

PSHE and RSE Intent:

Personal, Social, Health and Economic Education at Pinchmill Primary School seeks to equip children with the qualities and attributes needed to flourish in life in modern society.

The teaching of PSHE and RSE at Pinchmill Primary School aims to:

- ❖ Equip pupils with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, responsible and balanced lives.
- ❖ Offer opportunities to turn their PSHE knowledge into personal understanding.
- ❖ Deliver opportunities to explore and clarify their own and others' values, beliefs, rights and responsibilities.
- ❖ Provide children with age appropriate information, to explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour.
- ❖ Encourage children to enjoy relationships that are based upon mutual trust and respect.

Implementation:

At Pinchmill Primary School, PSHE is taught as an explicit lesson, once a week, as well as being embedded and reinforced throughout the school curriculum. Weekly PSHE sessions are delivered through whole class, group discussions and reflections. During these sessions children are encouraged to listen, wait patiently and respect others' opinions. As the session comes to an end, pupils have time to reflect on what they have heard and learnt and consider how this will impact on their own lives. Along with the weekly sessions, children are given opportunities to develop their personal, social, health, economic and relationship skills through themed days, values discussions, collaborative play, assemblies, educational visits and links within the community. Our approach to PSHE is flexible, in response to the needs of our children; this includes children of all needs and abilities. Teachers will plan and teach the lessons, using appropriate adaptations, so that all children; including those with special educational needs and disabilities can access the PSHE curriculum. Planning of PSHE is taken from the PSHE Association programmes of study as well as the Relationship and Sex Education document.

The three core themes for PSHE at Pinchmill Primary School are:

❖ **Health and Wellbeing**

This topic provides children with the knowledge and understanding to make informed choices about their physical and mental health. Children will be able to discuss the differences between physical and mental health and will be taught strategies to remain in good health and wellbeing.

❖ **Relationships**

Through our PSHE teaching, children will develop the skills to establish and maintain respectful, safe and caring relationships; this includes both face to face and online relationships. The children will learn about different family structures and how families provide them with love, care and stability. This topic will be taught in a sensitive manner, taking into account the needs and circumstances of all pupils.

❖ **Living in the Wider World**

We believe that children should be prepared for the future, and through this topic we teach the children how to flourish in today's society. They will learn about rules and consequences, communities, economics, growing responsibilities and media resilience.

