

PSHE Curriculum Intent:

In-line with our overarching curriculum intent: "Our ambitious curriculum is designed to develop, in all of our pupils, curiosity about the world around them, so they are eager to develop the skills, knowledge and understanding they need to succeed in life and be life-long learners." At Ellingham C of E Primary School, our PSHE curriculum intends to enable our pupils to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.

We will take into account local health profiles of children and young people within the catchment area of our school, which can help to identify local priorities in the curriculum.

Implementation:

PSHE is delivered mainly using the PSHE Association programme of study. The delivery of the Relationships, Sex and Health Education coincide with one another and will be delivered as part of the school's PSHE curriculum.

Pupils have a weekly, discrete lesson. The curriculum is also taught through cross curricular links, collective worship (often the theme for collective worship identifies, promotes and celebrates one of the school's values) and other activities or school events (residential visits, enrichment, special activities planned to allow the children to work together under different circumstances), Eco Schools, and the School Council, which provide links with parents and members of the outside community.

A whole school approach is used to implement the framework, within our Personal Development curriculum, including, for example, promoting pupils' spiritual, moral, social and cultural development and British Values.

Our pupils are taught the two key components of PSHE knowledge, skills and understanding:

1. **Relationships Education:** Families and People Who Care for Me; Caring Friendships; Respectful Relationships; Online Relationships; Being Safe.
2. **Physical Health and Mental Wellbeing:** Mental Wellbeing; Internet Safety and Harms; Physical Health and Fitness; Healthy Eating; Drugs,

Alcohol and Tobacco; Health and Prevention; Basic First Aid; (Upper KS2)
Changing Adolescent Body.

Our curriculum includes helping our pupils to deal with critical issues they face every day such as friendships, emotional wellbeing and change. And giving them a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. This is also enhanced by our use of The Thrive Approach strategies.

"From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they'll face.""

"This in turn achieves a 'virtuous circle', whereby pupils with better health and wellbeing can achieve better academically, and enjoy greater success." **PSHE Association: Why PSHE Education Matters**