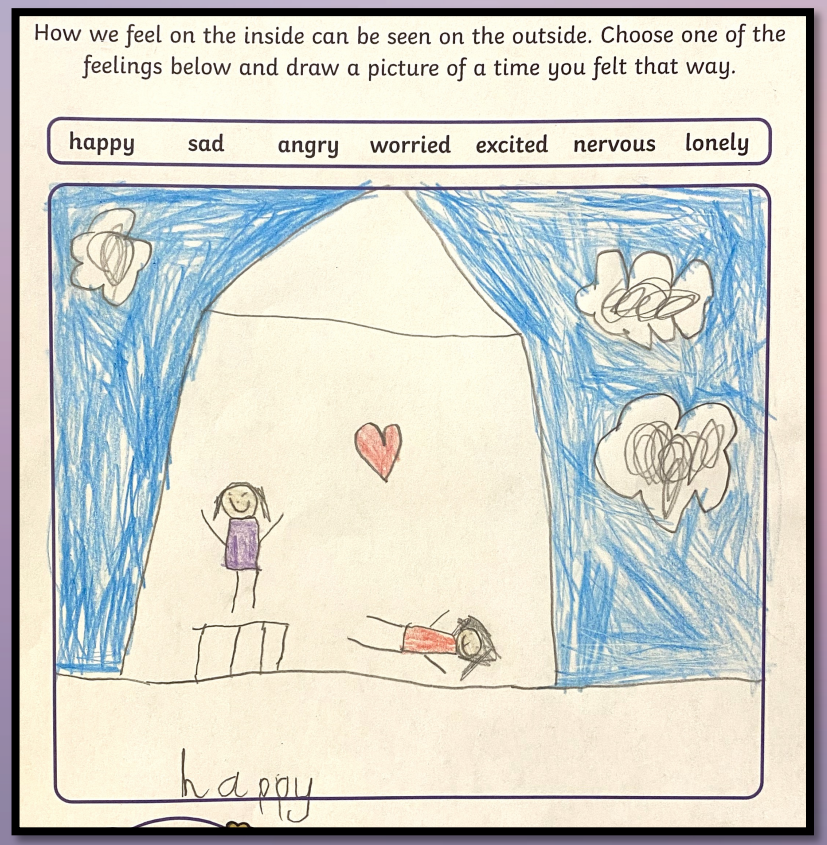
Shackadell

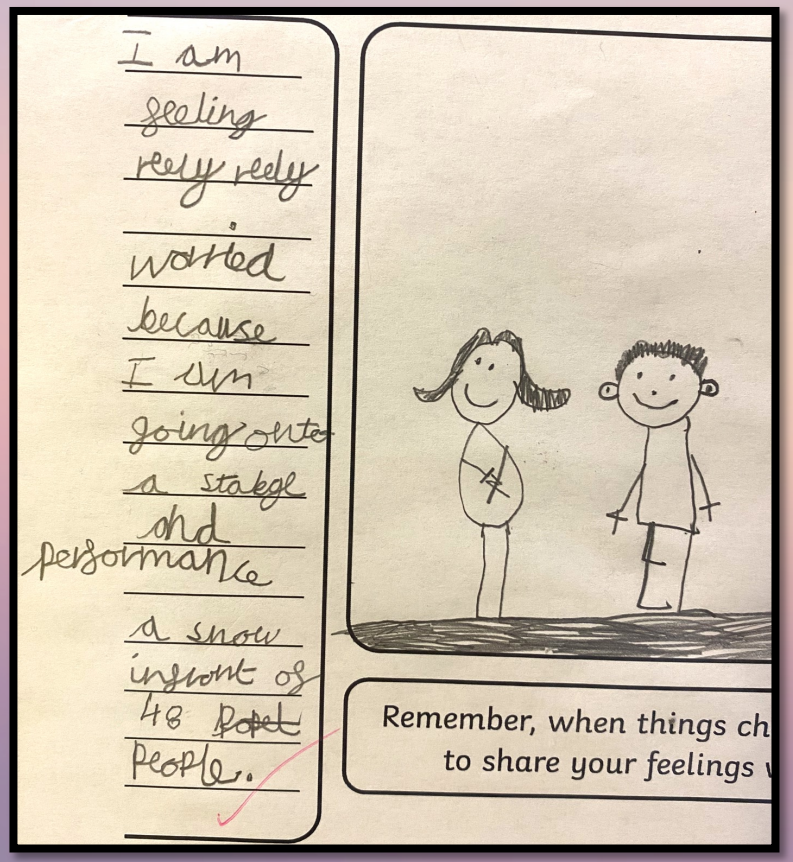
Early Years

Peartree

Year 1/2

Pupils have been learning about 'Being Yourself'. This unit is inspired by the idea that having confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing. It aims to enable pupils to recognise their positive qualities and appreciate their individuality. In Peartree, pupils are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience.





Why is it important to be kind to ourselves?

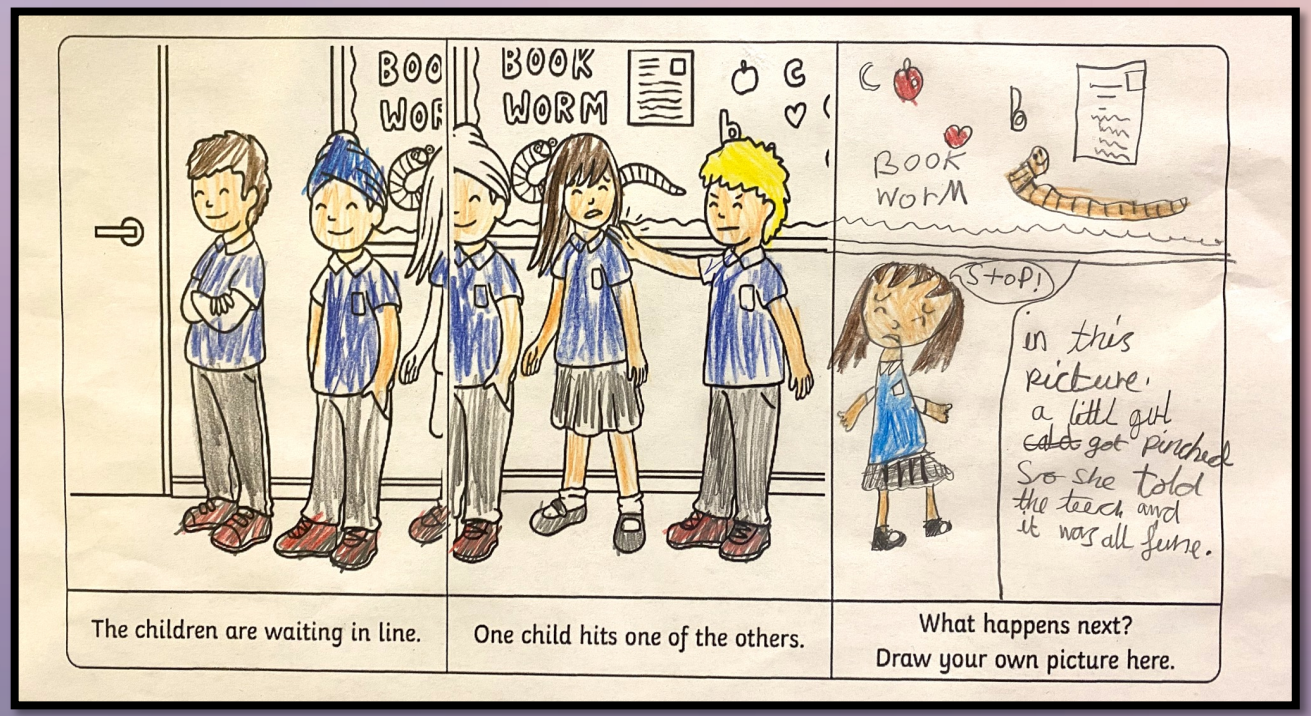
What makes us special?

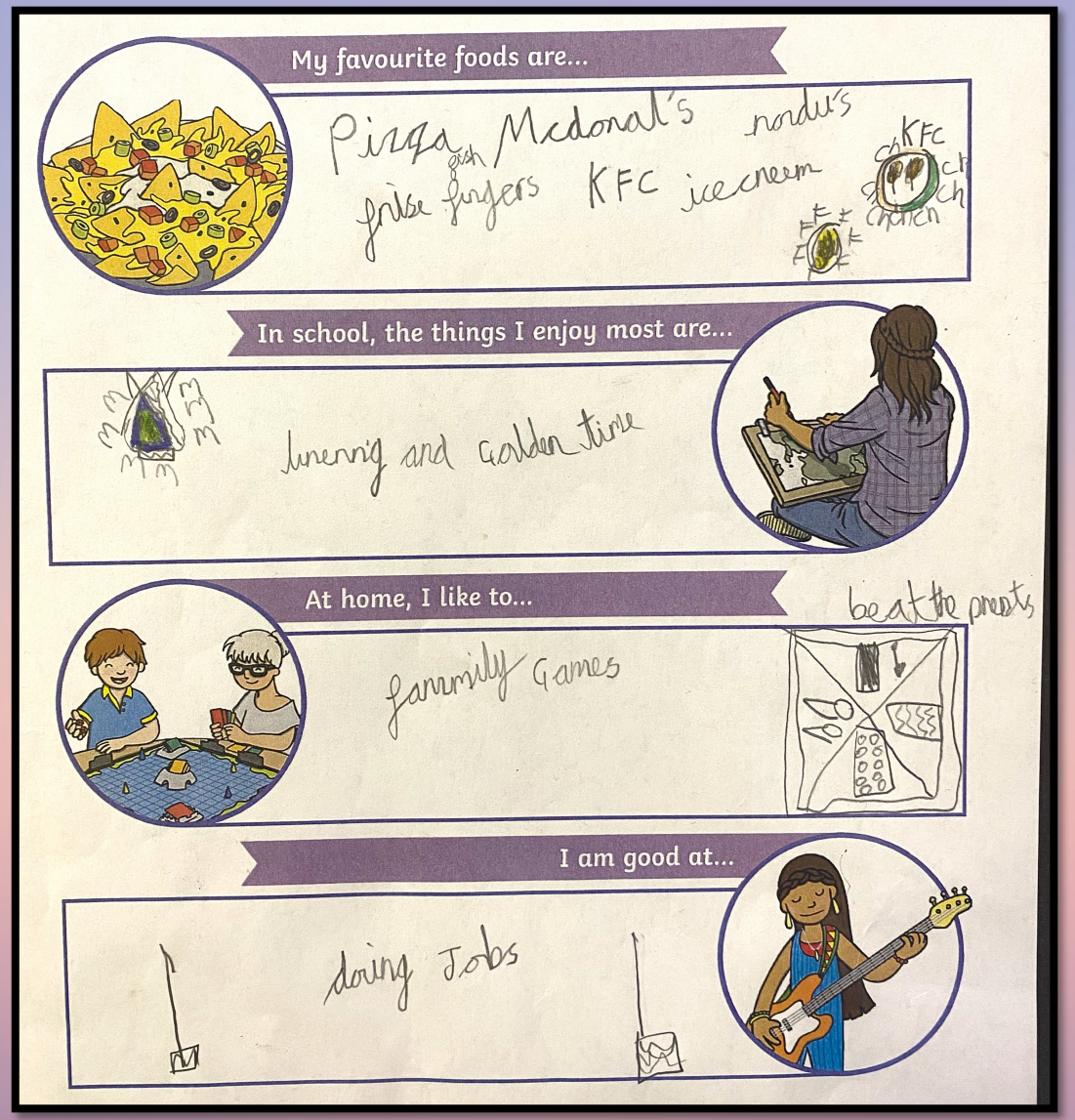
We talked about ourselves and shared with each other

Something we liked and something we are good at.

We also gave each other compliments and said how

it made us feel to give and receive them.





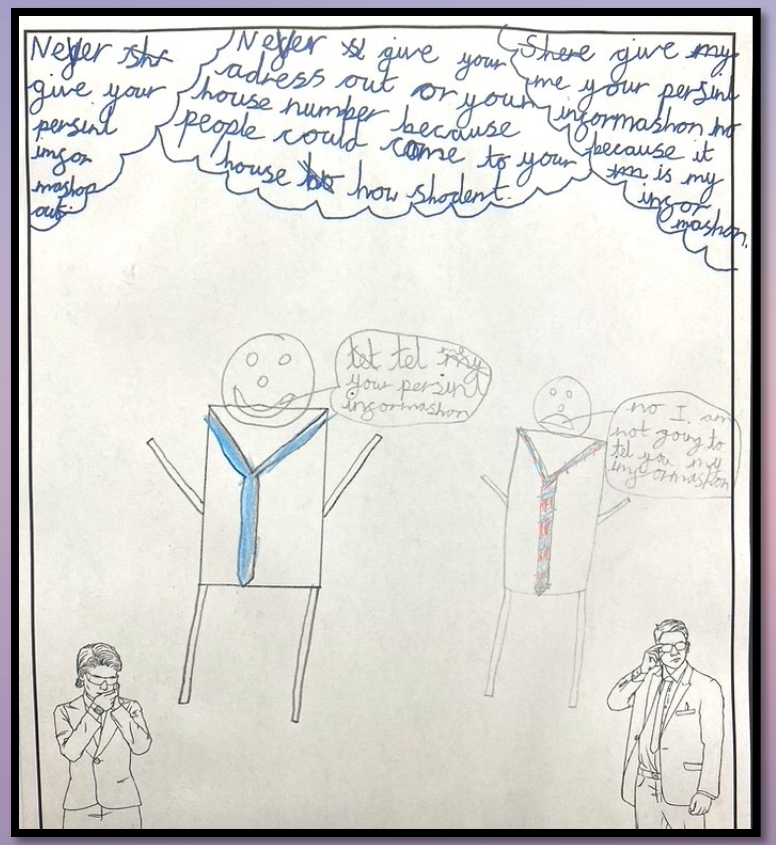
Peartree

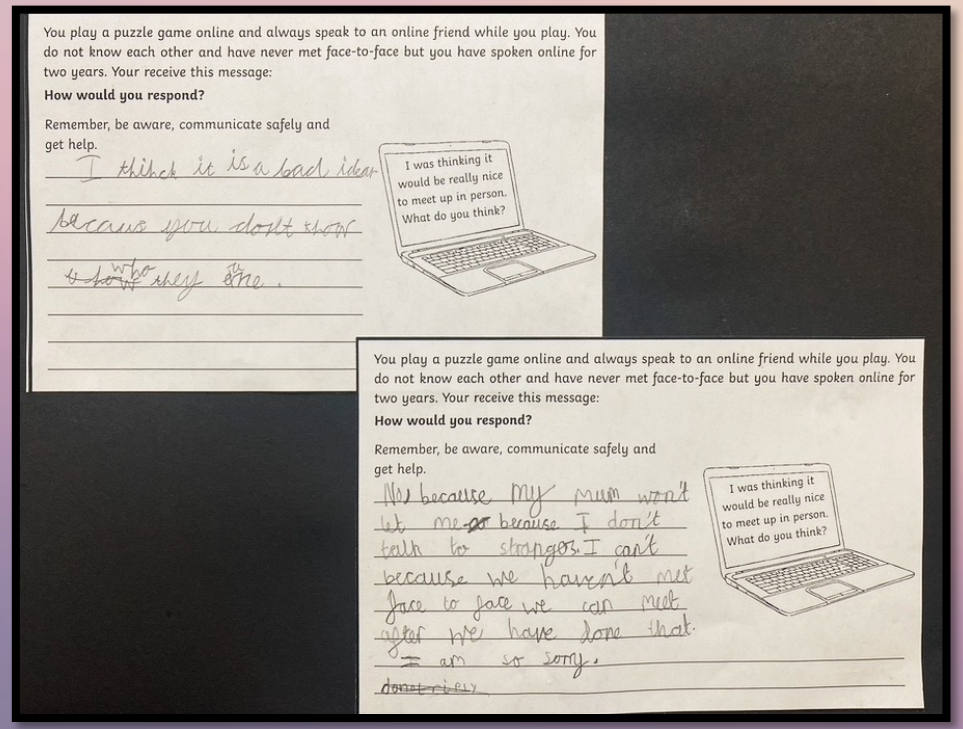
Year 1/2

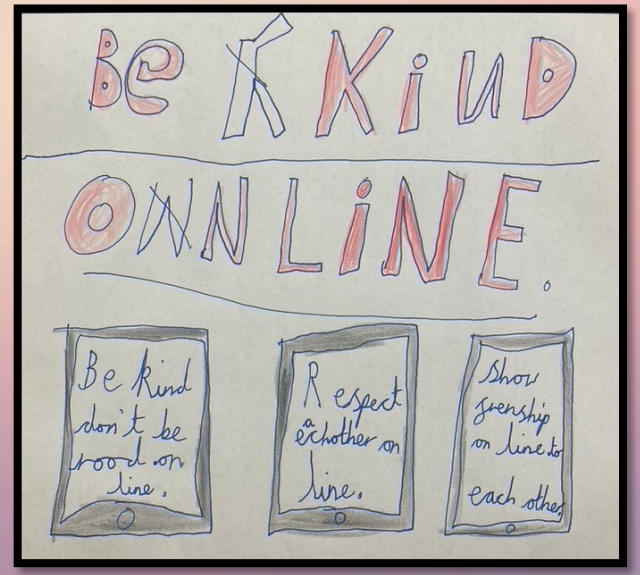
Haffydown

Year 2/3

This unit is designed to encourage children to consider how we can use the internet in a safe and responsible way. Children discuss how the internet can be useful in our everyday lives and how we can balance time online with doing other activities to keep our mind and body healthy. Children will consider what risks there are online and how we can make sure we stay safe, including how important it is to not share any personal information over the Internet. This unit will also explore the importance of communicating online in a way that shows kindness and respect and discuss whether or not we can believe everything we see on the Internet. Learning about digital wellbeing from this unit is then revisited and built upon in Puddlebridge and Danes.



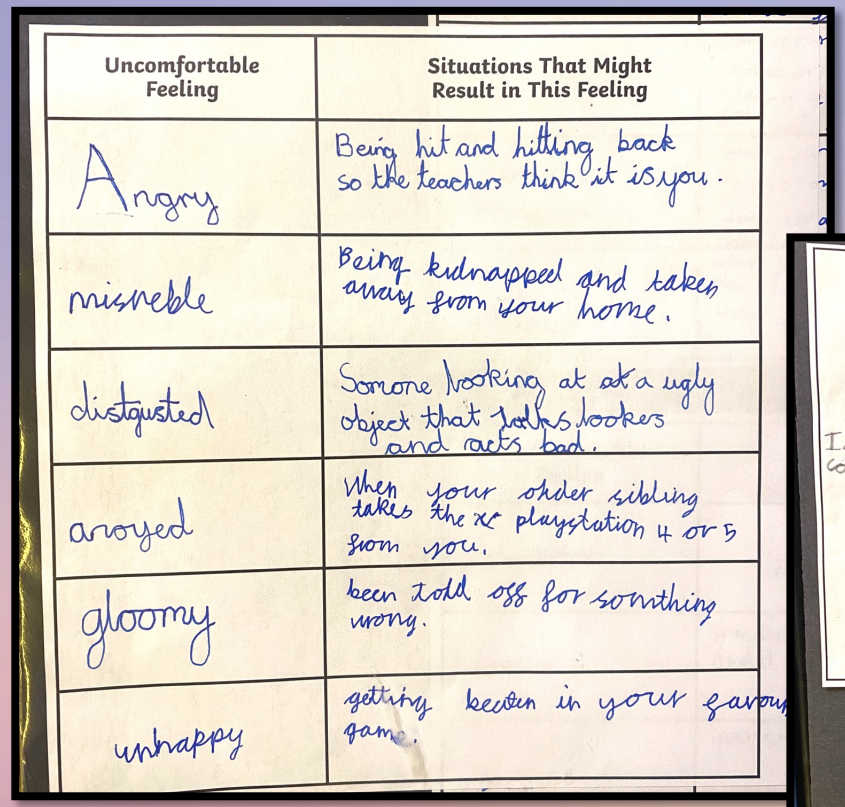




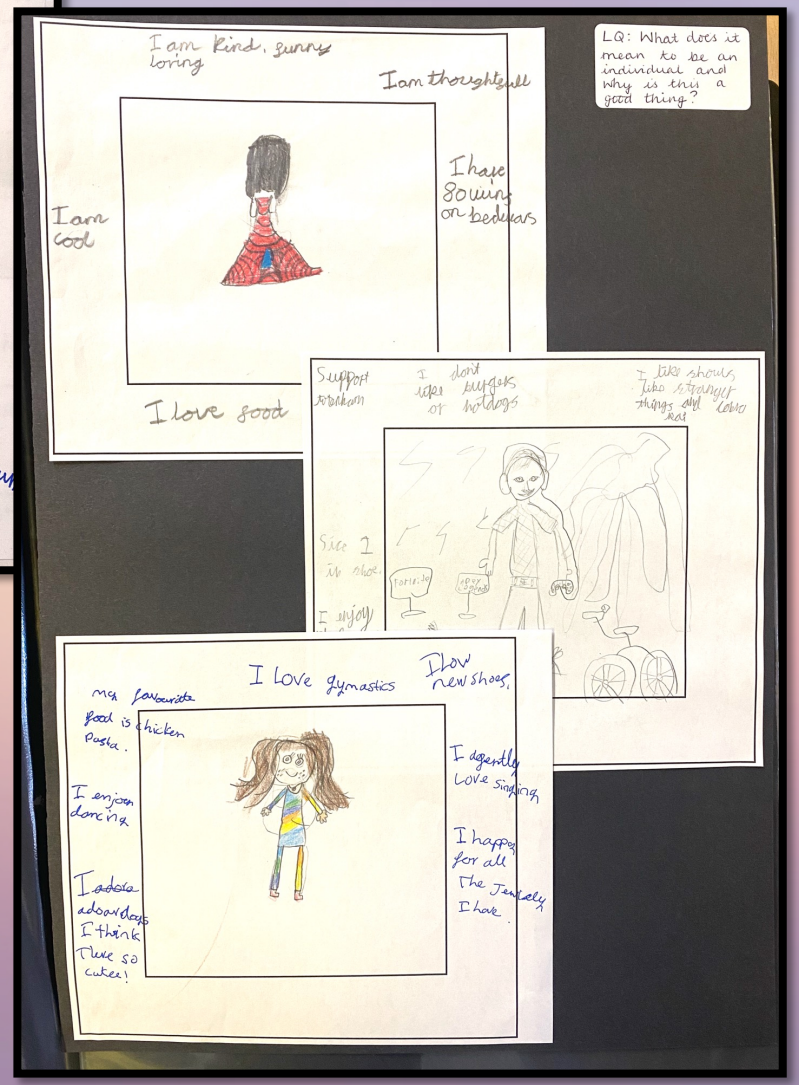
Puddlebridge

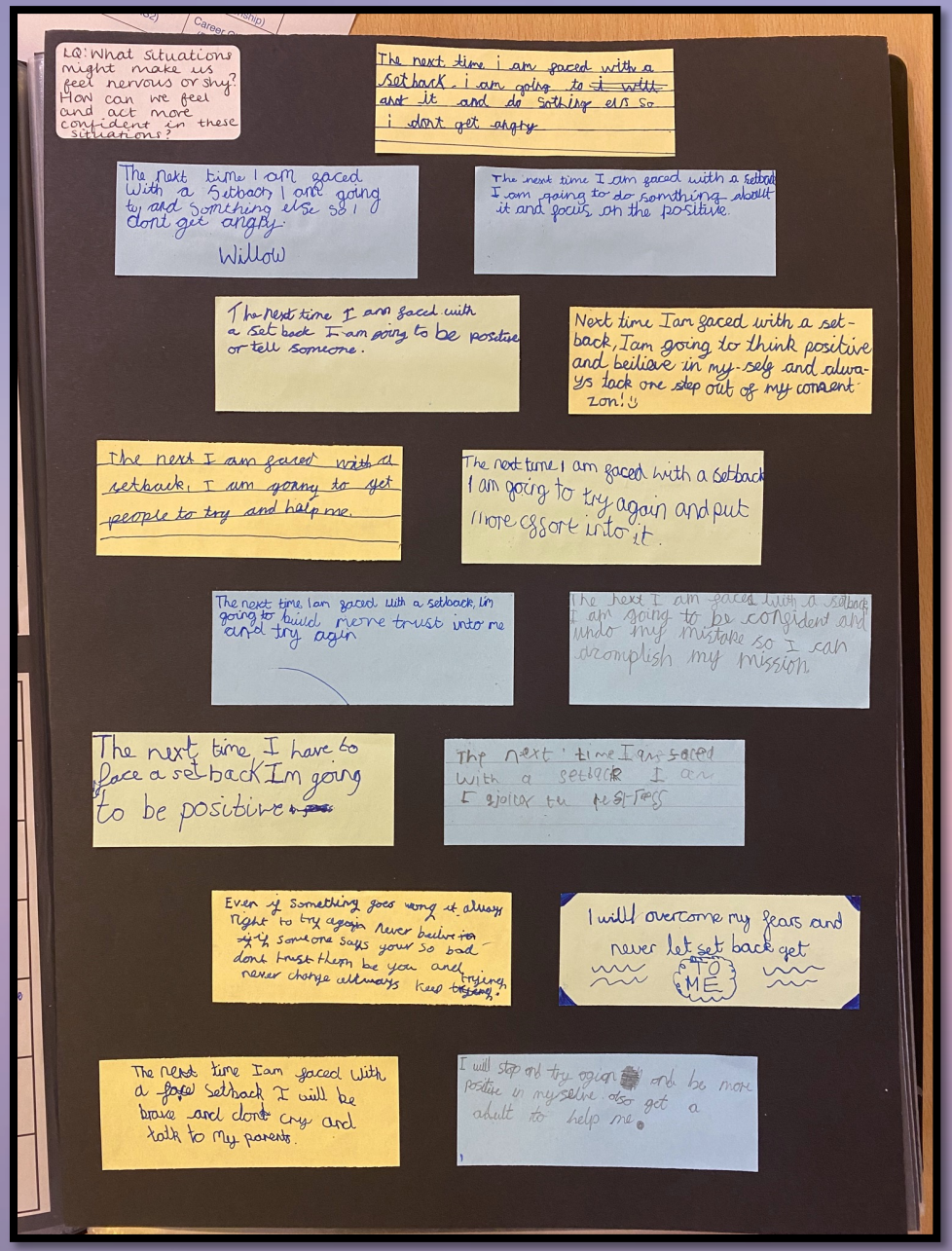
Year 4/5

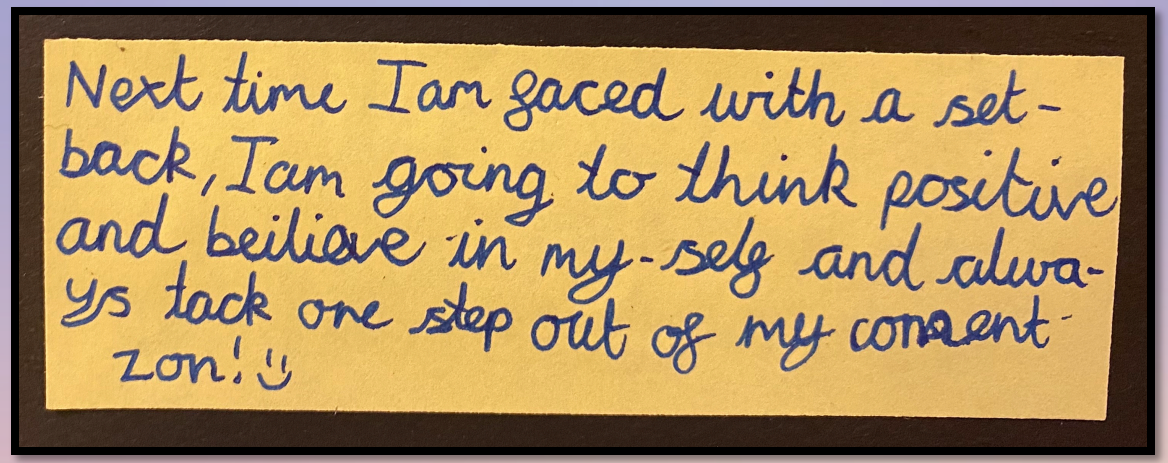
This unit builds on the learning carried out in Peartree (Year 1/2) so is also inspired by the idea that we are all individuals and that it is important to 'be yourself'. It continues to encourage pupils to develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality as they grow up. In this unit, pupils focus on the importance of recognising situations where they need to make positive choices in order to do the right thing. They also explore how to avoid being led into tricky situations and how to recognise and respond to peer pressure. Pupils will be reminded of how to be confident and how to manage uncomfortable feelings in situations that are relevant to their age.

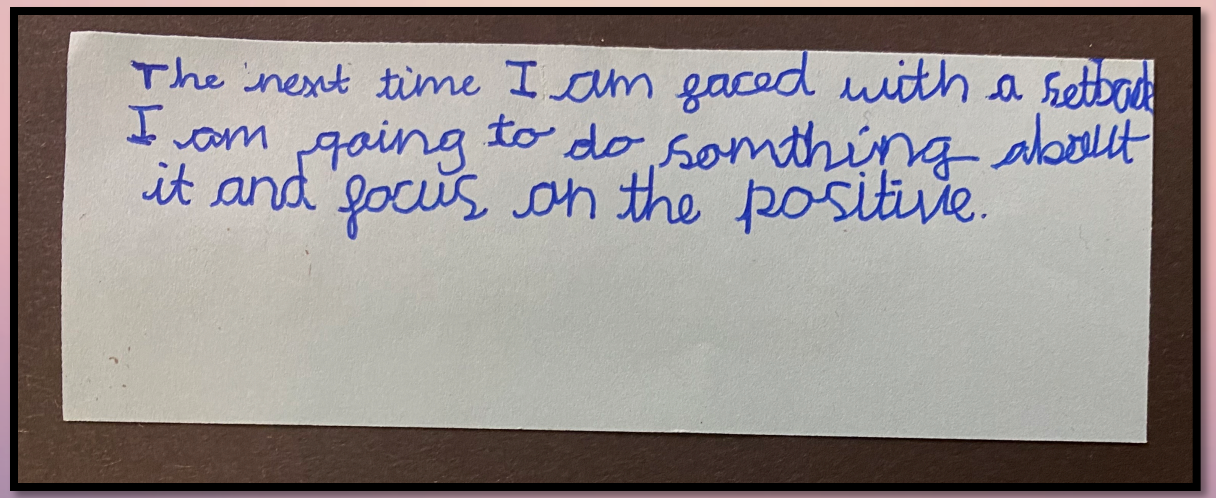


Uncomfortable Feeling	Situations That Might Result in This Feeling
Angry	Being hit and hitting back so the teachers think it is you.
miserable	Being kidnapped and taken away from your home.
distgusted	Someone looking at ot a ugly object that looks lookers and acts bad.
anoyed	When your older sibling takes the xx playstation 4 or 5 from you.
gloomy	been told off for something wrong.
unhappy	getting beaten in your favour game.









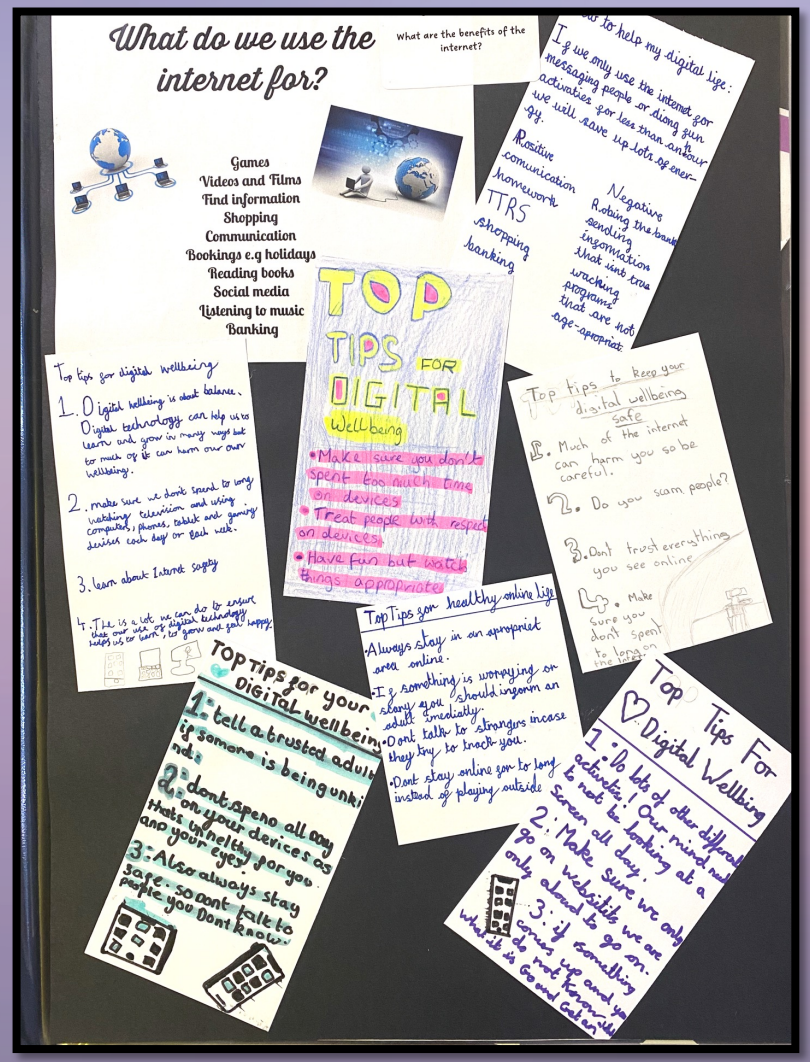
Puddlebridge

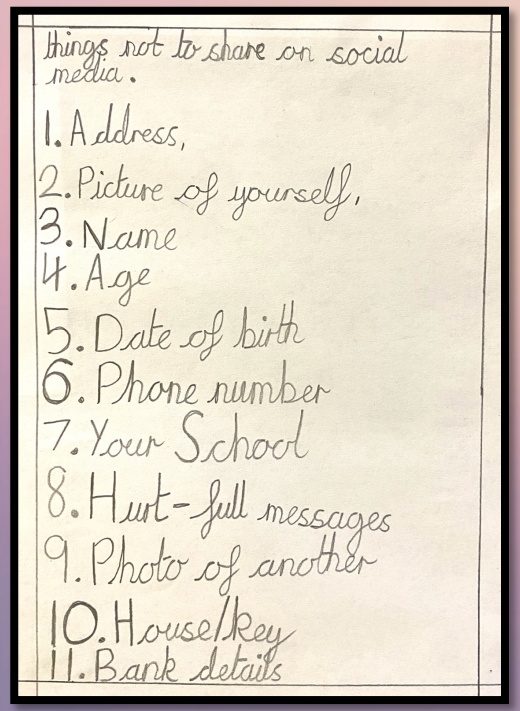
Year 4/5

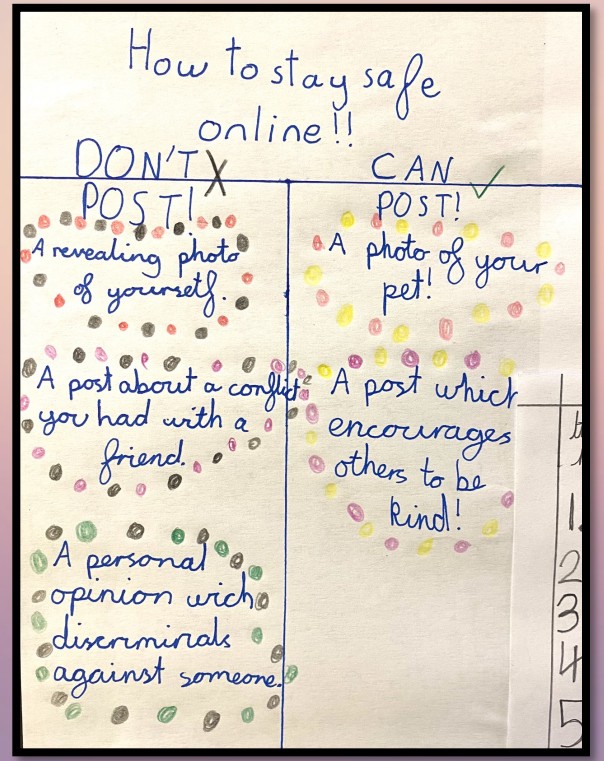
Danes

Year 5/6

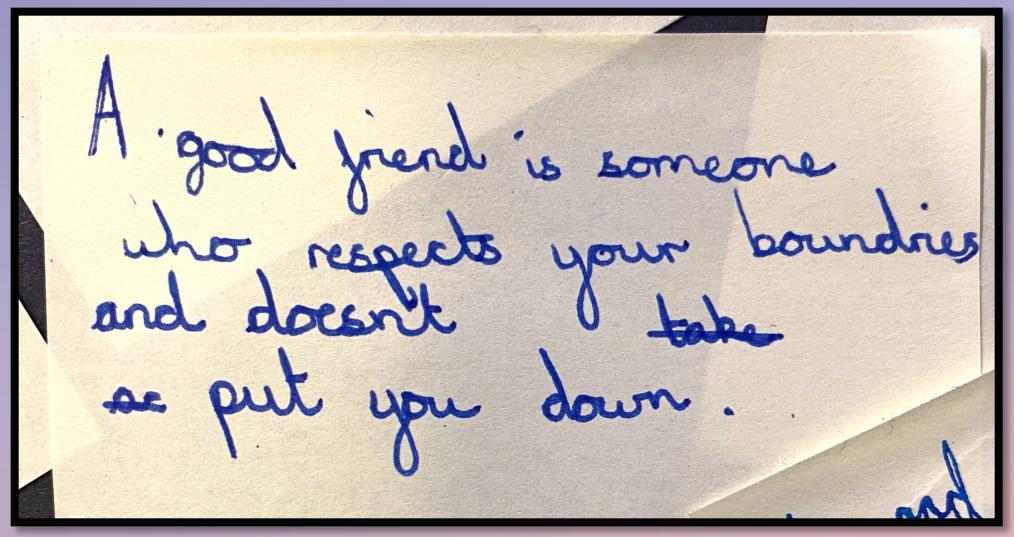
This unit is inspired by the idea that it is important to understand and have digital wellbeing and builds on the learning covered in Haffydown (Year 2/3). Pupils will consider ways they can use the Internet positively and how they can look after their wellbeing while being online. Pupils will learn about potential risks of being online and when using digital technologies as well as strategies to stay safe and to get help. They will also learn about online relationships and what a respectful and healthy online relationship looks like, as well as signs of an inappropriate online relationship and ways to get help. The benefits and risk of social media will also be explored, as well as how social media can be used responsibly.

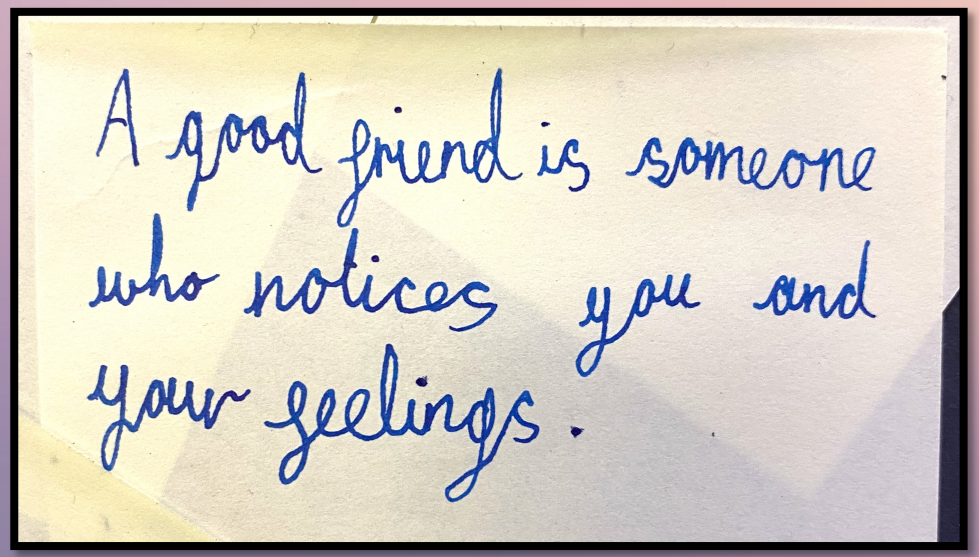


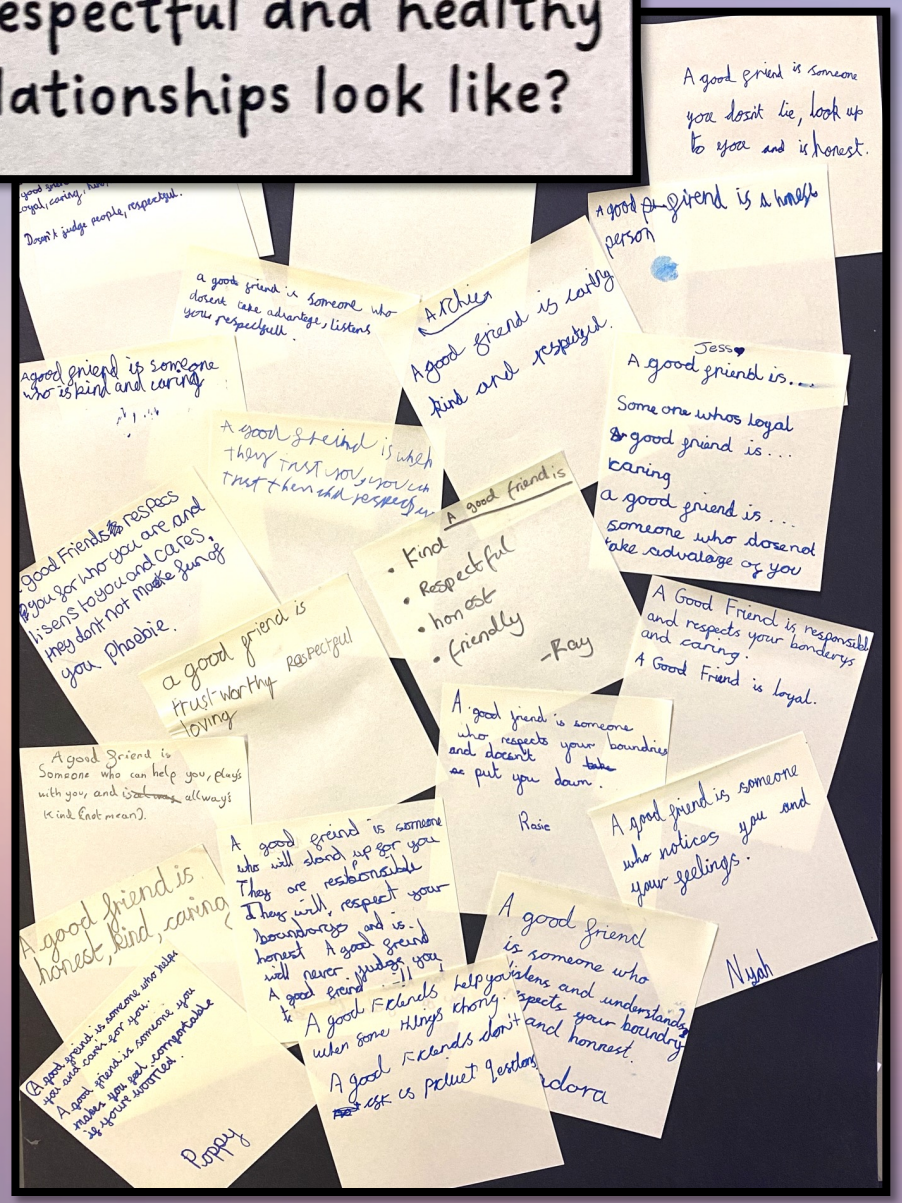




What do respectful and healthy online relationships look like?







Danes

Year 5/6