



## Intent- we aim to:

Guide children in how to form respectful relationships, deal with conflict and bullying and the importance of challenging stereotypes.

Teach strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

Demonstrate how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty.

Develop an understanding of human rights and the rights of the child, democracy, diversity and community and protecting the environment. Considering what makes us who we are whilst learning about gender and sexual identity and body image (YR6).

Develop financial literacy. Making decisions when it comes to spending, budgeting and saving money and exploring different career choices.



## Implementation- how do we achieve our aims?

### Core Concepts

Each year group features a unit of lessons on the themes of:

- **Families and Relationships** – including bullying stereotyping and respecting the differences of others
- **Health and Wellbeing** – exploring physical and mental health
- **Safety and the Changing Body** – featuring digital safety, road safety, puberty and First Aid
- **Citizenship** – looking at responsibility, community and democracy.
- **Economic Wellbeing** – exploring money, career and aspirations.
- **Identity (Year 6 Only)** – personal identity, gender identity and body image

All lessons are pitched to match the emotional maturity of each year group. This ensures that year by year the children develop and build upon their understanding of each unit. This supports pupils' ongoing emotional and physical development effectively. Co-existing with the National Curriculum for Science our PHSRE scheme of work ensures that both boys and girls are prepared for the changes that adolescence brings by Year 6 and the transition to High School.

### Subject Delivery

We follow the Kapow scheme of learning. The scheme was chosen based on the design of their spiral curriculum. The pupils revisit the five key areas throughout KS1 and KS2. Each time an area is revisited it is covered with greater depth and increasing maturity. Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations.

### Curriculum Resources

There are knowledge organisers for displays, teacher videos for staff to refer to, planning materials, lesson by lesson, long-term plan, condensed long term plan that focuses on the statutory requirements and the whole curriculum plan. Progression of skills and knowledge documents. Mapping document showing how statutory DFE guidance is covered for sex and relationships education

### Classroom Resources

Resources include interactive whiteboard presentations along with animated videos and end of unit quizzes to aid assessment. Each unit has a knowledge capture document which highlights the key areas of the unit as well as key vocabulary.

## Assessment and Feedback

There is an Excel assessment document to track where children are. On each lesson presentation and planning document there are statements provided to determine where each child is within the lesson to assist formative and summative assessment. At the start of the lesson there are activities that provide an insight into children's mindset upon different subjects. If the children questions relating to PSHE, they are dealt with in a sensitive manner and are guided with support. At the end of each unit there are quizzes that demonstrate progress or further support needed. PSHRE factors into a lot of the school day and the PHSRE lessons are often referred to and the learning drawn from and discussed when and where appropriate.

## Cultural Links

P.H.S.R.E encourages support and the acceptance of others, regardless of birthplace, ethnicity, language, values, beliefs or world views.

This involves showing students how best to include and respect cultural needs. Children are also encouraged to value and respect diversity and promotes the acceptance of individual differences among an array of individuals and groups.

## Inclusion

All children are given the opportunity to fully participate in P.H.S.R.E lessons, and adjustments are made to ensure that all pupils gain a full understanding of the curriculum. Adjustments may include the use of additional adult support, word banks or matched work.

## Enrichment

Through our PHSRE scheme and opportunities provided by the school, the children learn the ability to respond to setbacks, work well with others, build relationships, manage emotions and cope with difficult situations. We encourage positive behaviours in all we do and experience, we aim is to break any ingrained, limiting beliefs and self-perceptions that stifle aspiration and hamper the ability to achieve. Children are invited to join the School Council, play leaders, managing fundraising events, Young Voices and Choir practice. They are opportunities to learn an instrument such as the guitar or piano. We have various after school sporting activities to develop and work on resilience and persistence. The primary focus of these opportunities is to raise aspirations and create a sense of personal pride in their achievement

## Enhancement

Throughout the year, themed days/weeks are woven into the curriculum to extend the breadth and balance of opportunities we offer our pupils. These include, Anti-bullying Week and Safety Day, Creative Arts Week, World Book Day, Black History Day, Science Day and many others. To further develop this we have visitors attend the school to talk to us about important cultural days, such as the Chinese New Year, Black History Month, this builds an understanding of the wider community and world.