# PSHE PROGRAMME OF WORK
## (Junior School)
(This document is available on the website or on request)

*Reviewed March 2017*

**Aim:**

To provide a stimulating, educationally active and relevant, and appropriate programme of work for all pupils that helps their Personal and Social development and encourages them to live a healthy and responsible, moral life. It will touch on spiritual, moral and cultural issues that will help engender greater understanding and will promote the boys to grow into responsible citizens.

**Themes to explore:**

The content of the programme will generally mirror the requirement of the SEAL programme. The main themes in all years followed will therefore be:

- New Beginnings
- Getting On and Falling Out
- Say No To Bullying
- Going For Goals
- Good To Be Me
- Relationships
- Changes

Various terms are used nationally and internationally to describe social and emotional aspects of learning SEAL, including personal and social development, emotional literacy, emotional intelligence, and social and emotional competence and social, emotional and behavioural skills. It may be helpful to consider five broad social and emotional aspects of learning:

- self-awareness
- managing feelings
- motivation
- empathy
- social skills

These aspects are often considered to fall into two categories – the personal (e.g. self-awareness) and the interpersonal (e.g. social skills).

Social, emotional and behavioural skills underlie almost every aspect of school, home and community life, including effective learning and getting on with other people. They are fundamental to school improvement. Where children have good skills in these areas, and are educated within an environment supportive to emotional health and well-being, they will be motivated to, and equipped to:

- be effective and successful learners
- make and sustain friendships
- deal with and resolve conflict effectively and fairly
- solve problems with others or by themselves
- manage strong feelings such as frustration, anger and anxiety
- be able to promote calm and optimistic states that promote the achievement of goals
- recover from setbacks and persist in the face of difficulties
- work and play cooperatively
- compete fairly and win and lose with dignity and respect for competitors
- recognise and stand up for their rights and the rights of others
- understand and value the differences and commonalities between people, respecting the right of others to have beliefs and values different from their own.

**Outline of Programme and the key social and emotional aspects of learning addressed**

**Theme**

**1. September/October**　　　　　　　　**'New beginnings'**

• Empathy
• Self-awareness
• Motivation
• Social skills

**2.  November/December**　　　　　　　**'Getting on and falling out'**

• Managing feelings
• Empathy
• Social skills

**One to two weeks in the autumn** (to coincide with national anti-bullying week in November)
　　　　　　　　　　　　　　　　**'Say no to bullying'**

• Empathy term
• Self-awareness
• Social skill

**3.  January/February**    **'Going for goals!'**

• Motivation
• Self-awareness

**4.  February/March**    **'Good to be me'**

• Self-awareness
• Managing feelings
• Empathy

**5.  March/April**    **'Relationships'**

• Self-awareness
• Managing feelings
• Empathy

**6.  June/July**    **'Changes'**

• Motivation
• Social skills
• Managing feelings

## ADDITIONAL ASPECTS OF SCHOOL LIFE SUPPORTING PSHE.

Many areas of the school curriculum and extra-curricular framework support the PSHE programme:

For example (but not exhaustive):

➢ Guided reading

➢ Circle time

➢ Assemblies

➢ Drama, P.E., Science, History and English

➢ Positions of responsibility

➢ House competitions

➢ Charity fund-raising and special events days

➢ Anti-bullying week, Stranger Danger and self-defence days

➢ Codes of conduct

- ➢ School council

- ➢ Parent/staff information evening

**Important issues to cover:**

During the course of the programme several important issues must be covered at certain stages. These will include:

- ❖ Pocket-money

- ❖ Healthy living, and Risk Awareness

- ❖ Basic First Aid

- ❖ Drugs

- ❖ Sex education and relationships

- ❖ Bullying

- ❖ Living in a multi-cultural community

- ❖ Families

- ❖ Cyber bullying

- ❖ Responsible use of social media