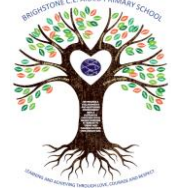




# Our Personal, Social and Health Education (PSHE) and Relationships and Sex Education (RSE) Curriculum



## Our PSHE and RSE Intent



At Brighstone Primary, we are committed to teaching children about Personal, Social and Health Education (PSHE) as well as Relationships and Sex Education (RSE). We want our children to be healthy, independent and responsible members of society. PSHE and RSE aims to give children the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21<sup>st</sup> century. It helps them to 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 provide opportunities to allow the children to learn about rights and responsibilities and understand and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self worth by playing a positive role in school life and the wider community when opportunities arise.

The curriculum covers key areas which will support children to make informed choices now and in the future around their health, safety, wellbeing, relationships, and financial matters. It promotes the five fundamental British values which reflect life in modern Britain: democracy; rule of law; mutual respect; tolerance of those of different faiths and beliefs; and individual liberty, and will support them in becoming confident individuals and active members of society.

## Our PSHE and RSE Implementation

Personal Social Health Education at Brighstone Primary School is taught and celebrated in a range of ways. Our delivered curriculum is the Kapow and Christopher Winter units of work. The children are taught the same units each year within a 2-year rolling programme, with progressive skills and knowledge, to build upon and develop their understanding to further maintain and adapt their schemas. This is taught weekly; however, extra PSHE sessions are brought in at teachers' discretion should the need arise. We also have an ELSA that provides support in these areas for the children who need it.

The units we focus on are:

- Family and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing
- Identify (Y6)



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 the Kapow 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.

The Kapow 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.

We also cover internet safety in Computing sessions, and Living and Eating Healthily in Science and PE. We hold regular Hive (school house) sessions where the older and younger children work together on a project, such as our kindness or resilience, where we strive for all the children to 'Bee Kind' and show 'Good Beebehaviour'.



At Brighstone, we realise the importance of children having the right learning behaviours, such as collaboration or independence, as these impact on their learning. We work closely with parents to ensure they encourage these behaviours at home too. In most lessons, there are links to areas of RSE, PSHE, SMSC, our core values of Love, Courage,



Respect and British values. Our whole school, Key Stage and Class workshops also provide opportunities to focus on and link with PSHE, RE, SMSC and British values.

We encourage the children to take part in fundraising opportunities for charities, as well as local community events, and teach children why it is important to support others. Some of these charities and events have included:

- Children in Need
- Show Racism the Red Card Day
- Christmas Jumper Day
- Christmas Shoebox appeal
- Foodbank/Timebank
- Country dancing at local fetes
- Pearl of Africa Children's Choir
- Singing in the choir at local events
- UKSA
- Walk the Wight



We run a school council where each class has two representatives that go to meetings to further improve and support the school, giving children a voice. We also run an Equality And Rights Advocates (EARA) group in KS2, as part of a Hampshire and IOW initiative, in which we focus on equality, diversity, inclusivity and children's rights.

## **Our PSHE and RSE Intended Impact**

Our PSHE and RSE curriculum at Brighstone Primary School aims for our children to become more rounded learners and individuals when they leave Brighstone Primary and are prepared for their next steps in life, including to become active members of society. We aim for children to be able to:

- Demonstrate and apply the British values of Democracy, Tolerance of Different Faiths and Beliefs, Mutual Respect, Rule of Law and Individual Liberty
- Demonstrate a healthy outlook towards school and learning
- Become healthy and responsible members of society
- Be prepared for life and work in the 21<sup>st</sup> century
- Reflect and show our core values of Love, Courage and Respect.

