

Athersley South Primary School

Personal, Social, Health, Citizenship, Economic Education PSHCE (One Life)

Overview - Updated November 2025

The PSHCE curriculum at Athersley South Primary is a well-thought-out and planned progressive sequence of learning where children revisit units each year and build on good foundation in PSED from Foundation Stage. Our coverage follows the guidance for health and relationships set out in the statutory framework 2025.

RSHE is taught through our One Life programme following a deliberately planned and carefully sequenced curriculum which goes above and beyond the Department for Education's statutory guidance.

The spiral nature of our curriculum allows children to deepen their understanding of key learning points as they progress through each phase of school life. In order to embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts.

Our PSHCE education programme makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety, promotion of British Values and demonstrates our commitment to promoting pupils' well-being.

Through One Life, PSHCE content is broken down into 3 strands: **Mental Fitness; Physical Fitness and Social Fitness**. We are passionate in our belief that, **for our children to grow into happy, healthy and well-rounded young people and adults**, we must teach them, explicitly, how to develop mentally, physically and socially.

One Life-a Personal Development Curriculum for All



We only get one life, so let's learn how to live it well!

This programme of work covers the following statutory components of the Relationships and Sex Education (RSE) and Health

Education guidance:

- Families and People who Care for Me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

Physical Health and Mental Well-being:

- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating

- Drugs, Alcohol and Tobacco -Y5/Y6
- Health and Prevention
- Basic First Aid
- Changing Adolescent Body (Developing Bodies) -Y5/6

This should not be taught before year 4. Pupils should know: 1. about growth, change and the changing adolescent body.

This topic should include the human lifecycle. Puberty should be mentioned as a stage in this process. 2. the key facts

about the menstrual cycle, including physical and emotional changes.

It also supports the Spiritual, Moral, Social and Cultural development and ethos as well as promoting British Values and the Equal

Opportunities Act and supports the awareness of the Protected Characteristics.

Our One Life content is broken down into **key challenges**:



The table below outlines our topic overviews with a brief outline of the intended goal at the end of each topic.

Topic	Goal
Autumn 1 – We are Happy! Self-awareness, Families, Friends and Healthy Eating.	Mental Fitness: to know that they are unique human beings. To know that they are not their thoughts. To know that self-awareness needs to be practised and helps us to show up as our best selves. Social Fitness: To know that families are built on love and friends are important in our one life. Physical Fitness: To know that their bodies need good fuel to work well. Begin to understand that they need to build all three fitness components to live their one life well.
Autumn 2 – We are Safe! Response System, Our Bodies and Being Safe	Mental Fitness: to know that we must try and respond and not react. Our minds want to protect us. To know that all emotions are ok, as long as we manage them well. That we must pay attention to our thoughts and feelings so they don't get too strong or big. Social Fitness: To keep safe, we must have boundaries and remember that no means no. We all have private parts and they are private for a reason. Physical Fitness: We only get one body so we should love it, respect it and not compare ourselves to others.
Spring 1 – We Enjoy a Challenge! Bouncing Back, Mentally, Socially and Physically.	Mental Fitness: to know that we have to learn to bounce back when things go wrong or get hard. We have to use our inner cheerleader to help us. Social Fitness: That we must forgive ourselves and others if we want to bounce back in our friendships. All friendships have ups and downs. Know about the different types of bullying and the impact it may have. Physical Fitness: To know that self-care is important so we can bounce back physically too.
Spring 2 - We Celebrate Diversity!	Mental Fitness: to know that I must be kind to myself and others to be mentally fit. Begin to know how to say sorry and forgive others. Social Fitness:

Compassion, Compassion in Relationships, Compassion in an Emergency	<p>Know about stereotypes and how to challenge them. Use their 'SENSES' to show up compassionately in their relationships.</p> <p>Physical Fitness: Know how to be compassionate in an emergency and basic first aid. To know how to call 999 and what to say in an emergency</p>
<p>Summer 1 – We Show Respect!</p> <p>Power of Now, Respectful Relationships and Being Safe.</p>	<p>Mental Fitness: to know that our mind is powerful and we need to build the power of now to live our one life really well. Know how to breathe to calm our bodies and minds</p> <p>Social Fitness: Know and use please, thank you, excuse me, pardon and show respect to all adults. Know practical ways to develop respectful relationships. Know how to be respectful with face-to-face and online relationships, including cyberbullying.</p> <p>Physical Fitness: know some basic facts about addiction and hormones so they can make better decisions in the future.</p>
<p>Summer 2 – We are Ready and Fit for Our Future!</p> <p>Balancing Doing & Being and Being Safe and Healthy</p>	<p>Mental Fitness: to know that I can't always be doing. Know that we need to make time just to be. This balance is important in our one life.</p> <p>Social Fitness: know about personal safety on roads, railways and in the water, including the water safety code. Know about risk-taking behaviours and peer influences.</p> <p>Physical Fitness: know how to keep their bodies healthy and safe through self-care, exercise and prevention methods (teeth, skin and hygiene).</p>

EYFS

The EYFS framework is structured very differently to the National Curriculum as it is organised across seven areas of learning rather than subject areas. We continuously use our understanding of child development and skill progression, baselines, observations and assessments to identify and review our children's strengths and gaps. This knowledge, along with the Educational Outcomes and Early Learning Goals within the Statutory Framework, drives our provision, learning environment and tailors our curriculum to the children's needs as well as ensuring we provide a broad range of knowledge and skills that are continuously built upon to provide the right foundations for the children in our care to become lifelong learners. All of this is provided through our continuous provision to engage children's curiosity, thinking and learning through play and adult focus tasks.

Personal, Social and Emotional Development in EYFS stage is fundamental area of learning where children begin to build the foundations of effective interactions and develop positive attitudes of themselves and others by focusing on three core themes: self-confidence and self-awareness; managing feelings and behaviour; making relationships. These core principles prepare children for PSHCE work in Key Stage 1 but are ongoing and integrated into provision across the year rather than following the planned structure in Key Stages 1 and 2.

One Life is incorporated into the PSED curriculum with one lesson per week focusing on each of the topic areas above.

Progression of Skills

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR	Self-Identity & Self-awareness Families Caring Friendships Healthy Eating	Response System Body image Boundaries Consent Privacy	Bouncing Back Forgiveness Bouncing back in friendships Self-care	Self-compassion Compassion for others Stereotypes Emergency response	Power of Now Respectful relationships Online relationships Cyberbullying	Balancing doing and being Personal Safety Physical Fitness Health and Prevention
Y1	Self-Identity & Self-awareness Families Caring Friendships Healthy Eating	Response System Body image Boundaries Consent Privacy	Bouncing Back Forgiveness Bouncing back in friendships Self-care	Self-compassion Compassion for others Stereotypes Emergency response	Power of Now Respectful relationships Online relationships Cyberbullying	Balancing doing and being Personal Safety Physical Fitness Health and Prevention
Y2	Self-Identity & Self-awareness Families Caring Friendships Healthy Eating	Response System Body image Boundaries Consent Privacy	Bouncing Back Forgiveness Bouncing back in friendships Self-care	Self-compassion Compassion for others Stereotypes Emergency response	Power of Now Respectful relationships Online relationships Cyberbullying	Balancing doing and being Personal Safety Physical Fitness Health and Prevention
Y3	Self-Identity & Self-awareness Families Caring Friendships Healthy Eating	Response System Body image Boundaries Consent Privacy	Bouncing Back Forgiveness Bouncing back in friendships Self-care	Self-compassion Compassion for others Stereotypes Emergency response- basic first aid	Power of Now Respectful relationships Online relationships Cyberbullying Addiction	Balancing doing and being Personal Safety Physical Fitness Health and Prevention
Y4	Self-Identity & Self-awareness Families Caring Friendships Healthy Eating	Response System Body image Boundaries Consent Privacy	Bouncing Back Forgiveness Bouncing back in friendships Self-care	Self-compassion Compassion for others Stereotypes Emergency response-basic first aid	Power of Now Respectful relationships Online relationships Cyberbullying Addiction	Balancing doing and being Personal Safety Physical Fitness Health and Prevention
Y5	Self-Identity & Self-awareness Families Caring Friendships Healthy Eating	Response System Body image Boundaries Consent Privacy	Bouncing Back Forgiveness Bouncing back in friendships Self-care	Self-compassion Compassion for others Stereotypes Emergency response-basic first aid	Power of Now Respectful relationships Online relationships Cyberbullying Addiction	Balancing doing and being Personal Safety Physical Fitness Health and Prevention
Y6	Self-Identity & Self-awareness Families Caring Friendships Healthy Eating	Response System Body image Boundaries Consent Privacy	Bouncing Back Forgiveness Bouncing back in friendships Self-care	Self-compassion Compassion for others Stereotypes Emergency response-basic first aid	Power of Now Respectful relationships Online relationships Cyberbullying Addiction	Balancing doing and being Personal Safety Physical Fitness Health and Prevention

At Athersley South Primary School, PSHCE is a developmental programme of learning through which children acquire the knowledge, understanding and skills they need to manage their lives now and in the future.