

### INTENT

At Valewood, we value the importance of PSHCE (personal, social, and health and citizenship education) and its role in developing our pupil's knowledge and understanding of the world around them. Our PSHCE curriculum is taught in a way, which incorporates and reflects the ethos of our school and the Valewood Values. We continue to include topics each half term on issues such as different types of bullying, how to stay safe in different situations and recognising differences in each other and ourselves. We use Children's Rights to underpin our PSHCE curriculum, which enables the children to reflect on the development of the UNCRC (United Nations Convention on the Rights of the Child). We encourage good citizenship throughout school and this is mirrored in the principles that underpin our Pupil Voice Forums.

In Reception, children begin to explore all aspects of PSHCE/RSE curriculum through the five areas of Heart Smart:

1. Get Heart Smart
2. Don't forget to let love in
3. Too much selfie isn't healthy
4. Fake is a mistake
5. Don't rub it in, rub it out.

Children will learn about the importance of self-worth, recognising that they are special but that others around them are too. The children will focus on the importance of being a good friend, the importance of honesty and telling the truth and finally begin to explore the idea of resilience through the, 'I can do it!' catchphrase.

In KS1, children move on to developing an awareness of others around them, celebrating the strengths of others and exploring how to work effectively as a team. Children discover the importance of honesty and how it can affect our actions and consequences. In addition, the children begin to explore the notion of e-safety and how this relates to them in their personal and academic lives. The children begin to discover the importance of emotions, what different emotions look like to them and how to recognise these emotions in themselves and the people around them. Woven through the KS1 curriculum, is a clear focus on resilience, moving onto the overcoming of personal challenges.

In KS2, the children advance their focus onto self-image and body-image as they move through the key stage, recognising the importance of knowing that each and every one of us is unique and that it is important to accept people for who they are. The children explore the notion of friendships in more depth, building up to work focusing on the importance of trust in a friendship and how to re-build broken friendships. As the children reach upper key stage two, they discover the importance of respectful boundaries within friendships and how to recognise this in their own lives. Children continue to develop their work on e-safety, developing knowledge and skills specifically relating to mobile phones, tablets and social media. The children end each of their topics with a focus on health – building up to working on recognising the risks of smoking, the importance of healthy eating and the changes that they will experience during puberty. Children continue their work surrounding resilience, focusing on the power of hope and the importance of setting goals.

### IMPLEMENTATION

To ensure successful implementation of the above intentions, teachers will consider and use:

1. The Heart Smart Scheme of work and No Outsiders, which will be taught to all pupils. Programmes of Study for each year group will be used as the basis for long and medium term planning, planning for progression and depth.
2. Cross-curricular links, which will be made between subjects where appropriate.
3. Opportunities to enliven the curriculum through educational visits out of school; involvement of parents, visitors, actors, authors and poets; the use of the school grounds, the locality and the wider environment and themed weeks to promote whole school foci.
4. External support such as Bikeability, Crucial Crew, Active Sefton Healthy Choices and NSPCC.
5. An extensive range of high quality resources including the use of ICT to underpin the curriculum.
6. High expectations in terms of written outcomes, which will be made explicit and year group expectations for writing will be shared.
7. Questioning throughout lessons, allowing for judgements to be made to ensure each child is making progress.
8. The subject leader, who will have the responsibility to lead, manage, monitor, evaluate and review the curriculum.
9. Additional policies, which will outline specifics regarding anti-bullying and RSE (relationships and sex education)

## **IMPACT**

Through the successful teaching of PSHCE, embedded within a whole school cross- curricular approach, Children will live out the Valewood Values in everything that they do. At Valewood Primary School, we believe that personal, social, health and citizenship education is a vital subject for ensuring that our pupils will promote respect for others and themselves; it will develop self-esteem, confidence, independence and responsibility, enabling pupils to make the most of their abilities. This will enable them to be more confident to engage in the process of society, and therefore, wherever possible, make decisions about their future.

Cohort 'floor books' will be created and developed, following our classes through their educational journey from Reception to Y6 and allowing for the revisiting of discussion topics, the consolidation of concepts and the progress of knowledge and skills for all children.

A range of assessment tasks will be used to revisit previous year's skills and knowledge to ensure knowledge and understanding is embedded in the children's long-term memory.

*Revised September 2022*