

Effective PSHE education activities to use in  
the classroom  
KS1 - 2

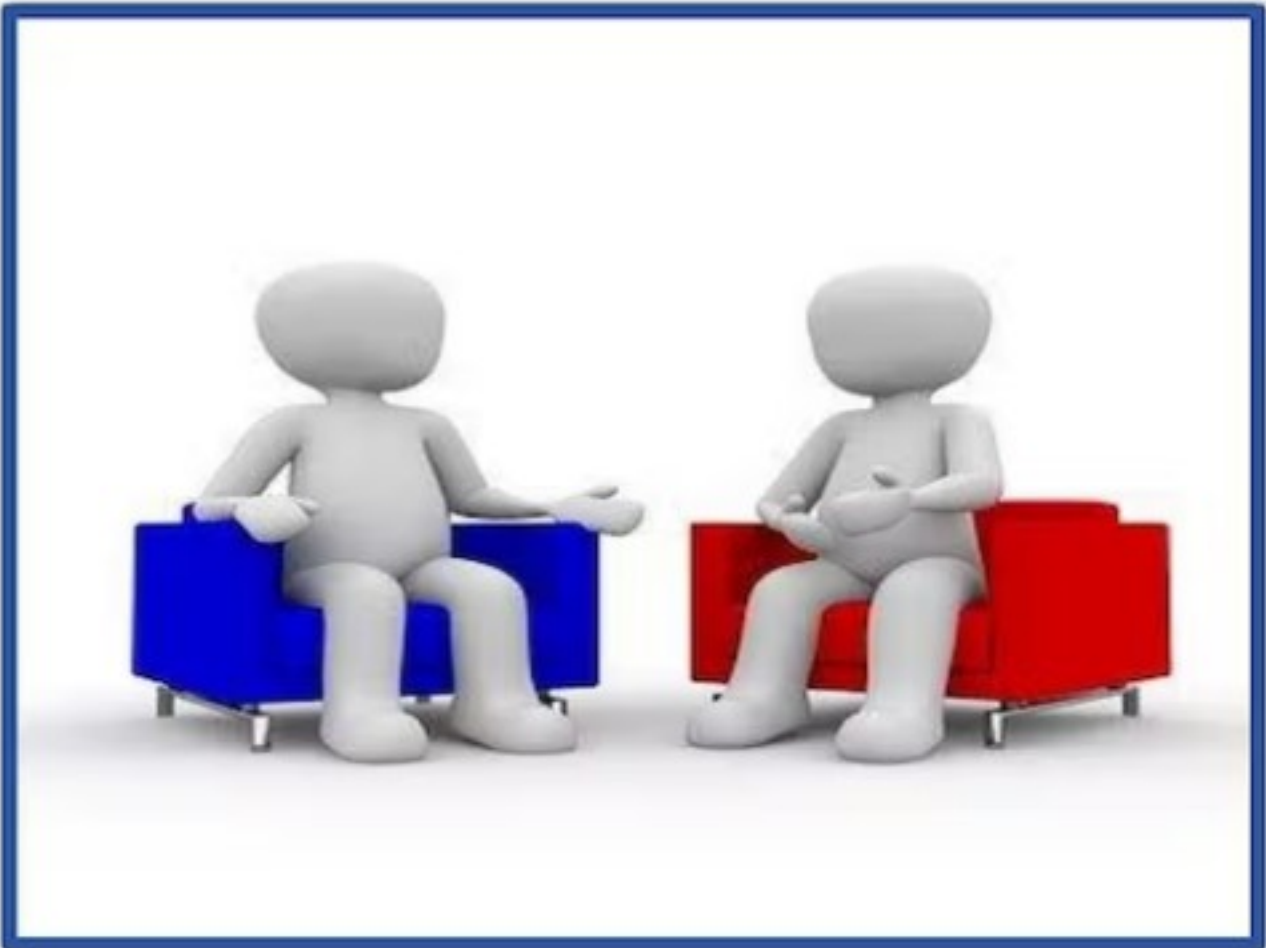
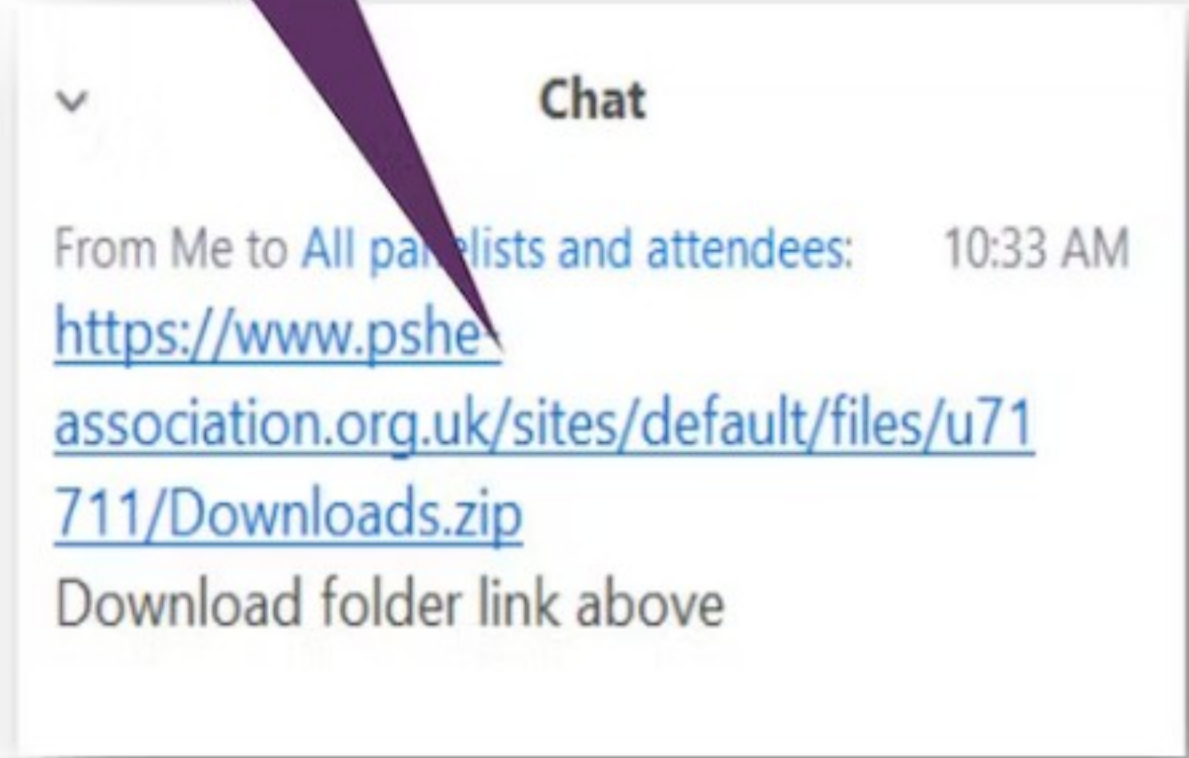


This session will begin shortly

# Effective PSHE activities to use in the classroom

Karen Summers – Subject Specialist





# Today's session:

- Welcome and matters arising
- National news/updates
- Session focus – Classroom activities that support effective PSHE teaching and learning
- Breakout discussion and feedback
- Share examples of assessment
- Future priorities and actions



# Shared expectations

5

- ✓ Colleagues will join in activities and cameras kept on
- ✓ Evaluations will inform content of sessions
- ✓ We will share/bring examples of PSHE to our meetings where that has been an agreed request from colleagues
- ✓ We appreciate that the meeting is for PSHE leads only and that the link will not be shared with other staff
- ✓ If for any reason we are unable to attend – we will let HEP know, or let Karen know if we have to leave early
- ✓ In evaluation feedback, if there is something we disagree with we will explain how we think it could be rectified but accept that there are some aspects that are unable to be changed, e.g. timings

# Updates

- PSHE Network meeting Summer term: Teaching sensitive issues 23<sup>rd</sup> May 4 – 5:30
- 23 March (9.30am - 1pm) PSHE Association National Online Conference. Laura Bates will be speaking.
- Ofsted has published [a handy explainer video](#) about personal development - strong emphasis on how PSHE education (and within that, RSHE) helps schools to foster and demonstrate it.

# Updates

- Sex Ed Forum research report (March 2023)
- DfE to conduct a review of how sex education is taught in schools in England following concerns that children are being exposed to "inappropriate" content.
- KCSIE Webinar Series (Spring term)
- OFSTED webinars on Youtube (ongoing)
- Children's Commissioner reports – young people and pornography, listening to the views of children and young people with SEND (Spring term)

# PSHE Association Resources

## Addressing misogyny, toxic masculinity and social media influence through PSHE education

Equip pupils with the skills and strategies to challenge discriminatory behaviours and attitudes.

Download PDF



✓ PSHE Association resource

### Personal identity lesson pack

Support pupils to learn about the range of factors that contribute to personal identity and develop recognise positive aspects of their own identity

**digital matters**

Back to lesson

Once Upon Online

### A New Friend Appears

Welcome to Once Upon Online, your Digital Matters interactive story. In 'A Friend Appears,' Meera and her friends are desperate to win 100,000 Legend Coins in their favourite video game, Dragoncity. But when Emaan invites his friend from football, Nik, Meera struggles to make positive choices. Use what you know about healthy online behaviours to guide her to a positive ending.

**What if I don't know the best choice?**  
Don't worry! You have five Helpers to choose from. When they have something to say, they will glow green at the bottom of your screen. If you need help, click on them for more information before making your choice.

Choose A Helper

- Understanding the issues and risks..... 2
- Teaching about these topics safely..... 3
- Addressing these issues through KS1-KS2 PSHE..... 3
- Developing this learning through PSHE education at key stages 3, 4 and 5/post-16..... 4
- Keeping Children Safe in Education (KCSIE) 2022 statutory guidance..... 6
- Teaching resources and related learning..... 6



# 2 things going well, 1 thing not so!



# Classroom activities

**Engaging/interactive**

**Enables application of skills, strategies understanding**



**Paired, group, whole class, individual**

**Accessible for all**

# Some of the activities that we can use in PSHE lessons

Artefacts

Head, Heart, Hands

Draw & Write

Case studies &  
scenarios

Quizzes

Diamond 5

Scenario - What do  
you think happened  
next?

Scenario – Timeline;  
what was happening  
the week before/a  
week later

Decisions grid: Yes,  
No, Maybe

Letter/message to  
younger self

Circles of  
Trust/Hope

Circles of support

Hot seat a character

Feelings continuum

# Some of the activities that we can use in PSHE lessons

**Carousel – graffiti wall**

**Overheard conversation – speech bubbles picture**

**Dilemmas – advising a character**

**Presentation to group**

**Story board with gaps – pupil puts in what happened next**

**Diamond 9**

**Explain to an alien**

**Sorting activities**

**Advice/Guidance writing**

**Diary entries, letters, problem pages**

**Zones of relevance**

**Circles of support**

**Top tips/checklist**

**Attitude continuum**

# Listing and ranking activity

**1. Draw or write down some activities that involve risk**



**2. Rank the activities according to the level of risk**

Higher risk

Medium risk

Lower risk

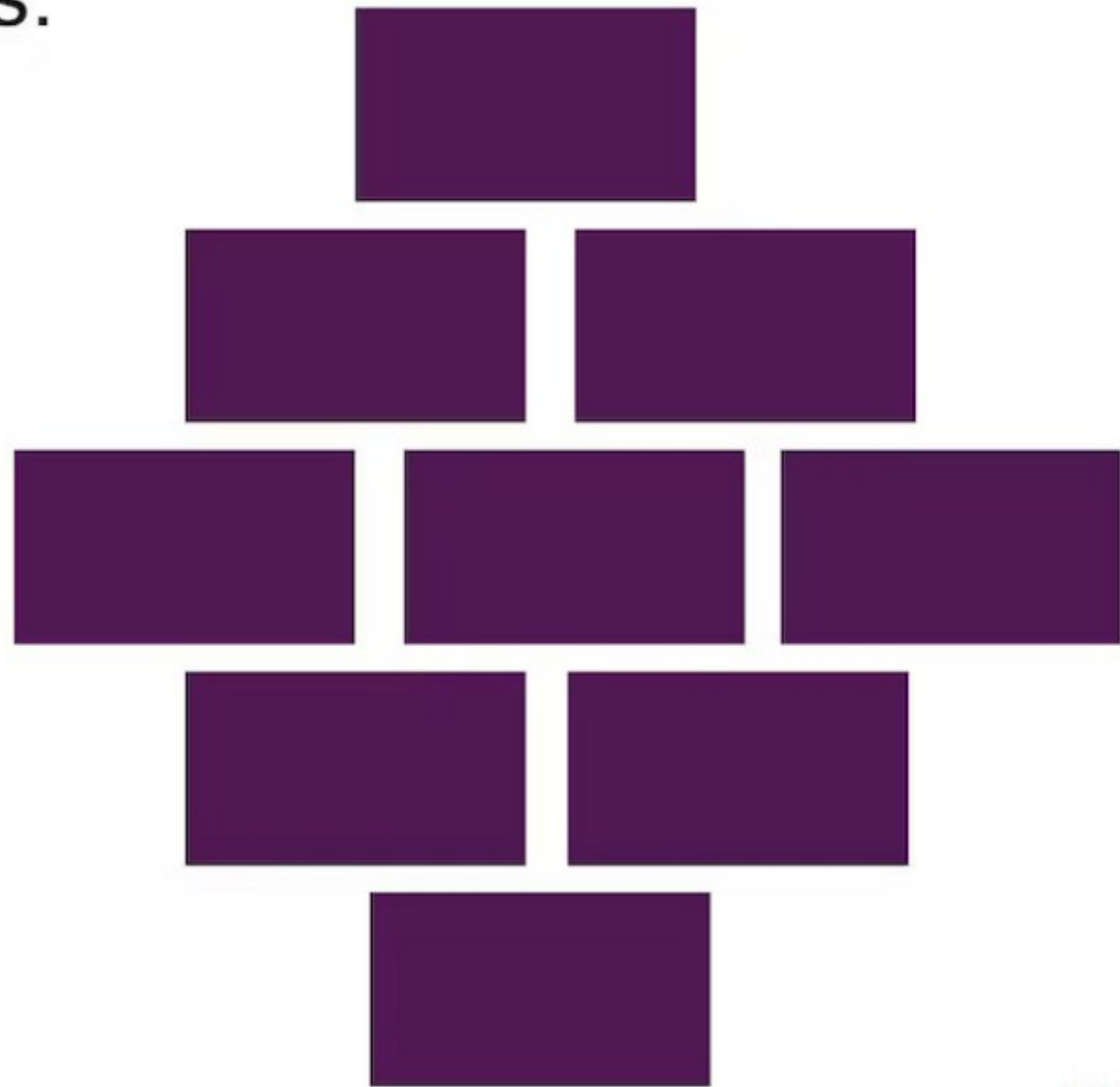


# Which PSHE topics might listing and ranking/prioritising work well in?



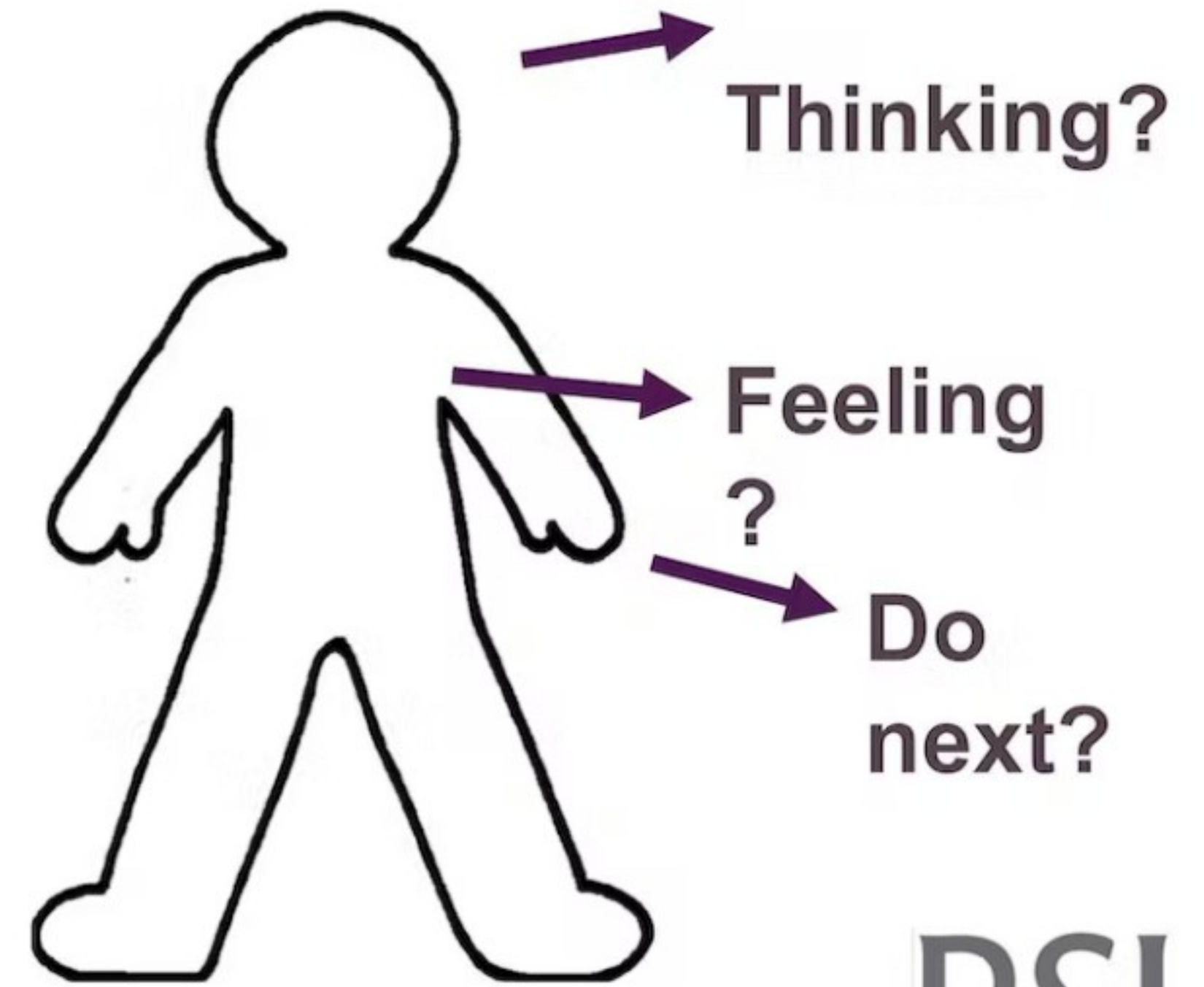
# Diamond 9

Organise 9 ideas – great for prioritising, making judgements, exploring attitudes and negotiation skills.



# Head heart hands

What might a character be thinking?  
feeling? What might they do?  
Great for empathy!



# Which kind of understanding/skills do you do you think Diamond 9s or 5s and Head, Heart, Hands activities are able to develop?

bullying and responses  
comparing diff point of v  
justifying opinions    puberty  
order the head hand heart  
justifying answers    prioritising    empathy    reflecting  
empathising    relationships    debating  
justifying    ordering    critical thinking  
most important    healthy eating  
group thoughts  
deepen thinking  
drugs and medicines



# Attitude continuum

Helping pupils review statements;  
do they agree or disagree?

Have their views changed overtime  
or based on the views of their  
peers?



**Agree**

**Disagree**

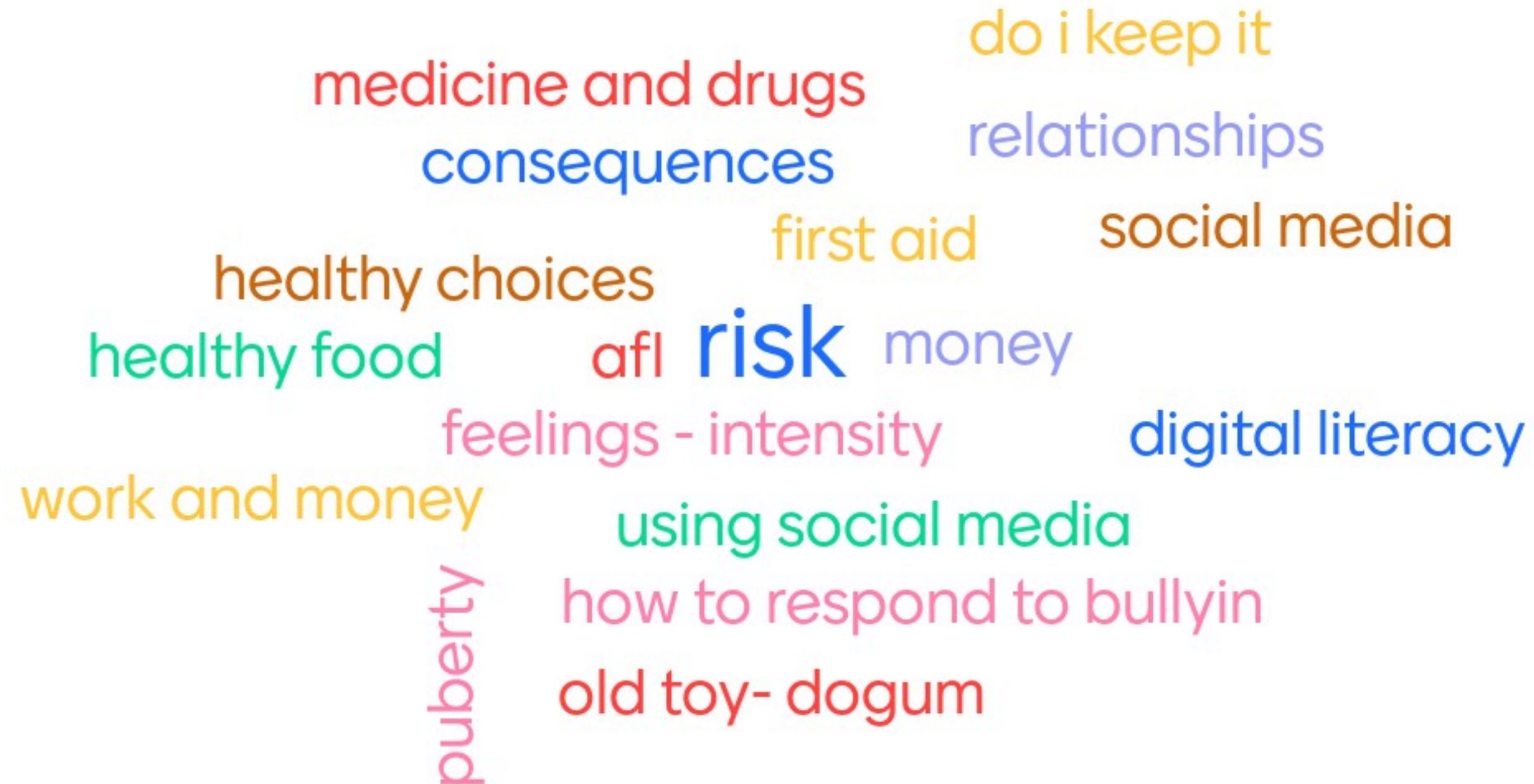
**“Sugary drinks in  
supermarkets aimed at children  
should be banned.”**

# Artefacts

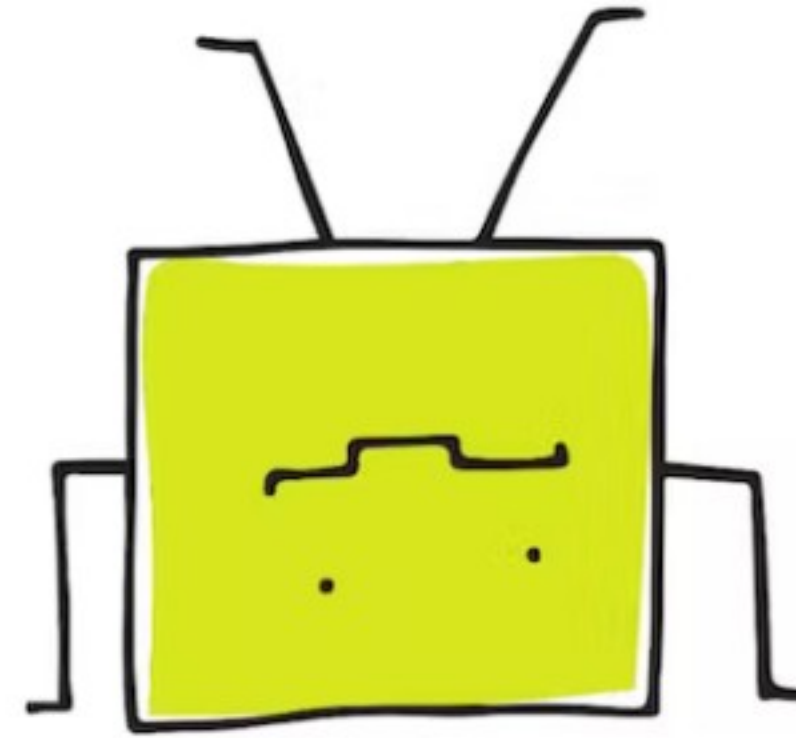
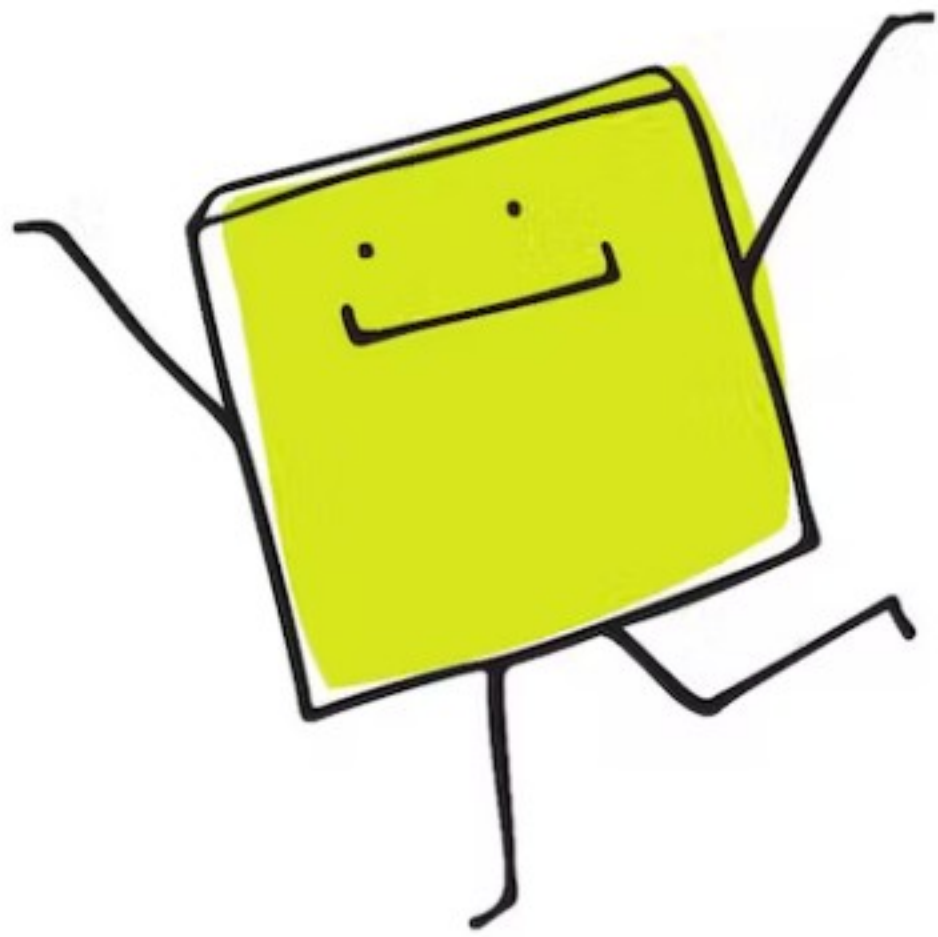
Exploring real items (e.g. keeping  
clean) and considering how they're  
used, what they're for etc. Pupils  
answer a range of questions or  
complete a fact file about the items.



# Which topics might continuums and artefacts work well in?



In PSHE lessons which activities do your pupils engage well with?



# Which activities do your pupils really engage with and enjoy?

Get up and move about activities!

practicalcreative role play giving advice to an 'alien'

puberty we used balloons (yea r4) in groups children wrote all the words for body parts they knew- we popped balloons and then used technical scientific words

Anything where they get the chance to do a lot of talking, sharing ideas, debating etc

First aid - role play of how to make a 999 call.

I have introduced "Question of the Week" at the beginning of each lesson. Addresses moral dilemmas, misconception. Pupils love expressing their thoughts/debates. This has been rolled out across the sc

Role play - acting out situations

Drama/ role play Decisions positions - yes no maybe discussion debate

art and practical activities, seeing a real purpose, drama, debating, writing blogs, creating leaflets and posters

# Which activities do your pupils really engage with and enjoy?

Talking to visitors about different view including police officers

n

thank you sorry circle

finding suitable jobs for characters based on their likes/traits

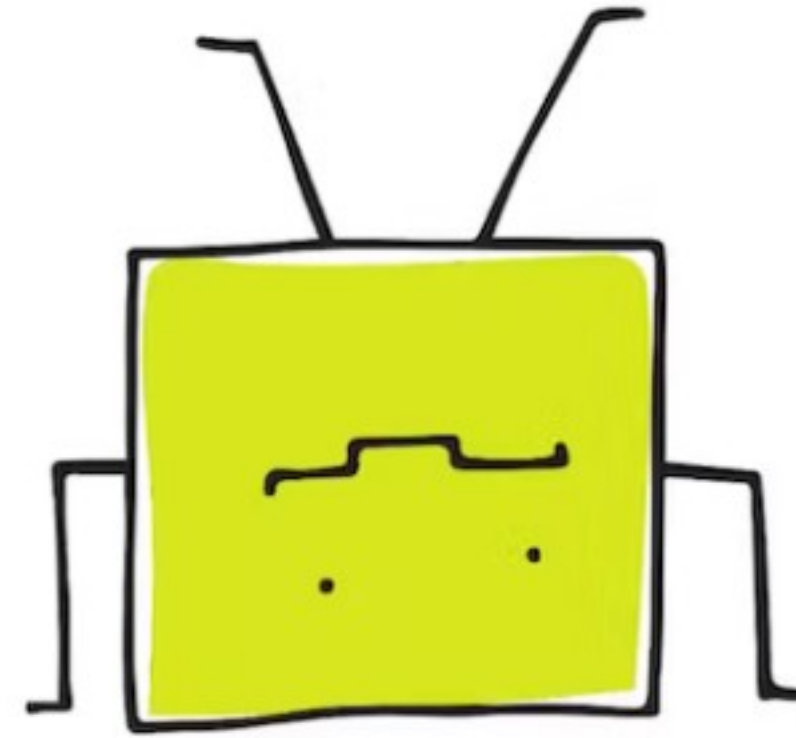
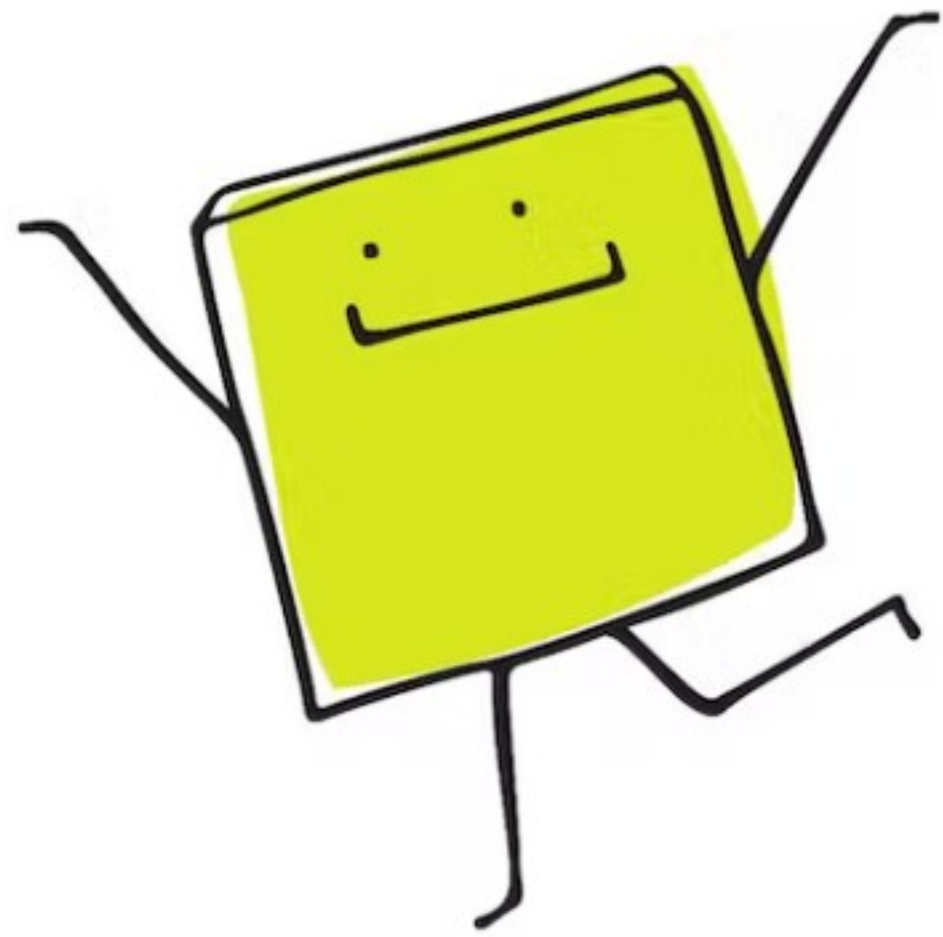
999 roleplay

Different activities to use in lessons

positivity jars

head heart hands

# In PSHE lessons which activities do you particularly enjoy using?



**Which activities do you particularly enjoy doing with pupils?**



# Time to share



[www.pshe-association.org.uk](http://www.pshe-association.org.uk)



# Q & A



# One thing you will take from the session and use in school!

using puppets  
assorted activities pants  
having class scrap books  
argument photos other activity ideas  
puppets thank you sorry circle  
look at assessment  
using stories and books  
drawings adding to again  
head heart hands

tool kit

kwl grids



# Evaluations for HEP in chatbox

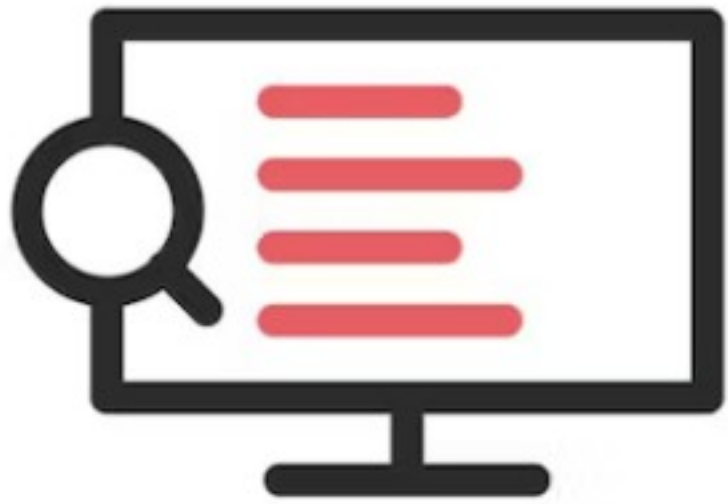


# Next time ....



[www.pshe-association.org.uk](http://www.pshe-association.org.uk)

Thank you for being here today!



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