



Intent for PSHE

The Mary Bassett Lower School provides an education to every child to inspire them to reach their full potential. We nurture a love of learning in a safe, happy, stimulating and inclusive environment. We support our children to succeed as confident, healthy and responsible members of the community. We want the children who attend our school to be successful, happy and healthy adults who are adaptable and resilient learners. They will develop good attitudes to work, positive relationships and excellent social skills.

To support this vision for our pupils, Mary Bassett uses the PSHE Association programme of study which covers the statutory Relationships and Health Education content, as well as non-statutory content about economic wellbeing. This Department for Education recommended programme teaches our pupils emotional literacy, social and lifelong skills and resilience in an age-appropriate manner from the early years of their education to Year 4. The approach to teaching PSHE is to use the learning environment as a calm, safe place in which the children can express their opinions and listen to those of others. All pupils are supported to discuss their ideas and achieve the objectives of the lessons, with adaptations and support given to achieve this for every pupil where needed. Teachers monitor children's learning outcomes and contributions to discussions to provide supportive feedback to pupils in their learning.

The PSHE programme was consulted on with stakeholders in June 2026 before implementation in September 2026.

Throughout the programme, pupils are supported to acquire skills and knowledge to help them understand their own feelings and manage these as well as reflecting on the feelings and actions of people around them. The lessons pupils experience will provide them with the skills to recognise and manage emotions, to have respect for their bodies and to respect the diversity they will experience in their school, local and wider communities, preparing them to be positive and resilient citizens.

The programme is supplemented by a timetable of assemblies, workshops and visits facilitated by school staff and external providers, along with broader personal development opportunities in school. This ensures that children are supported beyond the PSHE programme offer to learn about local and world events, build on their knowledge and experiences in school.

PSHE Progression Map

	Key skills	Reception	Year 1 All units cover RSHE statutory content	Year 2 All units cover RSHE statutory content except Sp2	Year 3 All units cover RSHE statutory content	Year 4 All units cover RSHE statutory content except Sp2
Health and Wellbeing	Physical Health Changing Body and Growing Up	<u>Su1: Introduction to the PANTS rule</u> This unit introduces children to the NSPCC PANTS rule early on, giving opportunities for children to practice giving and asking for consent, and helping young children to learn that 'privates are private'. <u>Su2: Dental Health</u> This unit uses a flexible, play-based set of activities introducing how to look after teeth, including why brushing matters and simple, tooth-friendly food and drink choices. Children explore brushing routines, visiting the dentist and identifying trusted adults who can help them.	<u>Su1: Being Healthy</u> This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety. (7) Keeping safe: Sun safety - KS1 L1: Keeping safe in the sun The sleep factor - KS1 L1: Ready for sleep Food for thought - KS1 L1: Keeping healthy with food and drink Dental health - KS1 L1: Looking after our teeth The importance of handwashing - KS1 COMING SOON Physical activity lesson <i>Additional lessons:</i> Curiosity Library (£): I really hate spaghetti;	<u>Sp1: Me, my body and staying safe</u> This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe. (5) Medway: Changing and growing up - KS1 L1: My special people L2: Growing up - the human life cycle L3: Everybody's body NSPCC: Talk PANTS - 5-7 L1: PANTS power L2: More PANTS power <u>Su2: Looking back and moving on</u> Use this unit to consolidate learning - this could include an extended	<u>Sp1: Building healthy habits</u> This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity. (4) Food for thought - KS2 L1: Healthier eating and drinking habits L2: Healthier eating - choices and influences L3: Ready, set, cook! Dental health - KS2 L1: Exploring dental health COMING SOON Physical activity lesson <u>Su2: PANTS rule recap</u> See NSPCC resources	<u>Su1: Me, my body and growing up</u> This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe. (6) Medway: Changing and growing up - Y4-5 L1: Time to change L2: Menstruation and wet dreams L3: Personal hygiene L4: Emotions and feelings NSPCC: Talk PANTS - ages 7-9 L1: Building confidence <i>Additional lesson:</i> Foundations for Wellbeing: Revisit the extension and embedding activities in year 4 lessons

			There's no need to worry about dentists at all	project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2. Foundations for Wellbeing: Revisit the extension and embedding activities in year 2 lessons. Embracing change and new challenges – KS1 L1: Moving to a new class <i>Additional lesson:</i> Curiosity Library (£): Fang and the changing seasons		
	Mental Health and Emotional Wellbeing	<u>Sp1/Sp2: Foundations for Wellbeing</u> This unit supports learning in the prime area of personal, social and emotional development (PSED) as part of the Early years foundation stage (EYFS) statutory framework. These plans provide early learning experiences to support children's future PSHE education, and are precursory to the Foundations for Wellbeing lessons for key stage 1.	<u>A2: Mental Health and Wellbeing</u> This unit supports pupils to notice and name different types of feelings and thoughts - and learn simple self-regulation strategies to manage them. (5) Foundations for Wellbeing – Y1 L1: Noticing feelings L2: Distraction L3: Paying attention to pleasant feelings L4: Helpful and unhelpful thoughts L5: Reacting	<u>A1: Mental Health and Wellbeing</u> This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement). (6) Foundations for Wellbeing – Y2 L1: Noticing and naming feelings L2: Different distractions	<u>A2: Mental Health and Wellbeing</u> Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries. (6) Foundations for Wellbeing – Y3 L1: Exploring emotions L2: Understanding distraction L3: Managing thoughts and emotions L4: Managing worries	<u>A1: Mental Health and Wellbeing</u> Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing. (6) Foundations for Wellbeing – Y4 L1: Describing emotions L2: Understanding internal and external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm

				L3: Changing thoughts and feelings L4: Managing unhelpful thoughts L5: Reactions and responses Change, loss and grief – KS1 L1: What happens when things change?	L5: Managing responses <i>Additional lesson:</i> Curiosity Library (£): Squashing the worry monster	Change, loss and grief – Y3-4 L2: How do people manage change and loss? <i>Additional lesson:</i> Croydon Council: Wellbeing Way
	Personal Safety Basic First Aid and Emergency Life-saving skills		<u>Sp2: Safety at Home</u> This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines. (4) Keeping safe at home – KS1 L1: Keeping safe at home Drug education – KS1 L1: Keeping safe L2: Keeping healthy L3: Medicines and household products	<u>Su1: Safety outside the home</u> This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to. (3) Road and rail safety – KS1 L1: Crossing the road L2: Keeping safe around railways COMING SOON Emergencies lesson Water Safety - KS1 lesson Environment agency – KS1 L1: Caring for the environment	<u>Su1: Keeping safe out and about</u> This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water. Keeping safe: Sun safety – KS2 L1: Managing risk in the sun Road and rail safety – KS2 L4: Risks and keeping safe Environment agency – KS2 L1: Canals and rivers L2: Flood alert! <u>Su2: Looking out for each other</u> This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services. St John's Ambulance: First aid – KS2 L1: Allergies	<u>A2: Exploring ways to manage risk</u> This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety. (6) Firework safety – KS2 L1: Firework safety Keeping safe at home – KS2 L2: Keeping safe at home Road and rail safety – KS2 L3: Independently crossing the road Exploring risk in relation to gambling – KS2 L1: Exploring risk Drug education – Y3-4 L1: Medicines and household products L2: Smoking, vaping and alcohol

					L4: Bites and stings L7: Calling for help Foundations for Wellbeing: Revisit the extension and embedding activities in year 3 lessons. <i>Additional lessons:</i> Food for thought - KS2 Revisit the extension and embedding activities.	
Relationships	Friendships and Bullying	<u>A1/A2: Friendship and Bullying Activity Pack</u> This activity pack supports learning in the prime area of personal, social and emotional development (PSED). It provides early learning experiences to support children to build relationships and friendships. The activities support future learning in PSHE education, and the pack is precursory to the KS1 Friendship and bullying lesson pack. Key outcome: To learn about making good friendships, how to cooperate and how to resolve conflict Learning outcome 1: Children will be able to work and play cooperatively with peers Learning outcome 2:	<u>A1: Making friends: Playing and Learning Together</u> This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying. (6) Ground rules, rule! - KS1 Learning and playing together - KS1 Friendship and bullying - KS1 L1: Let's be friends L2: Let's make up L3: Let's be kind Consent - KS1 L1: Asking for permission		<u>A1: Me, my friends and belonging</u> This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included. (5) Personal identity - KS2 L1: Personal identity Medway: Changing and growing up - Y3 L1: What makes a good friend L2: Falling out with friends Belonging and community - Y3-4 L2: Belonging to a community <i>Additional lesson: Ground rules, rule!</i>	

		Children will be able to demonstrate the skills to form friendships with peers Learning outcome 3: Children will be able to demonstrate how to find fair or satisfying solutions to conflict				
	Families		<u>Sp1: Celebrating Me, You and Our Families</u> This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other. (5) Personal identity - KS1 L1: All different, all special Belonging and community - KS1 L1: Sameness and difference Families - KS1 L1: What makes a family? L2: Different families <i>Additional lesson:</i> Curiosity Library (£): Fender finds his bark			<u>Su2: Families and growing together</u> This unit supports pupils' understanding of diverse family structures, and how families can change. Families - KS2 L1: Family relationships L2: Diverse families L3: Family changes Committed relationships and family life - KS2 L1: Marriage and partnership <i>Additional lesson:</i> Rosie's story: What happens if families change?
	Safe and unsafe relationships		<u>Su2: Showing Kindness to Ourselves and Others</u> This unit revisits learning about feelings, and			<u>Sp1: Forming respectful relationships</u> This unit supports pupils to respond appropriately

			explores the importance of kindness. (3) OHID: Every mind matters - KS1 L1: Emotions L2: Kindness L3: Self-care Croydon: Wellbeing way lessons - KS1 L1: 5 a day <i>Additional lesson:</i> Foundations for Wellbeing: Revisit the extension and embedding activities in year 1 lessons.			to conflicts and bullying, and to understand the importance of kindness. Friendship and bullying - Y3-4 L1: Valuing friendships L2: Friendship challenges L3: What is bullying OHID: Every mind matters - KS2 L1: Kindness <i>Additional lessons:</i> University of Greenwich: Our class University of Sussex: The Rez Curiosity Library (£): The antibullying club
Living in the Wider World	Economic Wellbeing		Sp2: Money and Work This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants. (4) The Careers and Enterprise Company: Careers explorers - KS1 L1: Strengths and interests L2: Different jobs Money and wellbeing - KS1			Sp2: Money matters and news literacy This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions. (5) Money and wellbeing - Y4 L1: How money is used L2: Making decisions about money Guardian Foundation: NewsWise - ages 7-9 L4: How news affects feelings L6: Fake or real news? L7: Questioning images in

				L1: What is money? L2: Money choices		the news
	Digital and media literacy			<u>A2: Keeping safe online</u> This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information). (5) CEOP: Jessie and Friends - KS1 L1: Watching videos L2: Sharing pictures L3: Playing games BBFC: Watch out! - KS1 L1: Helping to make good viewing choices L2: Keeping viewing choices safe	<u>Sp2: Making choices online</u> This unit explores how to protect information online and make choices about online content, including understanding age ratings. (4) NSCS: CyberSprinters - KS2 L1: Creating and managing passwords L2: Protecting your devices BBFC: Let's watch a film - KS2 L1: What can we watch? L2: Can we choose what to watch? COMING SOON Paying to play lesson	
	Community and Responsibility Promoting British Values (SMSC) Covered in some units with individual lessons Supplemented with					

	assemblies around key themes.					
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