



Personal, Social, Health & Economic Education (PSHEE) Policy

St Peter's School, York

December 2025

(Next review Christmas Term 2026)

St Peter's School, York comprises St Peter's 2-8 (for pupils aged 2 to 8 years), St Peter's 8-13 (for pupils aged 8 to 13 years) and St Peter's 13-18 (for pupils aged 13 to 18 years), collectively referred to in this policy as the School unless otherwise stated.

This PSHEE policy is supported by appropriate written plans and schemes of work which take into account the ages, aptitudes and needs of all pupils, including those pupils on the SEN register. . Our PSHEE curriculum does not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. It is demonstrated by the effective implementation of appropriate plans and schemes of work.

The aims of the PSHEE curriculum are to promote a broad and balanced curriculum with a programme of support, guidance and activities for all pupils, during which we will:

- promote the spiritual, moral, social, cultural and economic development of pupils;
- provide pupils with age-appropriate information in order that they can stay safe, be healthy, make a positive contribution and understand and achieve economic wellbeing;
- adapt the curriculum to introduce current or topical issues;
- encourage positive relationships through the whole school community which allow all pupils to feel valued and respected;
- encourage and promote a culture of tolerance, diversity and respect for other people, with particular regard to the protected characteristics under the Equality Act 2010;
- promote respect and;
- allow pupils to become successful learners, confident individuals and responsible citizens;
- prepare our pupils for the opportunities, responsibilities and experiences of adult life.

Our PSHEE curriculum will also cover areas such as e-safety, mental health and wellbeing, and draw upon our Sex and Relationship Policy.

Further details of what is covered in each school's curriculum can be found in the relevant departmental handbooks and scheme of work and in Appendix 1.

Authorised by	St Peter's Leadership Team
	November 2025
Next Review	Christmas Term 2026

Appendix 1: Programmes of Study

Early Years Foundation Stage (EYFS)	
PSED lessons take place on a weekly basis in EYFS and focus on the development of the PSED Early Learning Goals	
Self-Regulation	Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
	Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
	Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.
Managing Self	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
	Explain the reasons for rules, know right from wrong and try to behave accordingly;
	Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices
Building Relationships	• Work and play cooperatively and take turns with others;
	• Form positive attachments to adults and friendships

Year 1	
Autumn Term: Relationships	
Families & Friendships	Roles of different people; families; feeling cared for
Safe Relationships	Recognising privacy; staying safe; seeking permission
Resecting Ourselves & Others	How behaviour affects others; being polite and respectful
Spring Term: Living in the Wider World	
Belonging to a Community	What rules are; caring for others' needs; looking after the environment
Media Literacy & Digital resilience	Using the internet and digital devices; communicating online
Money and Work	Strengths and interests; jobs in the community
Summer Term: Health and Wellbeing	
Physical Health & Mental Wellbeing	Keeping healthy; food and exercise, hygiene routines; sun safety
Growing & Changing	Recognising what makes them unique and special; feelings; managing when things go wrong
Keeping Safe	How rules and age restrictions help us; keeping safe online

Year 2	
Autumn Term: Relationships	
Families & Friendships	Making friends; feeling lonely and getting help
Safe Relationships	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour
Resecting Ourselves & Others	Recognising things in common and differences; playing and working cooperatively; sharing opinions
Spring Term: Living in the Wider World	
Belonging to a Community	Belonging to a group; roles and responsibilities; being the same and different in the community
Media Literacy & Digital resilience	The internet in everyday life; online content and information
Money and Work	That money is; needs and wants; looking after money
Summer Term: Health and Wellbeing	
Physical Health & Mental Wellbeing	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help
Growing & Changing	Growing older; naming body parts; moving class or year
Keeping Safe	Safety in different environments; risk and safety at home; emergencies

Year 3	
Autumn Term: Relationships	
Families & Friendships	What makes a family; features of family life
Safe Relationships	Personal boundaries; safely responding to others; the impact of hurtful behaviour
Resecting Ourselves & Others	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite
Spring Term: Living in the Wider World	
Belonging to a Community	The value of rules and laws; rights, freedoms and responsibilities
Media Literacy & Digital resilience	How the internet is used; assessing information online
Money and Work	Different jobs and skills; job stereotypes; setting personal goals
Summer Term: Health and Wellbeing	
Physical Health & Mental Wellbeing	Health choices and habits; what affects feelings; expressing feelings
Growing & Changing	Personal strengths and achievements; managing and reframing setback
Keeping Safe	Risks and hazards; safety in the local environment and unfamiliar places

Year 4	
Autumn 1	Friendships
Autumn 2	Communities
Spring 1	Economic Wellbeing Mental Health
Spring 2	Families
Summer 1	British Values/ Citizenship & Democracy

Summer 2	Staying Healthy
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Year 5	
Autumn 1	Media Literacy
Autumn 2	Respect and Bullying
Spring 1	Mental Wellbeing
Spring 2	Staying Safe
Summer 1	Managing Change
Summer 2	Growing & Changing

Year 6	
Autumn 1	Being a Y6
Autumn 2	Puberty & Reproduction
Spring 1	Health & Hygiene Mental Wellbeing
Spring 2	Media Literacy
Summer 1	Friendships & Staying Safe
Summer 2	British Values/Citizenship & Democracy
Year 7	
Autumn 1	Friendship & Diversity
Autumn 2	Healthy Lifestyle
Spring 1	Addictions & Substances Mental Wellbeing
Spring 2	Economic Wellbeing
Summer 1	Relationships
Summer 2	Serving our Community

Year 8	
Autumn 1	Service & Expectations of Year 8 Friendships and managing influences
Autumn 2	Friendships and managing influences
Spring 1	Relationships
Spring 2	Relationships
Summer 1	Mental Health & Wellbeing
Summer 2	Moving Forward

Year 9	
Autumn 1	Mental Health & Wellbeing
Autumn 2	Equal Relationships & Tolerance
Spring 1	Friendship and Influence
Spring 2	Relationship & Sex Education
Summer 1	Living in the Wider World

Summer 2	Mindfulness & Revision Support Healthy Lifestyle
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Year 10	
Autumn 1	Mental Health & Wellbeing
Autumn 2	Understanding different types of Families Online Safety
Spring 1	Positive Relationships
Spring 2	Peer Influence Paramedic Talk
Summer 1	Living in the Wider World Personal Finance
Summer 2	Health Citizenship

Year 11	
Autumn 1	Mental Health & Wellbeing
Autumn 2	Sexual Wellbeing
Spring 1	Positive Relationships
Spring 2	Living in the Wider World Personal Finance Study Skills
Summer	Health

Sixth Form PSHEE runs from January of Lower Sixth to December of Upper Sixth

Lower Sixth	
Spring 1	Digital and study skills
Spring 2	Super curricular study
Summer 1	Personal Safety Making the most of University Open Days and visits
Summer 2	UCAS <ul style="list-style-type: none"> - Personal Statements - Creating and completing the UCAS form

Upper Sixth	
Autumn 1	University / Work Skills <ul style="list-style-type: none"> - Dealing with disappointments - Interviews - CV writing - Tax, payslips, loans, investment options - Budgeting
Autumn 2	Becoming an OP Healthy relationships Revision and study skills Exam rules and regulations

