



PSHE and RSE rationale

Growing together, guided by love...

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Our PSHE and RSE curriculum is designed to be inclusive, age-appropriate, and sensitive to the diverse backgrounds of our students. It is structured around key themes: health and wellbeing, relationships and living in the wider world. Our curriculum offer equips students to make safe, informed decisions, build positive relationships, understand their bodies and emotions, and prepare for adult life, including financial and career planning. We understand how important the PSHE curriculum is in the building of our inclusive, compassionate culture and ethos and our outstanding personal development outcomes. We believe in, 'Ready, Respectful and Safe' and encourage our children to live their lives through our core values of community, compassion and courage, placing Oracy at the forefront of all that we do.

RSE is a statutory element of PSHE and is taught in a way which fosters respect for self and others, helps pupils to understand the value of stable, healthy relationships, including the word, 'consent' and provides accurate information about physical, emotional, and reproductive health. The curriculum promotes equality, diversity, and tolerance, helping students navigate complex social pressures and become confident in their identities.

Intent:

- Give children the knowledge, skills, and attitudes that they need to effectively navigate the complexities of life in the 21st Century.
- Support children's development of knowledge, self-esteem, emotional wellbeing, and resilience, while helping them build and sustain meaningful, positive relationships.
- Foster essential character skills such as decision-making, informed risk-taking, effective communication, and self-regulation.
- Support children in developing a deeper understanding of their overall health and wellbeing, including both mental and physical aspects
- Prepare pupils effectively for adult life by helping them navigate decisions, responsibilities, experiences, and opportunities, while supporting their growth into emotionally mature individuals.

Implementation:

The PSHE scheme 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 stages 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 scheme



	<p>We are skills...creative thinkers, self-managers, independent enquirers, reflective learners, team workers and effective participators</p>
<p>Impact</p> <p>By the time our children leave our school, they will:</p> <ul style="list-style-type: none"> • Confidently approach a variety of real-life situations, applying the skills and attributes they've developed to successfully navigate modern life. • Be well on their way to becoming healthy, open-minded, respectful, and socially and morally responsible individuals who actively contribute to society. • Understand, respect, and value difference and diversity in all its forms. • Recognise and embody the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law, and Liberty. • Be equipped to understand, express, and manage their emotions effectively. • Have the tools and strategies to support their own mental health and well-being. • Be able to build and maintain positive, healthy relationships with their peers, both now and in the future. • Have age-appropriate understanding of the physical aspects of Relationships and Sex Education (RSE). • Show respect for themselves and others in all aspects of life. • Possess a strong sense of self-worth and positive self-esteem. 	<p>Oracy in PSHE</p> <ul style="list-style-type: none"> • Discussing scenarios to gain understanding. • Role-playing characters in scenarios to help empathise. • Contributing to discussions. • Explaining choices using key vocabulary. • Responding to questions. • Asking questions of one another. • Collaborating on tasks as a group or in pairs. • Summarising key information. • Expressing opinions in a respectful and thoughtful way.