

LifeWise

LifeWise PSHE

PSHE resources built to successfully prepare children for life.

A Guide for Parents and Carers



Acronyms

There are lots of acronyms used in education! Here is a simple glossary to help get you up to speed.

DfE is the Department for Education. The Department for Education is responsible for children's services and education, including early years, schools, higher and further education policy, apprenticeships and wider skills in England.

PSHE is Personal, Social Health and Economic education. PSHE education is an essential part of all students' education, and although not a statutory subject, the national curriculum emphasises the importance of teaching PSHE. PSHE has been taught in schools for many years.

RSHE is Relationships, Sex and Health Education, which was made compulsory by the Government. This is sometimes referred to as RSE and H because the government differentiates between Sex education which is compulsory in secondary schools and that which is advisory in primary.



Introduction – What is PSHE?

PSHE is Personal, Social Health and Economic education. PSHE education is an essential part of all students' education, and although not a statutory subject, the national curriculum emphasises the importance of teaching PSHE.

A PSHE curriculum enables primary schools to equip young people with the skills to navigate the 21st Century; knowledgeably, respectfully and inclusively, allowing them to grow into global citizens.

PSHE education covers topics such as people who care for us, families and what they might look like, friendships (digital and face to face) respecting others, through to essential life skills like how to write a CV, what is a bank or pension, and the world of work.

The world in which we live looks very different today to 20 years ago, and we must empower young people to make informed decisions to keep themselves safe. This is particularly relevant for digital safety, mental health and bullying.

Particular importance is placed on teaching our students' about healthy eating, exercise, mindfulness and relaxation.



What does a primary school have to teach?

In September 2020, the Department of Education stated that all primary age children will be taught Relationships Education and Health Education.

These subjects are specifically designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Sex education is not compulsory, but puberty, naming external body parts, human development from birth to old age and reproduction in animals must be taught to all students because they are included in the Science National Curriculum.

Many schools choose to teach Sex Education because it supports students' ongoing emotional and physical development as they transition to secondary school. The Department for Education recommends that 'all primary schools should have a Sex Education programme tailored to the age and physical and emotional maturity of the pupils'. It should prepare boys and girls for the 'changes that adolescence brings'

At our school, we teach our Relationships education, RSE and Health education as part of a wider PSHE curriculum curated by LifeWise.

The LifeWise Programme fulfils all statutory requirements laid out by the Department for Education for Relationships education and Health education. LifeWise also provides a broader PSHE curriculum to further develop our students' life skills. The LifeWise PSHE scheme uses the term RSHE for statutory content.



Relationships and Health Education

The Department for Education guidance for primary school children:

Relationships Education

Relationships Education will lay the foundation for healthy and secure connections, both offline and online, with friends, family, and the general public. Your child will learn what it means to be in a relationship, what friendship is, what family is, and who their supporters are. Your child's school will discuss how to treat others with kindness, thoughtfulness, and respect in a manner that is appropriate for their age.

Health Education

The goal of health education is to equip your child with the knowledge they need to make sensible decisions about their own health and wellbeing, to identify problems in both themselves and others, and to seek help as soon as possible when problems do occur.



A summary of what a primary school must teach

- ↳ Relationships Education
- ↳ Health Education
- ↳ Puberty Education
- ↳ Names of external body parts
- ↳ Human development from birth to old age
- ↳ Reproduction in animals and plants

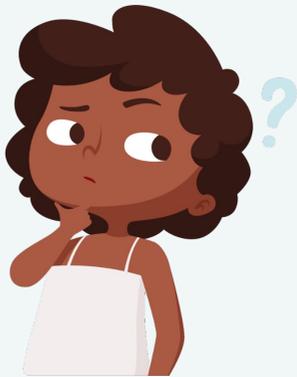
To see a detailed breakdown of what your child needs to know by the end of primary school, read the full DfE document [here](#)



Your rights as a parent

As a parent you have a right to:

- ↳ know what our school policy is on Relationships and Health Education
- ↳ know what will be covered in Relationships and Health Education by our school
- ↳ see the resources used by our school to teach Relationships and Health Education
- ↳ [withdraw your child from Sex Education](#) lessons in our school



Your rights as a parent

You cannot withdraw your child from Relationships or Health Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn.

At primary level, the head teacher must grant this request. The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

** This information is directly taken from the official parent guide provided by the DfE. To see the full document click [here](#)*



Our School, PSHE and LifeWise

We take PSHE education very seriously, and we have partnered with LifeWise PSHE to deliver our curriculum.

- ↳ Teaching PSHE informs our pupils about body differences, growing up, body changes and the emotions and feelings that they might have. Specific vocabulary that they learn allows them to keep their bodies safe and empowers them to communicate any concerns that they might have about their own health or safety. It prepares pupils for their transition to secondary school and equips them with valuable life skills.
- ↳ Pupils from Year 1 to Year 6 are taught age appropriate information using specific and relevant vocabulary, consolidating the information with interactive and creative activities, designed to promote discussion and critical thinking.
- ↳ The teaching often links to the Science National Curriculum and other curriculum subjects and topics.
- ↳ Parent emails keep parents and carers informed about what has been taught in recent lessons to support their child's learning at home.
- ↳ We keep parents fully informed about when RSE (Relationships and Sex Education) will be taught in each year group and what will be covered. We have a form that notifies us if you wish to withdraw your child from Sex Education lessons in their year group.



PSHE Topics and Timetable

The next few slides will provide a detailed overview of the topics covered via our LifeWise PSHE Programme.

- ↳ The timetable covers Reception >> Year 6
- ↳ You should expect your child to receive one PSHE lesson per week
- ↳ The topics covered make up a rich, varied and comprehensive PSHE curriculum

[Reception](#) | [Year 1](#) | [Year 2](#) | [Year 3](#) | [Year 4](#) | [Year 5](#) | [Year 6](#)



Reception

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Reception Programme	Planting Our Food x2	Taking Good Care of Myself x2	Sleep x 2	Animals x2	Follow My Lead x2	Sharing x2
	Cities, Towns, Land and Sea x2	Being Curious x2	The Great Outdoors x2	Fire Safety x2	Making Mistakes x2	Marching to the Beat of your Own Drum x 2
	Gentle Hands and Hearts x2	Managing Feelings x2	Trusted Adults x2	Water Safety x2	Road Safety x2	Technology x2

Year 1

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 1 PSHE Programme	Being Happy x 2	Getting your sleep x 2	A Problem Shared is a Problem Halved x 2	What Makes A Family	Braving the Weather x 2	Road Safety x 2
	Being Mindful x 2	Hygiene and Me x 2	Communication x 2	My Growing Body	Emergency Services x 2	Safety Symbols x 2
	First Aid and CPR x 2	Understanding Difficult Feelings x 2	Trust x 2	Respecting Others x 2	Food Safety and What Not to Eat x 2	Signalling & Sign Language x 2
	What is Friendship	Kind vs Unkind		Water Safety x 2	Wildlife	

Year 2

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 2 PSHE Programme	Screen Time Safety x 2	It's Okay not to be Okay x 2	My Private Body	Desert Island x 2	Cyber Safety x 2	Personal Goal Setting x 2
	Feeling Sad x 2	Medicines and Drugs x 2	Respecting All Families	Environment x 2	Fire Safety x 2	Protecting our Planet x 2
	Happiness x 2	Understanding Peer Pressure	Dealing With Loss x 2	Navigation x 2	Forest Survival x 2	Adapting to Change x 2
	Positive Friendships	Relaxation x 2	Fight or Flight x 2		The Art of Failure	

Year 3

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 3 PSHE Programme	Personal Hygiene	My Body, Your Body - Keeping Healthy	Power of Words: STOP	BV Democracy and Law x 2	Helping Others to Get Help x 2	Growth Mindset x 2
	Vaccinations and Diseases	Self-Worth x 2	Social Media Body Confidence	BV Culture and Liberty x 2	Who Can We Trust x 2	Sun Safety
	Anger, Fear and Mindfulness	Self-Image x 2	Gender	Relationships with Others x 2	Staying Safe Online x 2	The World of Work
	Anxiety, Stress and Mindfulness	Autism Different, Not Less	Fairtrade: Working Together		Separation and Divorce	Problem Solving and Time Management x 2
	Exercise	Different Kinds of Friendship	Global Warming - What Can We Do To Help?			
	Safety with Household Meds		Celebrating Women in History: Traditional Roles			
	Change is Good					

Year 4

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 4 PSHE Programme	Healthy Eating and a Balanced Diet x2	My Body, Your Body - Keeping Safe	Bullying x 2	BV Government and Rules x 2	Consent	Problem Solving and Resourcefulness x 2
		Sleep x 2	Everything Will Be Alright	BV Freedom in Beliefs x 2	Where Does My Food Come From?	
	The Importance of Physical Activity x 2	Screen time x 2	All About Tik-Tok	Family Relationships x 2	Respect x 2	Try and Try Again x 2
	Relaxing to Recharge x 2	Autism: Aspergers	Identity and Gender		Being Responsible x 2	Leadership x 2
	The Recreational Drugs of Alcohol and Nicotine	What's Love?	Fairtrade: Change Through Choice		Earning Money	

Year 5

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 5 PSHE Programme	Junk Food x 2	Keeping My Body The Same x 2	Power of Words - Mouldy Rice	BV Laws and Parliament x 2	The Digital World x 2	Learning Part 2
	Nutritional Values x2	My Body Changes x 2	Social Media - Being Confident	BV Freedom of Speech and Movement x 2	Supporting the Community x 2	Borrowing Money x 2
	The Human Body x 2	Autism - Neurodivergence	Responsibility and Inspiration x 2	Respecting Others' Boundaries and Beliefs x 2	Communicating Effectively x 2	Dealing With Adversity x 2
	Caffeine - Helpful or Harmful?	Expressing Love Differently As You Grow What is Marriage?	Homophobic Language in Schools Fairtrade: Same Storm, Different Boat		Learning Part 1	The NHS x 2

Year 6

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 6 PSHE Programme	First Aid x 2	My Amazing Body x 2	The Power of Words - Clean up Your Speech	BV Lawmakers and Activists x 2	Consent	Transition x 2
	Alcohol, Smoking and Vaping	Self-Perception x 2	Social Media - Tik Tok	BV Rights and Radicalisation x 2	Feeling Anxious x2	Learning to Working x 2
	Drugs	Autism Do Say, Don't Say	Identity, Gender and Sexuality	The Government X 2	Ageism x 2	Law x 2
	Illegal Drugs	The Power of Love - Inequality Within Relationships	Fair Trade - The Shirt Off Your Back		The Power of Negotiation X 2	Tax x 2
	Recognising and Controlling Anger	What is Forced Marriage?	Global Warming - Issues and Prevention			Banks x 2
	Organisation of Life		Celebrating Women in History - Forgotten Achievements			Pensions x 2
						How to Write a CV x 2
						Entrepreneurship, Enterprise and Business x 2

Frequently Asked Questions

→ **Will my child learn about same sex marriage or partnerships?**

Yes. Your child is growing up in a modern, diverse society and they will see different relationships around them. We talk with them about relationships and families and how they may look different to their own. We focus on what makes families, partnerships and relationships special, important and secure and emphasise that love, care, trust and respect is the key to any happy relationship.

→ **Why does my child need to know the names of private body parts?**

By using the scientific names for body parts from an early age, pupils become more familiar with using these, are more likely to use them correctly and it avoids confusion with family 'pet' names for parts of the body. Children are then more able to identify and talk about their health and safety more accurately too.

→ **What do I do if I want to discuss what is being taught in Sex Education?**

Talk to your child's class teacher, the PSHE subject leader in the school or the Head Teacher if you have questions that you wish to ask.



Frequently Asked Questions



→ Will my child learn about FGM?

The school and Governing Body will make the decision about whether FGM lessons are taught in their schools. Each school is different and aims to provide a bespoke PSHE curriculum to meet the needs of their pupils and community. The Lifewise PSHE and Activity Programme FGM lessons are aimed at Year 5 pupils and talks about FGM using a short fictional story to encourage girls to speak out to those they can trust if they need help or advice.

→ Will boys and girls be taught separately about Sex Education?

All lessons are planned to include both boys and girls. Nurse or medical advice may also be available to schools to discuss menstruation and personal hygiene in more detail. Schools may offer this to the girls only so that they can discuss this subject further in a smaller group. Ask the school for more details.

→ What do I do if I decide to withdraw my child from Sex Education?

Please come and talk to us first if you have questions about our programme for Sex Education. We might be able to address any concerns you have or discuss the learning in more detail with you. Once you receive notification that your child's year group will be beginning lessons about Sex Education, The 'Parent Choice – Sex Education Form' template is on the school website, should you wish to withdraw your child from these lessons. This will need to be completed and returned to the office at least the week BEFORE the lessons begin. If we do not receive notification from you, then we will assume that you are happy for your child to learn about Sex Education in class.

Our Partner: LifeWise PSHE

- ↳ LifeWise PSHE provides engaging and relevant PSHE lessons and resources for children aged 4-11. All content is written by existing or retired Teachers, experts in their key stage, all extremely passionate about PSHE education and how critical it is for children today.
- ↳ LifeWise supports building stronger relationships between parents and schools by providing parent links for each lesson which outline what your child has covered from their PSHE curriculum. The parent link also includes further development ideas to try at home!
- ↳ To find out more about our partner LifeWise PSHE, please head to www.lifewise.co.uk



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