



St Anne's Catholic Voluntary Academy

PSHE Curriculum

Intent

In line with the National Curriculum 2014, all schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

The National Curriculum advises schools to make provision for personal, social, health and economic education (PSHE), drawing on good practice. At St Anne's Catholic Voluntary Academy, PSHE is considered across the curriculum and is a fundamental part of the children's school experience. In maths, children are taught the importance of a growth mindset which supports their self-belief, resilience and perseverance and supports success across the wider curriculum and in social contexts. In humanities, the children learn the significance of their local area.

We believe that successful PSHE supports children's learning capacity and this aspect of the school's work is held in high regard as we believe that it promotes wellbeing and underpins children's development as people. We follow the 1 decision programme scheme of work, which holds the PSHE Association Quality Mark. 1 decision PSHE offers a comprehensive, carefully thought-through Scheme of Work which focuses on providing life changing resources for children, which are focused on prevention not cure.

We aim to ensure that all children:

- Develop confidence and responsibility and to make the most of their abilities
- Prepare to play an active role as citizens in Britain
- Develop a healthy, safer lifestyle



- Develop good relationships and to understand and celebrate the differences between people.

Implementation

The decision covers areas of PSHE for the primary phase including statutory Relationships and Health Education. The information below gives the learning theme of each of the eight units and these are taught across the school; the learning deepens and broadens every year.

Growing and changing includes looking at how we change and grow, including how we grow at different rates. Children will explore different types of relationships and from this they will gain an understanding of healthy and unhealthy relationships.

Keeping/Staying Safe includes learning rules for and practise simple ways of keeping safe and finding help. They will understand the impact and consequences that can happen as a result of their actions, exploring areas such as peer pressure and water safety.

Keeping/Staying Healthy includes drugs and alcohol education, and healthy lifestyle choices sleep, nutrition, rest and exercise.

Feelings & Emotions includes recognising and naming a range of emotions and developing an understanding of their physical effects, distinguishing between those that feel pleasant and those that feel unpleasant or uncomfortable.

Being Responsible – includes providing the opportunities to learn how the children can help those around them and the importance of taking responsibility for their own actions. It will also look at how they can set goals to improve their skills in an area of their choice.

Our World (KS1) – includes how we can look after and take care of our planet.

A World Without Judgement (KS2) includes exploring and celebrating the diverse world we live in focusing on people's strengths and celebrating differences.

Computer Safety– includes looking at the negative and positive aspects of using technology (computers) and being online, including laws that have been created to protect us.

At St Anne's Catholic Voluntary Academy, PSHE lessons are taught every week in KS1 and KS2. This ensures that we are able to teach the PSHE knowledge and skills in a developmental and age-appropriate way.



These explicit lessons are reinforced and enhanced in many ways which include:

- Class assemblies and additional mental health lessons (weekly)
- Praise and reward systems
- Positive relationships child to child, adult to child and adult to adult across the school.

We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes. The school's ethos, curriculum design and PSHE lesson coverage promote the following –

- Self-awareness
- Being a team worker
- Being resilient
- Showing commitment, being dedicated and not quitting.
- Being a problem solver
- Showing Empathy and compassion (including impact on decision-making and behaviour)
- Leadership skills
- Presentation skills
- Using these skills and attributes to build and maintain healthy relationships of all kinds

In each curriculum area, consideration is given to the school's own context to ensure that learning experiences are meaningful and relevant. Learning experiences themselves are also varied and opportunities for learning outside the classroom are also valued, considered and specifically planned for. Children are provided with opportunities to take pride in and ownership of the school grounds. Through the involvement of visitors with specialist skills and backgrounds and the careful consideration and planning of trips and real-life experiences, the children are able to build on their knowledge of community and develop the skills they will require for life after education.

Impact

The school has established and maintained a positive learning environment where the children have positive relationships with their peers and teachers.



With weekly assemblies, we ensure that PSHE remains a constant and relevant part of each child's education where their spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured.