

The PSHE Curriculum

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It is for schools to tailor their PSHE programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle. - National Curriculum

At Pontesbury Primary School we teach our PSHE lessons with help from the PSHE Association scheme of work. Each year group are taught lessons on; health and wellbeing, relationships and living in the wider world. The overarching themes taught before children reach the end of Year 6 are:

1. Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around their personal privacy, including online)
2. Relationships (including different types and in different settings, including online)
3. A healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)
4. Risk (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online in an increasingly connected world)
5. Diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010)
6. Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts)
7. Change (as something to be managed) and resilience (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance)
8. Power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and 'win-win' outcomes)
9. Career (including enterprise, employability and economic understanding)

We also ensure that we deal with any other issues as they arise in day-to-day school life. For example, learning to deal with frustrations when we have fallen out with someone, or respecting other children's views and beliefs.

PSHE also covers RSE (Relationship and Sex Education). At Pontesbury Primary School, we teach this using the Shropshire Respect Yourself Programme. This covers all aspects of RSE in an age-appropriate manner. Years 1-6 cover this over 3 or 4 lessons as part of PSHE during the Summer Term.

Please see our RSE policy for further information