



# PSHE

Personal Social Health Economic Education

# RSE

Relationships and Sex Education

*'Preparing for life's challenges and opportunities'*



***Stamford Bridge is committed to fostering the growth of children who are joyful, resilient and confident and who possess a genuine desire to actively contribute positively and engage in constructive dialogue, ultimately evolving into exemplary citizens in our ever-developing world.***

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## **Personal, Social, Health and Economic Education and Relationships and Sex Education at Stamford Bridge Primary School**

### **Intent**

At Stamford Bridge Primary School, we believe that PSHE education enables our pupils to develop knowledge, skills and attributes needed to manage balanced lives and to become healthy, independent and responsible members of society. Across school, we teach children about how society is organised and governed and we ensure that they experience the process of democracy in school through the school council. We want children to understand their rights and responsibilities as an individual and show empathy and understanding to others.

In doing so, we help develop their sense of self-worth by encouraging them to play a positive role in school life and the wider community and prepare them for the opportunities, responsibilities and experiences of later life.

### **Implementation**

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At Stamford Bridge Primary School, we offer pupils a carefully planned programme using the **1decision scheme** to teach PSHE and RSE.

1decision provides 17 modules, which are recommended for the teaching of PSHE and RSE for students in years 1-6. The core of the programme is a series of documentaries and videos with alternative endings, which enable children to explore various topics in a safe, educational environment. The 1decision videos feature within their collection of over 70 on-screen lesson guides.

Please see the Parent/Carer Zone below for an introduction to the 1decision resources and how they can support your child's personal development.

**<https://www.1decision.co.uk/resources/parent-carer-zone>**



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## Impact

Children leave our school with positive and caring relationships with themselves and their family, friends and peers, as well as a strong feeling of belonging in life. They have excellent knowledge of the idea of a healthy and safe lifestyle, independence and responsibility.

At Stamford Bridge, children learn to adapt and empathise whilst developing self-confidence, self-esteem and self-discipline to reach the highest standards of which they are capable. They understand and accept change and are able to reflect on its impact. As they progress through the school, they learn to understand and communicate within our ever-developing world.

Just as importantly, they leave our school with a love of themselves and a desire to make positive contributions towards the wider world as they progress into their KS3 education.

## What is 1decision?

### **A message from 1decision...**

*The 1decision resources have been developed over the past 12 years and were created by specialists working together with schools and, most importantly, children.*

*The 1decision platform has been designed to be interactive, fun, and engaging for your child. At its core, is a series of short film clips with alternative endings, encouraging children to consider the consequences of different decisions.*

*The videos included in our content serve as a powerful tool for breaking down societal barriers, aiming to bridge the gaps that often divide us. These videos are driven by a profound commitment to promoting inclusivity and understanding among people from all walks of life. What sets 1decision apart is its unwavering dedication to focusing on the common threads that bind us together as human beings, rather than accentuating differences based on race, religion, or culture.*

*Our resources allow children to develop essential skills, knowledge, and vocabulary to manage different influences and pressures in their lives and to make safe and informed choices. Teachers and children use these films alongside pupil workbooks and on-screen lesson guides to explore various topics in a safe and supportive learning environment.*

*These videos are a testament to the idea that our humanity is defined by the choices we make and how we respond to the world around us. Through storytelling and empathy, 1decision encourages dialogue and mutual respect, dismantling barriers and promoting a more inclusive society. In a world where division can be all too common, 1decision videos serve as a beacon of unity and understanding, reminding us that we are all part of a larger human family.*









## Assembly Packs Overview

The 1decision assembly packs are comprehensive educational resources, mirroring the lesson structure, designed to empower students with essential life skills and values.

Across the academic year, we plot the 1decision assemblies into our assembly schedule to teach and explore the themes in larger groups in the hall.

These packs cover essential topics, such as celebrating differences, enhancing your emotional well-being and mindfulness tools that help children navigate through the challenges of growth and change. These assemblies promote critical thinking while encouraging open dialogue and equip pupils with the knowledge and confidence to make informed decisions.

## Useful links for parents and carers

	Link
 Website	<a href="https://www.1decision.co.uk/">https://www.1decision.co.uk/</a>
 Parent/ Carer Zone	<a href="https://www.1decision.co.uk/resources/parent-carer-zone">https://www.1decision.co.uk/resources/parent-carer-zone</a>
 Understanding RSE	<a href="https://www.1decision.co.uk/images/understanding-rse-guide-for-parents.pdf">https://www.1decision.co.uk/images/understanding-rse-guide-for-parents.pdf</a>
 Understanding Relationships and Health Education in your child's primary school: a guide for parents	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf</a>
 Anxiety pack	<a href="https://www.1decision.co.uk/images/anxiety-information-pack.pdf">https://www.1decision.co.uk/images/anxiety-information-pack.pdf</a>
PSHE Resources 	<a href="https://www.1decision.co.uk/about/catalogue">https://www.1decision.co.uk/about/catalogue</a>

## **PSHE and RSE Long Term Plans at Stamford Bridge Primary School**

Below are the long-term plans for PSHE at Stamford Bridge School. Our school operates on a two-year rolling cycle, with the current academic year (2023-2024) being Cycle B and the following year (2024-2025) will be Cycle A. Each year is divided into three terms: Autumn, Spring, and Summer. The plan outlines which topics will be taught and when for each year group throughout the academic year.

Additionally, you have access to knowledge organisers, which align with the topics and provide further detail on the objectives and vocabulary covered in their learning. These resources aim to provide you with a comprehensive understanding of the PSHE curriculum and the learning experiences your child will encounter at Stamford Bridge School. Having access to the long-term plan for PSHE topics and their timing will enable parents to engage in meaningful conversations at home about these topics, fostering a supportive environment for their child's personal and social development.



Stamford Bridge PSHE - Year A (module ~ units) 2024 – 2025

	Autumn	Spring	Summer
1/2	<p><b>Feelings and Emotions</b> Worry Anger</p> <p><b>Being Responsible</b> Practise makes perfect Helping someone in Need</p> <p><b>Keeping and Staying Safe</b> Tying Shoelaces</p>	<p><b>Relationships</b> Bullying Body Language</p> <p><b>Keeping and Staying Healthy</b> Healthy Eating</p> <p><b>Hazard Watch</b> Is it safe to eat or drink?</p>	<p><b>Our World</b> Living in our world Working in our world</p> <p><b>Fire Safety</b> Petty Arson Texting whilst driving</p> <p><b>Computer safety</b> Image Sharing</p>
3/4	<p><b>Feelings and Emotions</b> Jealousy</p> <p><b>Being Responsible</b> Coming home on time</p> <p><b>Keeping and Staying Safe</b> Cycle Safety</p>	<p><b>Growing and Changing</b> Appropriate Touch</p> <p><b>Keeping and Staying Healthy</b> Healthy Living</p> <p><b>A world without judgement</b> Breaking down barriers</p>	<p><b>The working world</b> Chores at home</p> <p><b>Fire Safety</b> First Aid</p> <p><b>Computer safety</b> Online bullying</p>
5/6	<p><b>Feelings and Emotions</b> Worry</p> <p><b>Being Responsible</b> Stealing</p> <p><b>Keeping and Staying Safe</b> Water safety</p>	<p><b>Growing and Changing</b> Relationships* Puberty Conception (Y6 only)</p> <p><b>Keeping and Staying Healthy</b> Alcohol</p> <p><b>A world without judgement</b> British Values</p>	<p><b>The working world</b> In app purchases</p> <p><b>First Aid</b> First aid p1+2 (6)</p> <p><b>Computer safety</b> Making friends online</p>





Stamford Bridge PSHE - Year B (module ~ units) 2025 – 2026

	Autumn	Spring	Summer
1/2	<p><b>Feelings and Emotions</b> <i>Jealousy</i></p> <p><b>Being Responsible</b> <i>Water spillage</i></p> <p><b>Keeping and Staying Safe</b> <i>Road safety</i></p>	<p><b>Relationships</b> <i>Friendship</i></p> <p><b>Keeping and Staying Healthy</b> <i>Washing hands</i></p> <p><b>Hazard Watch</b> <i>Is it safe to play with?</i></p>	<p><b>Our world</b> <i>Growing in our world</i></p> <p><b>Fire Safety</b> <i>Hoax Calling</i></p> <p><b>Computer safety</b> <i>Online Bullying</i></p>
3/4	<p><b>Feelings and Emotions</b> <i>Grief (5-8)</i></p> <p><b>Being Responsible</b> <i>Stealing</i></p> <p><b>Keeping and Staying Safe</b> <i>Staying safe</i> <i>Leaning out of windows</i></p>	<p><b>Relationships</b> <i>Touch</i></p> <p><b>Keeping and Staying Healthy</b> <i>Medicine</i></p> <p><b>Hazard Watch</b> <i>Is it safe to eat or drink?</i> <i>Is it safe to play with?</i></p>	<p><b>Our world</b> <i>Looking after our world</i></p> <p><b>Fire Safety</b> <i>Enya and DeeDee visit the fire station</i></p> <p><b>Computer safety</b> <i>Making friends online</i></p>
5/6	<p><b>Feelings and Emotions</b> <i>Anger</i> <i>Adults' and Children's views</i></p> <p><b>Being Responsible</b> <i>Looking out for others</i> <i>Adults' and Children's views</i></p> <p><b>Keeping and Staying Safe</b> <i>Peer pressure</i> <i>Adults' and Children's views</i></p>	<p><b>Growing and Changing</b> <i>Relationships*</i> <i>Puberty</i> <i>Conception (Y6 only)</i></p> <p><b>Keeping and Staying Healthy</b> <i>Smoking</i> <i>Drugs</i> <i>Adults and Children's views</i></p> <p><b>A world without judgement</b> <i>Inclusion and acceptance</i> <i>Adults' and Children's views</i></p>	<p><b>The working world</b> <i>Enterprise</i> <i>Adults' and Children's views</i></p> <p><b>First Aid</b> <i>First aid (5)</i></p> <p><b>Computer safety</b> <i>Image sharing</i> <i>Adults' and Children's views</i></p>

