**INTENT**

The Intent of PHSE at Broadbottom CE Primary School is to give pupils the knowledge, skills, and attitudes that they need to effectively navigate the complexities of life in the 21st Century.

The curriculum covers key areas which will support pupils to make informed choices now and in the future around their health, safety, wellbeing, relationships, and financial matters and will support them in becoming confident individuals and active members of society.

The RSE/PSHE scheme of work covers the Relationships and Health Education statutory guidance (as set out by the Department for Education), including the non-statutory sex education.

The scheme covers wider PSHE learning, in line with the requirement of the National curriculum (2014) that schools ‘should make provision for personal, social, health and economic education (PSHE).’ 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.

Quality PSHE and RSE teaching is an important element in helping schools to carry out their duty of care with regards to safeguarding. The DfE’s statutory ‘Keeping Children Safe in Education (Sep 2020)’ guidance states that ‘Governing bodies and proprietors should ensure that children are taught about safeguarding, including online safety. Schools should consider this as part of providing a broad and balanced curriculum’. In response to the child-on-child abuse updates to Section 5 of Keeping Children Safe in Education (DfE, 2022), our curriculum introduces and revisits ideas of personal boundaries, consent and communicating our boundaries with others. This prepares pupils for the challenges and responsibilities they will face in the future

**IMPLEMENTATION**

At Broadbottom Ce (VC) Primary School The PSHE/RSE 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. The scheme supports the requirements of the Equality Act through direct teaching, for example learning about different families, the negative effect of stereotypes and celebrating differences, in addition to the inclusion of diverse teaching resources throughout the lessons.

A range of teaching and learning activities are used and are based on good practice in teaching RSE/PSHE education to ensure that all children can access learning and make progress.

In key stage 1 and 2, there is an introductory lesson at the start of each year group which provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment.

All lessons include ideas for differentiation to stretch the most able learners and give additional support to those who need it. Many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

There are meaningful opportunities for cross-curricular learning, in particular with Computing for online safety and Science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

The role of parents and carers is recognised, and guidance is provided to assist schools on how to work with them and include them in their children’s learning. In addition to the lessons, there is a suite of eight Q&A videos for teachers, featuring experts from various fields, covering the key areas: Families, Friendships, Healthy and Safe Relationships, Digital Safety and The Changing Adolescent Body.

The scheme also includes documentation related to the implementation of the curriculum:

● Long-term plans outlining the learning within each year group. There are standard, condensed and mixed-age versions.

● Statutory guidance mapping illustrating how the units of lessons deliver the learning required within the Statutory guidance for Relationships, Sex and Health Education.

● RSE & PSHE Progression of skills and knowledge.

● Protected characteristics mapping

**IMPACT**

The impact of **Personal, Social, Health, and Economic Education (PSHE)** on our pupils is key to shaping their emotional, social, and cognitive development. PSHE plays a vital role in supporting children’s overall development, helping them grow into well-rounded, emotionally intelligent, and socially responsible individuals. It prepares them for responsible, healthy, and fulfilling lives, contributing to their overall development as confident, caring, and resilient individuals. The skills learned in PSHE also provide a strong foundation for lifelong learning and success in a diverse and complex world. The key impacts of PSHE education in primary schools include:

**1. Emotional Well-being and Mental Health**

* **Self-Awareness**: PSHE helps children understand their emotions, recognize how they feel in different situations, and develop emotional literacy. This self-awareness is key to fostering a positive sense of self-esteem and mental well-being.
* **Coping Strategies**: Through PSHE, pupils learn techniques to manage stress, anxiety, and other emotions. By teaching mindfulness, relaxation techniques, and resilience, PSHE equips children with tools to navigate life’s challenges.
* **Safe Spaces for Expression**: PSHE provides children with opportunities to express their feelings in a supportive environment, reducing the stigma around mental health and making it easier for pupils to seek help when needed.

**2. Social Skills and Relationship Building**

* **Building Positive Relationships**: PSHE teaches children how to form healthy relationships with peers and adults. It helps them develop skills in communication, empathy, cooperation, and conflict resolution, all of which are vital for positive social interactions.
* **Understanding Boundaries and Respect**: Pupils learn about personal boundaries, consent, and respectful relationships. This foundation supports respectful behaviour in all types of relationships, including friendships, family, and future romantic relationships.
* **Diversity and Inclusion**: PSHE encourages understanding and appreciation of diversity in terms of race, culture, gender, and abilities. Children learn to embrace differences and develop an inclusive mindset, fostering a sense of community and social cohesion.

**3. Confidence and Self-Esteem**

* **Building Confidence**: Through discussions, activities, and role-playing, PSHE helps children build confidence in their abilities, express their opinions, and make decisions. This empowerment boosts their self-esteem and encourages them to take pride in who they are.
* **Positive Identity**: PSHE helps children develop a healthy sense of identity and self-worth by encouraging them to reflect on their strengths, values, and interests.

**4. Preparation for Healthy Lifestyle Choices**

* **Physical Health**: PSHE promotes the importance of maintaining good physical health through regular exercise, balanced nutrition, and personal hygiene. Children also learn about the consequences of unhealthy behaviours, such as smoking, alcohol use, and poor diet, encouraging them to make informed decisions.
* **Mental Health**: In addition to emotional well-being, PSHE promotes mental health literacy, teaching students how to maintain good mental health, seek support when needed, and cope with difficult emotions.
* **Sex and Relationships Education (SRE)**: In the latter stages of primary school, PSHE includes age-appropriate elements of sex and relationships education, helping children understand their bodies, relationships, and develop a positive attitude toward their own sexuality.

**5. Improved Behaviour and Citizenship**

* **Responsible Decision-Making**: PSHE encourages children to make thoughtful and responsible decisions in both their personal and social lives. It nurtures qualities such as honesty, fairness, and integrity.
* **Developing Empathy and Respect**: By engaging with scenarios that involve moral dilemmas, social issues, and the feelings of others, PSHE helps pupils develop empathy. This leads to more respectful and considerate behaviour both in school and beyond.
* **Active Citizenship**: PSHE educates pupils about their rights and responsibilities as members of their community and society. It encourages them to be proactive in contributing positively to the world around them, fostering a sense of civic responsibility and ethical behaviour.

**6. Preparation for Life and the Future**

* **Financial Literacy**: Through the "Economic" component of PSHE, children gain basic financial literacy, learning about the importance of budgeting, saving, and understanding money. This equips them with skills they will need in adulthood.
* **Career Awareness**: While career guidance is generally more relevant at secondary school, PSHE at the primary level introduces children to the concept of work, responsibilities, and future goals, helping them think about their future aspirations and the importance of education.
* **Critical Thinking and Decision-Making**: PSHE promotes critical thinking by encouraging children to evaluate situations, consider different perspectives, and make well-informed decisions. These skills are essential in all areas of life.

**7. Safety and Risk Management**

* **Online Safety**: In the modern world, PSHE includes teaching children about online safety, ensuring they understand the risks of the internet and know how to protect themselves from harm. Topics like cyberbullying, privacy, and responsible internet use are crucial for empowering children to navigate the digital world safely.
* **Personal Safety**: PSHE educates pupils on personal safety, including how to protect themselves from potential harm, recognizing unsafe situations, and knowing who to turn to for help.

**8. Long-Term Impact on Social and Academic Success**

* **Improved Social Skills**: Children who are well-supported in developing their social and emotional skills through PSHE are better equipped to navigate peer relationships and group dynamics, both in school and later in life.
* **Academic Engagement**: A child’s well-being and social skills are closely linked to their academic performance. By teaching children to manage emotions, build resilience, and interact positively with others, PSHE contributes to a more positive attitude towards learning, helping students to thrive academically.

**9. Resilience and Personal Growth**

* **Building Resilience**: PSHE helps children develop resilience, teaching them that failure and setbacks are part of life and that challenges can be overcome. This supports their ability to persevere in the face of difficulties.
* **Adaptability**: In a rapidly changing world, the skills learned in PSHE—such as flexibility, problem-solving, and emotional intelligence—help children adapt to new situations and handle change effectively.

**Conclusion**

The impact of PSHE education on primary pupils is profound, shaping their emotional, social, and cognitive development. By addressing personal health, social relationships, and emotional well-being, PSHE equips children with the skills they need to navigate the challenges of childhood and adolescence. It prepares them for responsible, healthy, and fulfilling lives, contributing to their overall development as confident, caring, and resilient individuals. The skills learned in PSHE also provide a strong foundation for lifelong learning and success in a diverse and complex world.

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