



## **PSHE and RSE Curriculum Intent, Implementation and Impact**

### **Intent**

**PSHCE lessons will prepare children for being good citizens. They will develop emotional intelligence and the ability to articulate their feelings in order to maintain good mental health as well as understanding the importance of their physical health and being healthy. Using a growth mindset strategy, the children will become resilient, flexible learners, knowledgeable for the future.**

PSHCE is not a statutory subject in the National Curriculum. However, Relationships, Sex and Health Education is statutory. The National Curriculum also states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice'. The intent at Collierley Primary for PSHCE education is to use the starting points of the children to provide the experiences, knowledge and skills to become good citizens in the future. The policy for Relationships, Sex and Health Education (RSE) follows this document and states the consultation process to devise the curriculum.

At Collierley, the children will be given the vocabulary to be able to articulate their feelings. The intention is to promote mental wellbeing and empathy across the school and into the community. The children in our school have a range of family backgrounds and life experiences. It is important that we build upon these experiences to provide understanding of the diversity in our country as a whole in terms of race, religion, relationships. The intent is to develop tolerant, respectful young people, prepared for their future lives. PSHCE also develops the understanding of health and fitness. In our school, we will give children the knowledge to be able to make informed choices with regards to diet and exercise. In our increasingly technological world, the children in Collierley Primary use online resources frequently both in and outside of school. Our intent is to ensure all children are able to stay safe, making the correct choices about their use of technology.

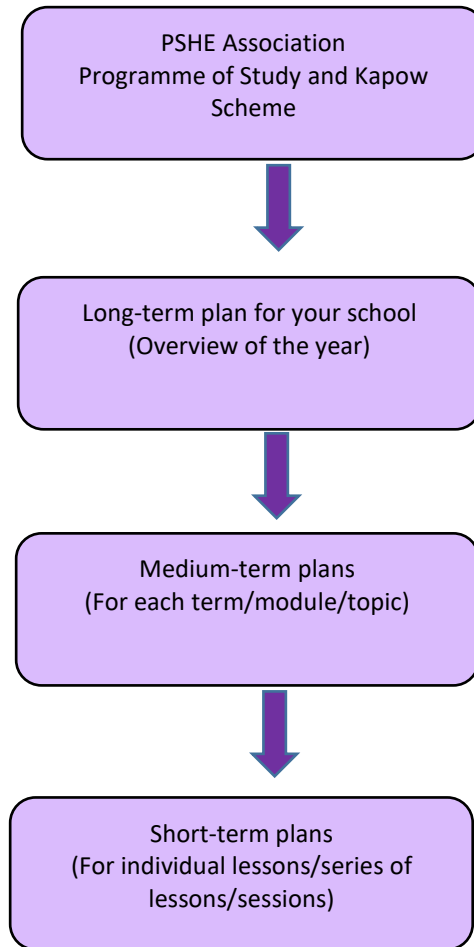
Children's learning through this scheme would significantly contribute to their personal development as set out in the Ofsted Inspection Framework and promotes the four fundamental British values which reflect life in modern Britain: democracy; rule of law; respect and tolerance and individual liberty.

### **Implementation**

RSE is an intrinsic part of the planning for PSHCE lessons at Collierley Primary. The curriculum is based upon plans designed by the PSHE Association and Kapow Primary to support planning a personalised and flexible PSHCE education scheme of work over the course of a school year. It is used to enable us to develop our pupils' knowledge, skills and understanding based on the three core themes of the PSHE Association Programme of Study for PSHE education: *health and wellbeing, relationships and living in the wider world.*



The long term was adapted from the PSHE Association and Kapow Primary long-term plan that covers all three core themes over three terms. It takes into account progression and development of pupils' understanding of the overarching concepts and development of essential skills. Content has been selected to ensure opportunities to explore the overarching concepts and to develop the essential skills and attributes set out in the Programme of Study, through a programme that is relevant and appropriate to the ethos of our school and the needs of our pupils.



Our PSHE and RSE curriculum is a whole school approach that consists of three areas of learning in EYFS: Reception (to match the EYFS Personal, social and emotional development prime area) and five areas of learning across Key Stage 1 and 2.

**EYFS:**

- Self-regulation
- Building relationships
- Managing self

**Key stage 1 and 2:**

- Families and relationships
- Health and wellbeing



- Safety and the changing body
- Citizenship
- Economic wellbeing

Each area is revisited to allow children to build on prior learning. The lessons also provide a progressive programme.

The lessons are based upon the statutory requirements for Relationships and Health education, but where our lessons go beyond these requirements (primarily in the Citizenship and Economic wellbeing areas) they refer to the PSHE Association Programme of Study which is recommended by the DfE.

Sex education has been included in line with the DfE recommendations and is covered in Year 6 of our curriculum.

The class teachers deliver a PSHCE lesson each week following this long term plan:

**Core Theme 1 – Health and Wellbeing**

**Core Theme 2 – Relationships**

**Core Theme 3 – Living in the Wider World**

**The highlighted parts indicate the statutory RSE content**

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
<b>Year 1</b>	<b>Introduction lesson</b> Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship Economic wellbeing	Economic wellbeing <b>Transition lesson</b>
<b>Year 2</b>	<b>Introduction lesson</b> Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship	Economic wellbeing <b>Transition lesson</b>
<b>Year 3</b>	<b>Introduction lesson</b> Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship	Economic wellbeing <b>Transition lesson</b>



<b>Year 4</b>	<b>Introduction lesson</b> Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body	Citizenship	Citizenship Economic wellbeing <b>Transition lesson</b>
<b>Year 5</b>	<b>Introduction lesson</b> Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship Economic wellbeing	Economic wellbeing <b>Transition lesson- Roles and Responsibility</b>
<b>Year 6</b>	<b>Introduction lesson</b> Family and Relationships	Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship Economic wellbeing	Economic wellbeing Identity <b>Transition lesson – Dealing with change</b>

At appropriate times in the year, there are themed days or weeks eg, Mental Health Awareness, Enterprise Week.

### **Impact**

- Children will develop positive and healthy relationship with their peers both now and in the future.
- Children will understand the physical aspects involved in RSE at an age appropriate level.
- Children will have respect for themselves and others.
- Children will have positive body images.
- Children will know how to keep themselves safe physically, mentally and technologically.