



P.S.H.C.E Curriculum

Intent

At Lemington Riverside, our planned curriculum programme of learning opportunities and experiences, specifically promotes children's personal, social, health and cultural development and helps them to grow as individuals and as members of families and communities. PSHCE equips children and young people with knowledge and practical skills to live healthy, safe, fulfilled and responsible lives, both now and in the future. Through the explicit teaching of mental and emotional health, we promote pupils' wellbeing through an understanding of their own and others' emotions and the development of healthy coping strategies. It also contributes to safeguarding, providing pupils with knowledge, understanding and strategies to keep themselves healthy and safe, as well as equipping them to support others who are facing challenges.

PSHCE also enables them to reflect on and clarify both their own and British values and attitudes, and explore the complex and sometimes conflicting range of attitudes and values they encounter now and in the future. Our intent is that our children will grow to become a successful citizen in modern Britain displaying the characteristics below:

- Be able to demonstrate that they recognise their own worth and that of others, and identify positive ways to face new challenges.
- The ability to express their views confidently, and listen to and show respect for the views of others.
- The ability to make choices about how to develop healthy lifestyles.
- The ability to identify some factors that affect emotional health and well-being.
- Ability to identify different types of relationships and show ways to maintain good relationships.
- Research, discuss and debate topical issues, problems and events.
- Understand why and how rules are made and enforced, why different rules are needed in different situations and take part in making and changing rules.
- Demonstrate respect and tolerance towards others, and resolve differences by looking at alternatives, making decisions and explaining choices
- Shown an appreciation of the diversity of religious, and ethnic identities in the United Kingdom and describe some of the different beliefs and values in society.
- Be able to articulate the meaning of the British Values and how these support harmony within their own and wider communities.

Implementation

At Lemington Riverside we deliver the PSHCE curriculum by utilising first-hand experience and sharing good practice and it is every staff member's responsibility to do this by being a role model and having high expectations of pupils.

All staff actively promote positivity such as 'Random Acts of Kindness' and celebrate these with the children.

The delivered curriculum Kapow reflects the needs of our pupils and is tailored to meet specific needs.

In EYFS, KS1 and KS2 children use floor books and tapestry to record their responses and progress in PSHCE sessions.

Through the programme of study the children should have a good balance of these concepts:

- Caring friendships
- Families and people who care for me
- Respectful relationships
- Being Safe
- Mental wellbeing
- Internet Safety and online harm
- Online relationships
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First aid
- Changing bodies
- Being a good citizen

PSHCE is integral to the development of children's values in order for them to become a positive citizen in a forever changing community.

PSHE is an important part of school assemblies and collective worship where children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured.

Impact

Through the explicit teaching of the PSHCE skills, both the teachers and the pupils assess their learning continuously throughout the lesson. Our assessment systems enable teachers to make informed judgements about the depth of their learning and the progress they have made over time.