

PSHE RHE



UN Convention Rights of the Child

Article 24: Every child has the right to the best possible health... and education on health and well-being so that they can stay healthy.

PSHE and RHE are central to giving pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed and responsible British citizens. It underpins our curriculum.

We want all pupils at Reckleford to recognise their own value, work well with others and become increasingly responsible for their own learning.

At Reckleford, we foster positive attitudes which promote:

Health and wellbeing - valuing their own identity, managing risks and making safe decisions.

Relationships - respecting difference and diversity, forming effective, fulfilling relationships that are essential to life and learning.

Living in the wider world - contributing to school life and the community.

Please find here the key skills taught in PSHE/RHE.

PSHE/RHE Knowledge and Skills Progression

Reckleford School 2020

PSHE/RHE	ELG	Y1	Y2 End of KS1
Developing confidence responsibility making the most of their abilities	To consider the routines and patterns of a typical day Understand some areas in which the children can look after themselves e.g. dressing and undressing	<ul style="list-style-type: none">• I can talk about my likes and dislikes• I can talk about what is fair• I can share my opinion• I can name my feelings and those of other characters• I know what I am good at• I can choose a goal for myself	<ul style="list-style-type: none">• recognise what I like and dislike, what is fair and unfair, and what is right and wrong• share my opinions on things that matter to me and explain my views.• recognise, name and deal with my feelings in a positive way• learn from my experiences• recognise what I am good at• set simple goals

Preparing to play an active role as citizens

To understand they are part of a class and school and that they are important and have a part to play

- *I know there are different types of families*
- *I know people who help us*
- *I know who I can go to for help*
- I can answer questions
- I can help make the class rules (charter) and I understand them
- I like being part of my family and my class
- I know girls and boys have the same skills
- I help to look after my home and school
- I know most things cost money
- I know money can be 'earned'

- take part in discussions with one other person and the whole class
- take part in a simple debate about topical issues
- recognise choices I can make
- recognise the difference between right and wrong
- agree and follow rules for my group and classroom
- I understand how rules help me
- I know that people and other living things have needs and that I can meet them
- I know I belong to my family, my class and my school
- I know I can contribute to these groups
- Understand that some people have fixed ideas about what boys and girls can do (stereotypes) and this can be challenged
- I know what improves and harms my local, natural and built environments

			<p>and about some of the ways people look after them</p> <ul style="list-style-type: none"> • I know that money comes from different sources and can be used for different purposes.
Developing a healthy, safer lifestyle	<p>To understand why hygiene is important</p> <p>Explain why it is important to keep clean</p> <ul style="list-style-type: none"> • Understand some basic hygiene routines 	<ul style="list-style-type: none"> • <i>I know it is important to keep clean ie I must wash my hands after using the toilet and before I eat</i> • <i>Understand that babies become children and then adults</i> • <i>Know the differences between boy and girl babies</i> • I know the parts of my body which are private • I know people who can help me stay safe • I know I must ask a grown-up before I use the internet and that 	<ul style="list-style-type: none"> • <i>I make simple choices to improve my health and wellbeing</i> • <i>I know how to maintain my personal hygiene</i> • <i>I know how some diseases spread and can be controlled</i> • <i>I know we grow from young to old and how people's needs change</i> • <i>I can describe the differences between male and female babies</i> • <i>I know the names of the main parts of the body</i> • I know that all household products, including medicines, can be harmful if not used properly • keeping safe - I understand basic road safety, fire safety, online safety, the private parts of my body

		<p>adult must make sure I am safe</p>	<ul style="list-style-type: none"> • I know people who can help me to stay safe.
<p>Developing good relationships and respecting the differences between people</p>	<p>To recognise that all families are different</p> <p>Identify different members of the family</p> <p>Understand how members of a family can help each other</p>	<ul style="list-style-type: none"> • I know that everyone has rights • I know we can all be different, but we are all important • I know what to do when someone is being unkind • I know what bullying is 	<ul style="list-style-type: none"> • I can see how my behaviour affects my friends • I can listen to other people, and play and work cooperatively • I know we are all different but that we are all important • I know that family and friends should care for each other <p>I know that there are different types of teasing and bullying, that bullying is wrong, and how to get help to</p>

