

## Personal, Social and Health Education

### Topics to be covered this year:

These topics are revisited each year and developed appropriately for each age group.

- New beginnings
- Getting on and falling out
- Say no to bullying
- Going for goals
- Good to be me
- Relationships
- Changes
- Personal hygiene
- Citizenship
- Family life
- Celebrating difference

All topics will consider the five broad social and emotional aspects of learning: self-awareness, managing feelings, motivation, empathy and social skills.

### Developing pupils' skills in these areas will equip them to:

- be successful learners
- make and sustain friendships
- deal and resolve conflict effectively
- solve problems
- manage strong feelings such as anger and anxiety
- persist in the face of difficulties
- work and play cooperatively
- compete fairly
- recognise and stand up for their rights and the rights of others
- understand and value the difference and commonalities between people, respecting the rights of others to have beliefs and values different from their own

### Additional experiences:

- Puberty talk - single sex and delivered by a male and female member of staff
- Junior citizenship course in Richmond Park
- Visit by Magistrates and a mock trial
- Bushcraft residential course to develop team building skills
- Feelings talk delivered by PSHE professional