

Overview of teaching and learning in PSHE and RSHE

Intent

Our PSHE and RSHE curriculum supports every pupil to flourish and prepares them for the opportunities, responsibilities and experiences of life in a rapidly changing world. Through a carefully sequenced programme based on the PSHE Association scheme, pupils progressively develop the knowledge, vocabulary, skills and attributes they need to make informed and ethical decisions about their health, wellbeing, relationships and lives.

Our curriculum enables pupils to become healthy, confident, independent and responsible members of the school community and wider society. It helps them develop positive characteristics including resilience, self-worth, self-respect, honesty, kindness, empathy, courage and trustworthiness, reflecting our Christian vision and PRECIOUS values.

Pupils learn how to build and sustain positive relationships, respect difference, establish and communicate healthy boundaries, manage emotions and conflict, and recognise when a situation or relationship may be unsafe or harmful. They are taught how to protect themselves and others, online and offline, and how to report concerns and keep seeking help until they are heard. Teaching is inclusive, age and stage appropriate, accessible to pupils with SEND and sensitive to pupils' different experiences, families, backgrounds and beliefs.

We provide opportunities for pupils to explore attitudes, values and beliefs in a safe and supportive environment and to develop the language and strategies needed to respond to situations they may encounter. The curriculum is organised through the three interconnected themes of Health and Wellbeing, Relationships and Living in the Wider World.

The Big Ideas

Healthy Lifestyles

Safe Decisions

Caring Citizens

Implementation

Our school's scheme of work considers the needs of our pupils, the aims and ethos of the school and trust, the local community and our local environment in which the school is situated.

Teaching is carefully sequenced so that pupils revisit and deepen their learning as they move through the school. It anticipates the experiences and risks pupils may encounter, equipping them with protective knowledge and skills before these are likely to be needed. The curriculum is informed by pupil voice, assessment, safeguarding information and relevant local or emerging issues.

Lessons are delivered through participative and age-appropriate approaches within a safe learning environment. Staff establish clear ground rules, use distancing techniques where appropriate and ensure pupils know how to seek further support. Teaching avoids language or examples that could normalise harmful or risky behaviour.

We are a mindful school and our pupils are taught techniques to relax and cope with anxieties.

It must be ensured that learning in PSHE education is not delivered as a one-off experience and also that as many opportunities as possible are taken for learning to take place outside the classroom and to be given context through exposure to visitors, trips and discussion.

External visitors and specialist organisations may enrich the curriculum, but they do not replace planned teaching. Their expertise, materials and approaches are checked in advance to ensure they are appropriate, inclusive and consistent with statutory guidance, safeguarding expectations and the school's values.

Examples of visitors who have enriched our PSHE curriculum: dental nurse, school nurse, RNLI, police officers and PCSOs, Suffolk Minds, One Life, Bikeability and Crucial Crew.

The teaching and assessment of PSHE will be monitored by the Lead teacher for PSHE.

Parents and carers are provided with clear information about what is taught and when. Curriculum materials are available for parents to view, subject to appropriate copyright arrangements. Parents are consulted about the content of primary sex education and informed of their right to request withdrawal from this element, except for content taught through the statutory science curriculum.

Impact

As a result of the PSHE and RSHE curriculum, pupils will:

- 🌻 develop the knowledge, vocabulary and confidence to talk about their physical and mental health and seek support when needed;
- 🌻 form positive relationships, communicate respectfully, manage conflict and recognise and express healthy boundaries;
- 🌻 recognise unsafe, abusive or harmful behaviour and know how to report concerns and keep seeking help until they are heard;
- 🌻 make informed and responsible decisions about their health, wellbeing, relationships, personal safety and online lives;
- 🌻 understand how online activity, content, relationships, gaming and financial risks can affect their safety and wellbeing;
- 🌻 understand age-appropriate changes to their bodies, including puberty and menstruation, and use the correct names for body parts;
- 🌻 respect different people, families, cultures, beliefs and protected characteristics, recognising that unity means oneness, not sameness;
- 🌻 demonstrate the school's PRECIOUS values and the fundamental British values of democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs;
- 🌻 know how to maintain healthy habits, including physical activity, sleep, healthy eating, dental hygiene and avoiding harmful substances; and
- 🌻 apply their learning confidently in school, at home, online and in the wider community.