

PSHE curriculum statement

In our PSHE curriculum we strive to create opportunities to develop the knowledge, skills and attributes that children need to manage many of the critical opportunities, challenges and responsibilities they will face in life as they grow through supporting their moral, cultural, mental and physical development.

Children should:

- Have opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- Formulate questions
- Gather and use data
- Analyse key data (including separating fact from opinion)
- Plan and make informed decisions
- Recall and apply knowledge creatively and in novel situations
- Draw and defend conclusions using evidence and not just assertion
- Evaluate social norms
- Improve active listening skills and encourage the ability to be empathic

In this way they will:

- Identify their personal qualities, attitudes, skills, attributes and achievements
- Understand different types of relationships and in different settings
- Understand the importance of a healthy balanced lifestyle and how this helps contribute to physical, emotional and social well – being
- Understand diversity and equality in all its forms
- Understand the notion of universal human rights
- Understand the notion of power including how it is used and encountered in a variety of different contexts
- Gain insight into enterprise, employability and economic understanding

There are 3 main core areas to be taught across Key Stage 1 and 2. These core areas should be taught discreetly in classrooms in 30 minute lessons per week and may also be taught in addition to this within assemblies. The 3 core areas are:

Health and Wellbeing	<ul style="list-style-type: none">• what is meant by a healthy lifestyle• how to make informed choices on and maintain physical, mental and emotional health and wellbeing• manage change, including puberty, transition and loss• how to respond in an emergency• to identify different influences on health and wellbeing
Relationships	<ul style="list-style-type: none">• how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts• how to recognise and manage emotions within a range of relationships• how to recognise risky or negative relationships including all forms of bullying and abuse• how to respond to risky or negative relationships and ask for help

	<ul style="list-style-type: none"> • how to respect equality and diversity in relationships.
Living in the Wider World	<ul style="list-style-type: none"> • about respect for self and others and the importance of responsible behaviours and actions • about rights and responsibilities as members of families, other groups and ultimately as citizens • about different groups and communities • to respect equality and to be a productive member of a diverse community about the importance of respecting and protecting the environment • about where money comes from, keeping it safe and the importance of managing it effectively

Opportunities will be taken to positively promote equality and diversity.

See Curriculum Plan for Year Groups

See Long Term PSHE Plan