



Vision

What is PSHE?

PSHE stands for Personal, Social, Health and Economic education. It is a school curriculum subject in England that helps children and young people stay healthy, safe and prepared for life – and work – in modern Britain. When taught well, PSHE education also helps pupils to achieve their academic potential.

What impact does it have?

The Department for Education (DfE) calls PSHE education 'an important and necessary part of all pupils' education' and that 'all schools should teach PSHE, drawing on good practice'. A DfE evidence review highlighted the subject's importance to children and young people's wellbeing and knock-on effects on academic achievement, stating that 'The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success'.

Intent

Our intention is that when children leave St Matthew's, they will do so with the knowledge, understanding and emotional intelligence to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors that affect their world and learn how to deal with these factors so that they have good mental health and well-being.

Our PSHE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. All aspects of school life and the curriculum are linked to our school moral values which in turn link to British Values.

Relationships and Sex Education (RSE) is part of the PSHE curriculum subject and enables our children to learn how to be safe, to understand and develop healthy relationships and understand the emotional changes they will face in their future.

PSHE relates to the entire curriculum but there are very obvious links to physical education (PE). Ensuring that our children are knowledgeable about both physical and mental health is

a priority and it is our aim to equip them with the necessary skills and understanding that will enable them to live happy, healthy lives both now and in the future.

In EYFS the curriculum is covered in PSED (Personal and Social, Emotional Development). PSED is one of the three prime areas within the Early Years Foundation Stage (EYFS). Each prime area is divided into early learning goals, for PSED these are:

Self-confidence and self-awareness - children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or do not need help.

Managing feelings and behaviour - children talk about how they and others show feelings, talk about their own and others behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations and take changes of routine in their stride.

Making relationships - children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings and form positive relationships with adults and other children.

Implementation

The PSHE curriculum has been developed through consultation with staff, children, parents and governors and fully adheres to the new statutory guidance. It is reviewed annually to ensure that is bespoke to our children reflecting their needs and considers local, national and global issues that may affect them.

EYFS - In the Foundation Stage, PSHE is taught as an integral part of topic work and is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters in the EYFS' and the PSED Early Learning Goals

Key Stage 1 and Key Stage 2 - At Key Stage 1 and 2, PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum. We ensure we cover Health and Well-Being, Relationships and Living in the Wider World learning opportunities set out in the PSHE Association's Programme of Study, which comprehensively cover the statutory Health Education and Relationships Education guidance.

Pupils are taught PSHE through weekly timetabled lessons. The curriculum is a spiral, progressive scheme of work, covering all of the above and aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world. It allows children to come back to their learning from the

previous year and build on it. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health

In conjunction with the science curriculum that teaches pupils about the physical and biological changes of puberty, an effective RSE (Relationship and Sex Education) programme within PSHE education provides pupils with the critical knowledge that they need to understand and manage the emotional and physical changes of growing up. In KS1, the children will talk about change and growth, through the context of growing older - for example, what new things can be done as a child is growing taller. Whilst in KS2 children will learn how to deal with the physical and emotional changes of puberty, how feelings change in relationships, and conception and reproduction. It is seldom purely the biological changes of growing up that concern pupils, which is why science lessons need to be balanced with RSE as part of PSHE, which deal with the social and emotional elements of growing up.

Impact

By the time our children leave our school they will:

- be able to approach a range of real-life situations and apply learnt skills which will help navigate them through modern life
- be on their way to becoming healthy, open-minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being and recognise when they might need support
- be able to develop positive, healthy relationships with their peers both now and in the future.
- understand the physical aspects involved in RSE at an age appropriate level • have respect for themselves and others.
- have a positive self esteem

