



My Life PSHE/RSHE Intent, Implementation and Impact

At Attleborough Primary School, the curriculum is at the core of our school vision because we know its importance in contributing to our children's success in life:

Everyone is given the opportunity to flourish academically, socially and emotionally. Our broad and balanced curriculum inspires our children to be curious, resilient and to naturally seek challenges. With collaboration at the heart of everything we do, we are a nurturing community that celebrates diversity and individuality. We teach and model the skills our children will need to adapt, succeed and thrive in an ever-changing world.

My Life PSHE/RSHE Curriculum Statement

At Attleborough Primary School, Personal, Social, Health and Economic Education (PSHE) and Relationships, Sex and Health Education (RSHE) is an embedded part of our broad and balanced curriculum. Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school ethos. British Values are promoted through the overarching aims and objectives of PSHE/RSHE by supporting our children to become healthy and responsible members of society, as well as preparing them for life and work in modern Britain.

Intent

The intent of our My Life PSHE/RSHE curriculum is to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child so that they know more, remember more and understand more.

At Attleborough Primary School, our My Life PSHE/RSHE curriculum enables our children to become healthy, independent and responsible members of society. It aims to help them 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 our children with opportunities for them to learn about rights and responsibilities 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 contributing to school life and the wider community.

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships and reproduction. It will equip children and young people with accurate information, positive values and the skills to enjoy healthy, safe and positive relationships, to celebrate their uniqueness and to take responsibility for their health and wellbeing now and in the future.

Health education is learning about the information needed to make good decisions about health and wellbeing in the modern world in which we all live. It should enable children to recognise when issues arise and how to seek support.

PSHE is learning a range of life skills as well as financial education and social education, learning about being part of a community and about social issues which affect local areas, nations and the whole world.

Through the teaching of PSHE/RSHE, we aim to give children and young people:

- self esteem
- skills for successful relationships
- the ability to express how they feel
- emotional literacy
- an understanding of prejudice and its negative effects
- the ability to make positive, informed choices and minimise risk
- the ability to keep themselves and other people safe
- the opportunity to explore their own attitudes, values and beliefs and develop an individual moral code that will guide their actions.
- a discerning eye for the messages they receive from the media
- the ability to access help and support
- an awareness of the right they have over their own body
- the ability to understand and prepare for the changes of puberty and to have a good knowledge of their own bodies.
- a positive attitude towards their body and sexuality.

Implementation

We believe that PSHE/RSHE plays a vital part of primary education and as well as discrete focused lessons, it is also embedded throughout the curriculum. PSHE/RSHE is integral to the development of children's values in order for them to become a positive citizen in a forever changing community. PSHE/RSHE is an important part of school assemblies where children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured.

PSHE/RSHE is taught in a way which is complementary to the wider ethos, values and principles of our school. RSHE in this school is learning about the body, feelings, beliefs, relationships, rights and responsibilities and knowing how and when to ask for help if needed. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. PSHE education complements this.

PSHE/RSHE empowers children to build self-esteem, offer positive and open views, support mutual respect and celebration of self and others, providing a strong foundation to be successful in life by:

- Providing a spiral curriculum, allowing for the development of knowledge relevant to the age and stage of the learner.
- Providing an inclusive learning environment which is safe and empowering for everyone involved, based on the belief that bullying, prejudice and discrimination is unacceptable.
- Teaching non-biased, accurate and factual information that is positively inclusive.
- Developing character skills to support healthy and safe relationships, ensure comfortable communication about emotions, bodies and relationships using appropriate terminology.
- Promoting critical awareness of differing attitudes and views presented through society, the media and peers to enable the nurturing of personal values based on respect.
- Providing protection from shock or guilt.
- Actively involving pupils as evaluators to ensure relevance.
- Ensuring pupils are informed of their rights, including the legal framework and how to access confidential help to keep themselves and others safe.

The My Life PSHE/RSHE curriculum has been adapted and planned, taking the views of pupils at Attleborough Primary School, into account. This ensures the

needs of all pupils can be met through the delivery of an age and stage-appropriate curriculum. The curriculum addresses traditional and emerging issues, and relevant challenges as identified by pupils. Consultation with pupils will be conducted on a regular basis. This will inform the My Life PSHE/RSHE curriculum review, ensuring it remains responsive to emerging needs.

Some elements of the RSHE curriculum are a statutory requirement to teach in order for the school to meet the Relationships education, RSE and Health education (2019) guidance and The Equalities Act, 2010.

My Life PSHE/RSHE is taught using a range of teaching methodologies including story-telling, drama, discussions, individual private reflection, quizzes and fact finding etc. This wide range of teaching strategies promotes engagement by all pupils, irrespective of preferred learning styles. Distancing techniques, such as the use of characters within PSHE/RSHE, avoids pupils feeling under pressure to participate or disclose information beyond that which is appropriate or feels comfortable.

We recognise that it is important to teach PSHE/RSHE through a spiral curriculum. This means pupils will gain knowledge, develop values and acquire skills gradually by re-visiting core themes to build on prior learning. This developmental approach helps pupils to make informed decisions relevant to their age and stage. PSHE/RSHE will support the school's commitment to safeguard pupils, preparing them to live safely in the modern world.

Impact

At Attleborough Primary School, we aim to help children to become healthy and responsible members of society. We are focused on helping children on their journey preparing them for life and work in the modern world.

Our school values and inclusion of safeguarding within our curriculum is vital as first and foremost, we want our children to be safe and happy so that they can excel in all aspects of school life. Our My Life PSHE/RSHE curriculum provides them with a chance to reflect and learn about these crucial elements.

Our children and staff value well-being, mental health and good citizenship. Through our curriculum, we believe that we prepare children for the next stage in their education as well as preparing them, during this vital stage of their life, for the adult world.

Children will:

- demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.
- demonstrate a healthy outlook towards school - attendance will be in-line with national and behaviour will be good.
- achieve age related expectations across the wider curriculum.
- become healthy and responsible members of society.
- be on their journey preparing them for life and work in the modern world.