Personal, Social, Health (physical and mental), Citizenship and Economics and Relationship and Health Education Overview and Intent, including Values

At Maple Tree Primary School (MTPS), we see Personal, Social, Health, physical and mental, Citizenship and Economic (P.S.H.C.E.), Relationships and Health Education (R.H.E.), and Values Based Education at the base of all that we do in preparing pupils for the 21st century. P.S.H.C.E. and R.H.E. enables children to become healthy, secure, independent and responsible members of a diverse society.



Although P.S.H.C.E. is non-statutory, we see it as an important and necessary part of all pupils' learning. The promotion of pupils' personal development, (which includes their social development) is a fundamental aspect of education and underpins all other learning. Through our curriculum, school environment and Values

based education, we promote pupils' self-esteem and emotional well-being and help them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work, in the community and for the future. At MTPS, we are developing a whole school approach towards the mental health of our pupils, staff and parents/carers, so that we promote and embed awareness within themselves and others. All children participate in P.S.H.C.E. learning, through topics, such as, Health and Wellbeing, Relationships and Living in the Wider World.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core	September: Kindness and	November: Friendship and	January: Unity	March: Hope and Peace	May: Trust and Honesty	June: Happiness
School	Cooperation	Sharing	February:	April: Patience and		July: Courage
Values	October: Thankfulness	December: Respect	Responsibility	Perseverance		
Mental	September: Exercise	November: Laughter	January:	March: Body scans	May: Breathing	June: Jars of Happiness
Health	October: Gratitude Jars	December: Dance	Inspirational quotes	April: Doodling		July: Yoga
Focus			February: Singing			
British						
Values	Democracy	Tolerance	Mutual Respect	Rule of Law	Individual Liberty	Rule of Law
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	Throughout the year: Making Relationships; Sense of Self; Understanding Feelings					
Early	Understanding the World; People and Communities					
Years						
	Living in the Wider World	Relationships	Relationships	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
Year 1	Rules and Responsibilities	Communication	Bullying	Emotions	Changing and Growing	Keeping Safe
	Relationships	Relationships	Living in the Wider	Living in the Wider World	Health and Wellbeing	Health and Wellbeing
Year 2	Fairness	Family and Friends	World	Money and Finance	Healthy Lifestyles	Hygiene
			Communities			
	Living in the Wider World	Relationships	Health and	Health and Wellbeing	Relationships	Health and Wellbeing
Year 3	Rules and Responsibilities	Communication	Wellbeing	Nutrition and Food	Collaboration	First Aid
	Diversity	Bullying	Health			
			Healthy Lifestyles			
	Health and Wellbeing	Health and Wellbeing	Health and	Health and Wellbeing	Relationships	Living in the Wider World
Year 4	Aspirations	Emotions	Wellbeing	Changing and Growing	Similarities and Differences	Discrimination
			Safety		Healthy Relationships	Economic Awareness
Year 5	Health and Wellbeing	Health and Wellbeing	Relationships	R.H.E.	Living in the Wider World	Living in the Wider World
	Aspirations	Health	Communication	Rethink Periods	Rights and Responsibilities	Diversity
		Nutrition and Food	Collaboration	Boys and Girls – differences		·
	Health and Wellbeing	R.H.E.	R.H.E.	R.H.E.	Living in the Wider World	Living in the Wider World
Year 6	Emotions	Similarities and	Drugs and	Rethink Periods	Economics	Enterprise
	Safety	Differences	Substance Abuse	Boys and Girls – differences		·
	•	Healthy Relationships		-		