



PSHE Curriculum

Intent

Our intent is to provide a broad and inclusive PSHE curriculum that empowers children with the knowledge, skills and attributes to keep themselves healthy and safe whilst preparing for work and life in our diverse local community and modern Britain.

Nurturing mental and physical health whilst building emotional literacy is a necessity: The Kursaal ward census data showed that 78% of residents were in very good or good health, which was lower than the UK average. Emotional wellbeing and Mental Health Assessment in Southend stated that 1 in 10 children are suffering from a diagnosable mental illness. Southend also has a high proportion of risk factors (lone parent; underweight or obese children; children in poverty; under 18 pregnancy and young carers) which have a cumulative effect on mental health problems. Our frequent and sequential focus on physical and mental health, wellbeing and resilience will aim to give the children knowledge and skills to reach their full potential and contribute positively to society.

In line with our school driver ‘aspirations’ we have also chosen to have a greater focus in our new curriculum on learning about jobs, careers and managing money in our coastal town which has prevalent seasonal work. The Kursaal ward had an unemployment rate of 13.5% which was significantly higher than the national average and the percentage of those with no qualifications in our local community is higher than in Southend and the UK.

The proximity to the coast and railway lines means that coastal and railway safety needs to be addressed. Road safety awareness must be introduced and revisited particularly in preparation for the transition to Secondary school and as many of our children walk to school by themselves.

The protected characteristics of race, sexual orientation, faith & beliefs, gender, disability, gender identity, marriage & civil partnership, pregnancy & maternity and age are embedded throughout our curriculum. Sex education is taught using the Yasmine and Tom age appropriate materials, as part of our PSHE provision. According to Southend on sea joint strategic needs assessment, Southend has a higher rate of conceptions than the England average for both women age 13-15, and women age 15-17. We also have a higher rate of births to under 18’s than England as a whole.

Implementation

What

Our curriculum is inspired and guided by the PSHE association, allowing our children to explore three core themes: Health and Wellbeing, Living in the wider world and Relationships. The children are given the opportunity to explore each of these themes twice throughout the academic year. Through the teaching of PSHE and RSE, we support our children to safeguard themselves, expect respect and have the ability to say ‘no’ through the teaching of consent. Our PSHE overviews further allow flexibility in the curriculum to explore subjects that are relevant within the school life and our community at that time.

In Early Years the children are supported to manage emotions, develop a positive sense of self, set themselves simple goals and have confidence in their own abilities. In Key Stage 1 and 2 an initial topic assessment is incorporated within our overview to allow adaptation to meet individual and group needs. Our weekly lessons are then planned to enable progression in knowledge, skills and vocabulary. However, we also have the capacity to explore PSHE and RSE on a weekly basis through discussion and cross curricular activities.

Throughout our curriculum we continue to provide enrichment opportunities for our children which support our teaching and encourage them to believe they can achieve. Outside agencies include: NSPCC – stay safe, Children’s mental health week, Internet safety day, fire safety, Network rail, Risk avert, Yasmine and Tom, Children’s health project and Embers the dragon.

H O

Resources and Equipment

Planning

Environment

		Plans allow opportunities for flexible use of a variety of resources from our vast range of diverse library books as well as digital resources and shared experiences. Plans also include scripts to support teachers' subject knowledge and delivery, where necessary, but also provide a scaffold of ideas to allow independence and facilitate different learning styles.	Planning is inspired and guided by the PSHE Association's Programme of Study incorporating the new RSE statutory framework. This enables progression in children's knowledge and skills throughout the school. Embedded in this planning is age appropriate vocabulary for each topic so that this too is built upon each time it is revisited in subsequent years. Staff are provided with detailed planning including scripts to support their subject knowledge and delivery. However, opportunities to incorporate different teaching and learning styles are encouraged.	A positive and inclusive environment is created enabling the children to share their thoughts, feelings and ideas. Our school environment celebrates differences and challenges discrimination and bullying through informative displays and examples of children's work.				
Impact	Quality of Education		Behaviour and Attitudes		Personal Development			
	Through carefully planned activities, children develop a good understanding of how to stay safe, healthy and have good relationships in the wider world. The opportunity to experience different teaching and learning styles motivates and engages children so that learners have an appreciation of what it means to be a member of a diverse and multi-cultural society. Children will understand the physical aspects involved in RSE at an age-appropriate level.		Children will have a strong self-awareness interlinked with compassion for others. They use their learning powers to have a ready willingness and ability to try new things, push themselves and persevere when encountering set-backs.		Pupils will develop a positive attitude towards their learning and a healthy growth mind-set that will enable them to fulfil their potential and aspirations. They will develop an increased understanding of the impact that individuals actions can have on their own and others' lives, developing their future aspirations, whilst recognising and applying British Values and understanding the importance of protected characteristics.			
Monitoring	Conversations with Pupils		Work Scrutiny		Planning Scrutiny		Teaching and Learning Observations	