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Together



PSHE

Friday 22nd May 2026

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PSHE at Bishop Martin

Relationships and Belonging

Anti-Bullying Quality Mark



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Aims of Personal, Social, Health and Economic Education (PSHE) from the National Curriculum:

"To allow teachers the **flexibility** to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils."

"However, while we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a **sound understanding of risk** and with the knowledge and skills necessary to **make safe and informed decisions.**"



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The revised curriculum subjects will be:

- relationships education (primary)
- relationships and sex education (RSE) (secondary)
- health education (state-funded primary and secondary)

At Bishop Martin three Key themes run through each topic in PSHE

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Health and Wellbeing		Relationships			Living in the wider world	
Year	A	B	C	D	E	F
Christian Value	Generosity	Compassion	Courage	Forgiveness	Friendship	Respect



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wellbeing

empathy

trusted adults

self-esteem

aspirations

safety

health

belonging

diversity

respect

choices

friendships

risk

personal development

environment

personal

individuality

mental health

democracy

responsibility

lifestyle

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- PSHE is taught weekly for approx. 30 mins
- Children in PSHE lessons will have lots of discussion time to explore topics and the opinions of others.
- Lessons will often recap key themes and vocabulary from previous learning in other year groups, which will then be extended to progress the children's understanding.
- Children's work is presented in a 'floorbook' giving



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Reception	Personal Hygiene e-Bug resources –	Anti-Bullying Week –	Keeping Safe – E-safety	Healthy lifestyles	Education for Personal Relationships	Financial Capability/My money week –
	<ul style="list-style-type: none"> Horrid Hands Super sneezes <p>Mental Health and emotional wellbeing</p> <p>ROAR Resources</p>	<ul style="list-style-type: none"> Reach out lesson <p>Expect Respect</p> <ul style="list-style-type: none"> Looking at and challenging gender expectations using toys 	<ul style="list-style-type: none"> Going places safely ABC Searching Keep it Private 	<ul style="list-style-type: none"> People who help us <p>Oral Hygiene</p> <ul style="list-style-type: none"> Why do we have teeth? Going to the dentist Less sugary food and drink 	<ul style="list-style-type: none"> PANTS Know how they can look after themselves Know why hygiene is important Know that all families are different 	<ul style="list-style-type: none"> Spending habits and budgets Fair-trade Fortnight

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<p>Year 1</p>	<p>Personal Hygiene e-Bug resources –</p>	<p>Anti-Bullying Week</p>	<p>Keeping Safe – E-safety</p>	<p>Healthy lifestyles – Medicines and people who help us</p>	<p>Education for Personal Relationships</p>	<p>Financial Capability –</p>
	<p>Mental Health and emotional wellbeing</p> <ul style="list-style-type: none"> • Horrid Hands • Super sneezes • We all have feelings • Good and not so good feelings • Big Feelings 	<ul style="list-style-type: none"> • Reach out lesson • The Big Antibullying assembly <p>Expect Respect 22</p> <ul style="list-style-type: none"> • Friendships • Secrets • People who can help us 	<ul style="list-style-type: none"> • Recap - Going places safely • Recap - ABC Searching • Recap - Keep it Private • My creative work • Sending email 	<ul style="list-style-type: none"> • Identify how to stay healthy • How to look after our bodies <p>Explore medicines and who should be</p> <p>Oral Hygiene able to give us medicines</p> <ul style="list-style-type: none"> • Diet and snacking • Our smile • Types of teeth 	<ul style="list-style-type: none"> • Know we are all different and can be friends • Discuss how children grow and change • Know there are different types of families • Know who we can ask for help 	<ul style="list-style-type: none"> • Where can I keep my money safe? • Where does money come from? • Fair-trade Fortnight



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<p>Year 2</p>	<p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> • Horrid Hands • Super sneezes <p>Mental Health and emotional wellbeing</p> <p>ROAR Resources</p> <ul style="list-style-type: none"> • Flipping your lid • Resilient Ralph • Spotting the big thoughts 	<p>Anti-Bullying Week</p> <ul style="list-style-type: none"> • Reach out lesson • The Big Antibullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> • Gender, career and assumptions 	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Staying safe online • Follow the digital trail • Screen out the mean • Using keywords • Sites I like 	<p>Healthy lifestyles – Keeping safe</p> <ul style="list-style-type: none"> • Explore substances and situations that are safe • To be able to identify hazardous substances • Consider rules for keeping safe in school and at home 	<p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> • Know that males and females are different • Gender stereotyping • Males and females and how this is part of the life cycle • Name the male and female body parts 	<p>Financial Capability</p> <ul style="list-style-type: none"> • Why is it important to save money? • What are wants and needs? • How can I keep track of my money? • Fair-trade Fortnight
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<p>Year 3</p>	<p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Hand Hygiene <p>Mental Health and emotional wellbeing</p> <ul style="list-style-type: none"> Respiratory Hygiene Everyday Feelings Expressing Feelings Managing feelings <p>Introduction to advertising and media awareness</p>	<p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Antibullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> Resolving conflict Where to get help 	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Powerful passwords My online community Things for sale Show respect online Writing good emails 	<p>Healthy lifestyles – Smoking</p> <ul style="list-style-type: none"> To know the effects of smoking Know how smoking affects the body To know what passive smoking is To know some strategies to prevent starting to smoke To know about the risks of vaping 	<p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> Name male and female body parts Understand personal space Know about unwanted touch Identify how families can be different 	<p>Financial Capability –</p> <ul style="list-style-type: none"> How can I pay for things? How can I use a bank account? <p>Fair-trade Fortnight</p> <p>Enterprise –</p> <ul style="list-style-type: none"> Saving for a rainy day article in READ
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<p>Year 4</p>	<p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> • Hand Hygiene • Respiratory Hygiene <p>Mental Health and emotional wellbeing</p> <p>ROAR Resources</p> <ul style="list-style-type: none"> • Flipping your lid • Resilient Ralph Big thoughts 	<p>Anti-Bullying Week</p> <ul style="list-style-type: none"> • Reach out lesson • The Big Antibullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> • Examining violence • Excuses and responsibility 	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Rings of responsibility • Private and personal information • The Power of words • The key to keywords • Whose is it anyway? 	<p>Healthy lifestyles – Alcohol</p> <ul style="list-style-type: none"> • Recap Y3 – Know the risks of vaping • To know the effect alcohol has on the body • To know the risks related to alcohol • To know how society limits drinking <p>Oral Hygiene alcohol and why</p> <ul style="list-style-type: none"> • Anatomy of teeth • Looking after our teeth • Sugar and our teeth 	<p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> • Exploring the human lifecycle and how we grow • Know basic facts about puberty • Know how puberty is linked to reproduction 	<p>Financial Capability –</p> <ul style="list-style-type: none"> • Enterprise raising money for charity • What are the links between jobs and money? • Fair-trade Fortnight <p>Enterprise –</p> <ul style="list-style-type: none"> • Learning about earning article in READ
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Year 5	<p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> • Hand Hygiene • Respiratory Hygiene <p>Mental Health and emotional wellbeing</p>	<p>Anti-Bullying Week</p> <ul style="list-style-type: none"> • Reach out lesson • The Big Antibullying assembly 22 	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> • Strong passwords • Digital citizenship pledge • You've won a prize 	<p>Healthy lifestyles – Legal and illegal drugs</p> <ul style="list-style-type: none"> • Explore a range of legal and illegal drugs 	<p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> • Know the emotional and physical changes occurring during puberty 	<p>Financial Capability –</p> <ul style="list-style-type: none"> • How do I plan a simple budget? • How can I keep my money safe?
	<ul style="list-style-type: none"> • Mental Health and keeping well • Managing challenges and change • Feelings and common anxieties going to secondary school <p>Body image and the media</p> <ul style="list-style-type: none"> • Advertising and appearance 	<p>Expect Respect</p> <ul style="list-style-type: none"> • Secrets and stories 	<ul style="list-style-type: none"> • How to cite a site • Picture perfect 	<ul style="list-style-type: none"> • Consider children's attitudes and beliefs about drug use and users <p>Consider how to resist drug use</p>	<ul style="list-style-type: none"> • Understand male and female puberty changes • Physical hygiene <p>Keeping Safe – Grooming or Grassing? and puberty</p> <ul style="list-style-type: none"> • Motivation and intentions • Understanding risk 	<p>Keeping Safe – Grooming or Grassing?</p> <p>Fair-trade Fortnight</p> <ul style="list-style-type: none"> • When to ask for help • Who to ask for help • How to ask for help



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<p>Year 6</p>	<p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Hand Hygiene <p>Mental Health – Rise above materials</p> <ul style="list-style-type: none"> Respiratory Hygiene Sleep Social Media 	<p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Antibullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> Examining gender stereotyping 	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Talking safely online Super digital citizen Privacy rules What's cyberbullying? Selling stereotypes 	<p>Healthy lifestyles – Preventing early use</p> <ul style="list-style-type: none"> To know the effects, risks and law relating to cannabis use To understand volatile substance abuse <p>To know how to get help and advice</p>	<p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> Puberty Reproduction Different types of relationships Understand conception and pregnancy Sharing personal/private information 	<p>Financial Capability –</p> <ul style="list-style-type: none"> How do I understand information about money from around the world? What affects my choices about money? How does money affect my feelings?
	<p>Body image and the media</p> <ul style="list-style-type: none"> Advertising and you 				<p>Keeping Safe – Grooming or Grassing?</p>	<p>Fair-trade Fortnight</p> <p>Keeping Safe – Grooming or Grassing?</p>
					<ul style="list-style-type: none"> Are you helping or a bystander How and when to help 	<ul style="list-style-type: none"> Grassing or grooming Why is it grooming <p>Enterprise –</p> <ul style="list-style-type: none"> Asking for help Cost of living crisis explained article in READ



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Enhancing the PSHE curriculum:

- National events such as World Mental Health day, World Health Week and Anti-Bullying Week connect classroom learning to the world and allow children to use their knowledge to raise awareness of the importance of community participation.
- These events allow for a planned and safe opportunity for children to talk about sometimes difficult topics.



INSPIRE Belonging at Bishop Martin *Together*



We want every child and every family to feel a strong sense of belonging, and we use books to help children see themselves while also understanding the wider world.

- Children see their own lives, families and identities reflected in stories
- Builds confidence, self-worth and a sense of belonging
- Introduces children to different cultures, experiences and perspectives
- Develops empathy, respect and understanding



Windows, Mirrors and Sliding Glass Doors



Books as Windows

Books are portals of identity, they provide action to our inner world, fostering self-awareness without needing others' approval. They reflect culture and inspire personal growth.



Books as Mirrors

Books open new cultures and perspectives, inviting exploration beyond your seat, embracing open hearts for seeing and reflection.



Books as Sliding Glass Doors

Books are the glass doors that can provide a safe environment for readers to look through, open and walk through in their imaginations to enter and become part of another world.

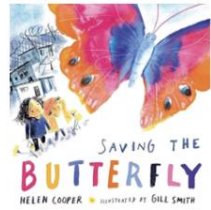


- Understand themselves and others
- Feel included and valued
- Build empathy and social awareness
- Develop imagination and curiosity
- Grow in confidence as learners

When children see themselves in books and learn about others, they feel more connected to the world around them. This is why we carefully choose a wide range of diverse and engaging texts in



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Refugee



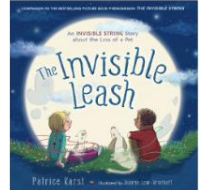
Homeless



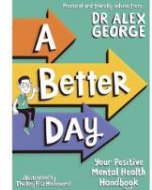
Bereavement



Parent Disability



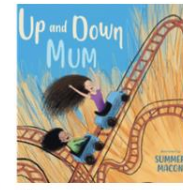
Pet Loss



Mental Health



Anxiety

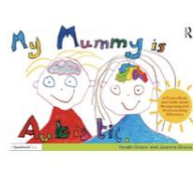


Parent Mental Health

Belonging Spine



Divorce



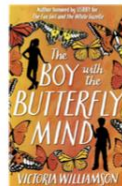
ASD Parent



Red Hair



Moving House



ADHD



Epilepsy



Refugee

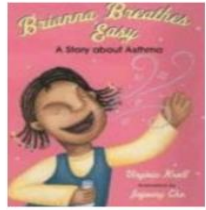


Telling the Truth





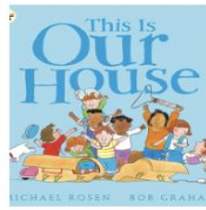
New Baby



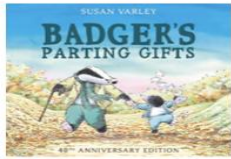
Asthma



LGBT+



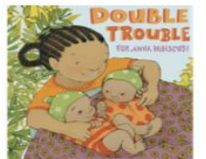
Step Family



Bereavement



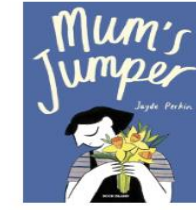
Belonging



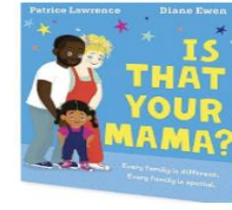
Twins



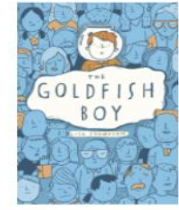
Starting School



Loss of a Parent



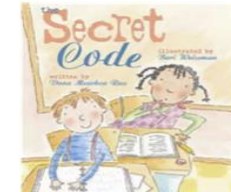
Mixed Race Families



OCD



Refugee

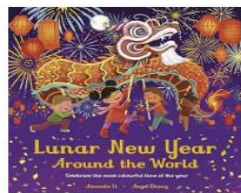


Visual Impairment



Braille and Print

Belonging Spine



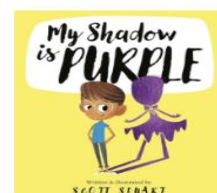
Lunar New Year



Adoption



Cancer



Gender



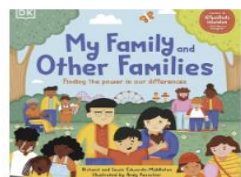
Allergies



Hearing Aids



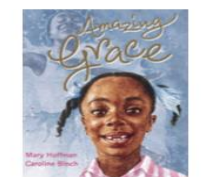
Bereavement



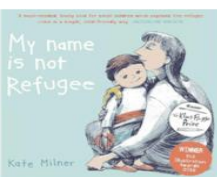
Step Families



Forces Family



African Female



Refugee



Sign Language



LGBT+ Families



Poverty

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It brings together a wide range of high-quality texts that reflect the diverse experiences, backgrounds and challenges our pupils may encounter in their lives. These include themes such as family change, bereavement, mental health, disability, different cultures and identities, and life events such as moving home or starting school

- promote a strong sense of belonging for every child
- support emotional understanding and wellbeing
- encourage respect, empathy and acceptance of others
- open up important conversations in a safe and



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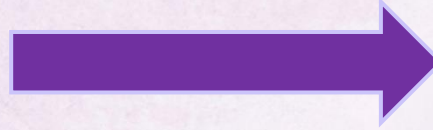
A recognised award for schools that shows strong **anti-bullying practice** Focuses on creating a **safe, supportive environment** for all pupils Helps schools build a culture where every child can **feel secure and thrive.**



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Silver



Gold

- Anti-bullying is a key priority across the whole school.
- Clear support is in place for all children, especially those who may need extra help.
- The school promotes a safe, inclusive environment for everyone.
- Students support each other to stay safe, especially online.

- The school shows clear improvements in pupils' wellbeing and outcomes through its anti-bullying work.
- Anti-bullying, equality, and inclusion are fully part of everyday school life.
- The wider community is involved in supporting children's wellbeing.
- Peer support has a positive impact on pupils' wellbeing.



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Please scan the QR code to give
some feedback about our session
this morning

INSPIRE Together PSHE -
Relationships focus

