



**Personal, Social,  
Health & Economic  
Education at  
Westfields Junior  
School**

At Westfields Junior School, we aim to provide an engaging, developmental programme of learning through which children acquire the knowledge, understanding and skills they need to thrive as individuals, family members and members of society. Lessons are planned carefully and delivered with a clear understanding of the needs of the class.

Our Personal, Social, Health & Economic Education (PSHE) programme is designed to equip children with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. They are encouraged to have high expectations as well as a sense of responsibility to enable them to become happy, healthy successful citizens of the future.

**Coverage**

- Our PSHE curriculum is a spiral programme designed using the PSHE Association's 'Programme of Study'.
- Our curriculum is organised into 3 key themes – Relationships, Health and Well-Being and Living in the Wider World.
- In addition to this, we have a thoughtfully planned Relationship and Sex Education curriculum which is age and developmentally appropriate for each year group.
- Through our PSHE curriculum, children are given the opportunity to:
  - ✓ Develop their accurate, balanced and relevant knowledge of the world and turn that knowledge into personal understanding.
  - ✓ Explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities.
  - ✓ Develop the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.
  - ✓ Develop positive personal attributes such as resilience, self-confidence, self-esteem and empathy.

**Progression**

- Our PSHE curriculum is a spiral programme which focuses on three themes of Relationships, Health and Well-Being and Living in the Wider World. Each year, the themes are revisited with age appropriate content and progression. It is vital that pupils have the opportunity to explore their attitudes, values and beliefs about these issues and to develop the skills, language and strategies necessary to manage such issues should they encounter them.
- Each year group takes part in weekly sessions of Trick Box, a progressive programme to help children develop their positive mental wellbeing and build resilience, self-esteem and character, giving them a clear understanding of how their brain works best.

**Enrichment**

- 'Friendship Week'
- Time to Shine Day – highlighting Road Safety
- Walk to School Week & Bikeability
- Annual event for Pay-it-forward e.g. 2020 Writing a gratitude letter, 2021 Improving habitats for bees within the community, 2022 Planting trees in the local community and litter picking, 2023 Creating bunting for Frimley hospital for the 75<sup>th</sup> anniversary of the NHS
- NSPCC workshops and online programme
- Links with Yateley School
- Year 6 restart a heart and Hampshire Fire and Rescue
- Young Minds Club
- Trick Box provision
- Well-being Week and Well-being surveys
- Empathy Day

**Cross-Curricular Links**

- Year 5 Science link – Drugs Education
- Year 6 Maths link – Money
- English – Explaining your point of view to a range of issues
- Maths – Understanding of money and finance
- Science – Healthy eating, growth and human life cycles
- Computing – Cyberbullying/online safety
- Geography/RE/MFL – Understanding communities, religions, customs and traditions around the world, accepting diversity and celebrating difference.
- PE – The link between exercise and well-being.

**Assessment**

- Use of baseline assessment at the beginning of a unit, recompleting at the end of a unit
- Whole class and verbal feedback
- Use of retrieval practice at the beginning and end of lessons
- Use of quizzes, starter and plenary activities
- Teacher assessment, self-assessment and peer assessment of activities and tasks
- Referral to the progression document
- Completion of the PSHE Foundation Subject Assessment document identifying children not achieving expected standard and those exceeding

**Inclusion / Challenge & Inspire**

- Everyone has access to the PSHE planned using the PSHE Association toolkit.
- Key vocabulary is shared and discussed throughout lessons.
- Key skills are modelled by adults and children.
- Retrieval practice promotes deeper knowledge.
- Key questions develop a deeper level of thinking.
- Secure teacher subject knowledge promotes support and extension through teaching approaches, strategies, task design, adaptations and differentiation.
- To support, challenge & inspire children, the following is provided: resources and scaffolds; effective questioning and discussion; individual and group discussions; challenge activities e.g. debates; adult support and peer-support.