

Whole School PSHE Curriculum

At Whimble Primary School, we endeavour to provide all of our children with the best possible understanding and skills of themselves and the world that they live in. Across classes, we will cover the following information at an age appropriate level.

Being Me in My World

- Choose to follow the **Whimble 6Rs** and the Learning Charter
- Help others to feel welcome
- Try to take **responsibility** and make our school community a better place
- Think about and show of everyone's right to learn
- Care about other people's feelings
- Work Well with others

Celebrating Difference

- Accept that everyone is different
- Include others when working and playing
- Know how to help is someone is being bullied
- Try to be **resourceful** and solve problems
- Try to use kind words
- Know how to give and receive compliments

Dreams and Goals

- Stay motivated and show **resilience** when something gets challenging
- Keep trying even when it is difficult
- Work well with a group or partner
- Have a positive attitude
- Help others to achieve their goals
- Are working hard to achieve their own dreams and goals (including career aspirations)

Healthy Me

- Have made a healthy choice
- Have eaten a healthy, balanced diet
- Have been physically active
- Have tried to keep themselves and other safe
- Know how to be a good friend and enjoy healthy relationships
- Know how to keep calm, **reflect** and deal with difficult situations

Relationships

- Know how to make friends
- Try to **reason** and solve friendship problems when they occur
- Help others to feel part of a group
- Show **respect** in how they treat others
- Know how to help themselves and others when they feel upset or hurt
- Know and show what makes a good relationship

Changing Me

More guidance is available for this unit.