What is PSHE Education?

PSHE Education is a planned programme of learning that helps children and young people gain the knowledge, understanding and skills they need to manage their lives – both now and in the future.

In PSHE, children learn about:

- How to stay healthy and safe
- Building positive friendships and relationships
- Understanding and managing feelings
- Respecting differences and treating everyone fairly
- Money and the world of work (in an age-appropriate way)

PSHE at Moon Hall

At Moon Hall, we hold a PSHE Day every half term, during which the usual curriculum is suspended so that pupils can immerse themselves fully in their PSHE learning. This dedicated time provides valuable opportunities for children to engage deeply with important themes and develop their understanding in a meaningful way.

We deliver our PSHE curriculum through an adapted version of the Jigsaw Programme. Jigsaw supports all statutory requirements and places children's wellbeing at its heart. As a whole-school approach, it combines a positive philosophy with creative teaching and learning activities, helping pupils develop into compassionate, well-rounded individuals while building their confidence, resilience and capacity to learn.

Our PSHE curriculum is tailored to meet the specific learning needs of our pupils. This includes:

- Pre-teaching key vocabulary
- Using clear, engaging and easy to follow slides made by Miss Wheeler to support jigsaw teaching.
- Delivering content through practical workshops and inviting external speakers

In addition to following the Jigsaw programme, we adapt our curriculum to address current issues affecting our pupils. For example, when some parents found it challenging to get their child to use deodorant, we created a memorable and engaging lesson in school. Pupils explored the importance of deodorant through a fun activity comparing unpleasant and pleasant smells, then learned about where body odour comes from and the science behind it. This approach encouraged pupils to make positive choices based on understanding, rather than simply being told what to do.

The following pages will guide you as to when PSHE Days are and what the planned topics are.

Term	Date	Topic
Autumn (1)	Monday 28 September	Being Me
Autumn (2)	Friday 13 November	Celebrating Difference
Spring (1)	Wednesday 3 February	Dreams and Goals
Spring (2)	Thursday 11 March	Healthy Me
Summer (1)	Tuesday 25 May	Relationships
Summer (2)	Tuesday 22 June	Changing Me

Please come dressed in games kit, unless otherwise told as we often have active workshops planned.

What will your child be learning in Year 5

Term	Topic Title	Main Sub-topics
Autumn (1)	Being Me	Planning the year ahead, Being a citizen, Rights and responsibilities, Rewards and consequences, How behaviour affects groups, Democracy, having a voice, participating.
Autumn (2)	Celebrating Difference	Cultural differences and how they can cause conflict, Racism, Rumours and name-calling, Types of bullying, Materials wealth and happiness, Enjoying and respecting other cultures.
Spring (1)	Dreams and Goals	Future dreams, Spending, saving and value of money, Jobs and careers, Dream job and how to get there, Goals in different cultures, Supporting others (charity), Motivation.
Spring (2)	Healthy Me	Smoking including vaping, Alcohol and vaping, Alcohol and anti-social behaviour, Emergency aid, Body image, Relationships with food, Healthy choices, Motivation and behaviour.
Summer (1)	Relationships	Self-recognition and self-worth, Building self-esteem, Safer online communities, Rights and responsibilities online, Online gaming and risks, Reducing screen time, Dangers of online grooming, internet safety rules.
Summer (2)	Changing Me	Self- and body image, Influence of online and media on body image, Puberty for girls, Puberty for boys, Conception (including IVF), Growing responsibility, Coping with change, Preparing for transition.

Should your child be out on a trip that is not linked to the learning targets above, topics will be covered during form time.

We are committed to ensuring that every child feels supported, informed, and empowered to make safe and positive choices in all aspects of their lives, both now and in the future. If you have any questions about our PSHE curriculum or the topics we cover, please do not hesitate to get in touch.