

Why do we teach personal, social and health education and what does it look like in our school?

At Oasis Fir Vale Academy, we want our pupils to become healthy, independent, and responsible citizens. We are committed to promoting personal, social and health education (PSHE) within a curriculum that brings together citizenship with personal well-being whilst also promoting fundamental British values alongside the Oasis 9 habits. PSHE not only underpins all our classroom activities but also assemblies, educational visits and extra-curricular clubs.

Our pupils need well thought out, well-planned, bespoke sessions to build and develop skills to prepare them for the future. The curriculum is underpinned by an analysis of the local context and the strengths and needs of the pupils in our school. Daily check in sessions enable children to discuss their feelings and learn self-regulation strategies that support them to manage their emotional state. In this way staff equip pupils to manage their own wellbeing. Weekly sessions are part of a 7-week cycle. This helps mitigate the high in year mobility as it ensures constant coverage of topics. PSHE sessions are carefully designed to create a safe place where pupils can ask questions and discuss ideas and beliefs. The Oasis 9 habits support them to develop their character and become positive role models. This is further reinforced by the culture of mutual respect that staff model around school. Pupils are regularly taught how to make safe and healthy choices including how to stay safe online. They are also taught what they can do if they are unhappy with something that has happened.

As a result of teaching PSHE at our school our students are healthy, independent, responsible, and provided with the tools to succeed. We teach children the skills to be able to deal with a

PSHE sequencing and progression

range of different situations and manage their own wellbeing, but also know where they can ask for help.

PSHE sequencing and progression

	Oasis 9 habits	Getting to know you	Relationships	Safety	Celebrating difference	Health and changes	Actions, emotions and consequences	Dreams and goals
Autumn 1	Good to be me	My life and world	Relationships in families	Bonfire safety	Differences	Physically keeping healthy	Sharing	Personal target
Autumn 2	Hopeful Joyful	Key relationships	Building relationships in class and school	Anti – bullying	Difference is not a reason to bully	Personal hygiene	Kindness	Positive role models
Spring 1	Patience Compassion	Like and dislikes / rights and responsibilities	Friendship	Online safety	Words can cause harm	Food	Things going wrong	My new years resolution
Spring 2	Forgiving	What is special to me	Online friendships	Environment	Stereotypes	Exercise	What to do when angry	Hard work
Summer 1	Considerate Self – control	Changes	Getting on and falling out	Stranger danger	Children just like me (book) un rights of a child. Compare our lives to children in different countries	Misuse	Dealing with change	Building resilience
Summer 2	Humble Honest	Preparing for change (transition)	Trust	Keeping safe in the summer holidays	Being proud of who you are (link to transition)	Relaxation	Sorry – making things right	Jobs / looking to the future