



# PSHE (including HRE) at Reckleford

## INTENT

Personal, social and health education (PSHE) enables our children to become healthy, independent and responsible members of a society. Health & Relationships Education (RHE) enables children to think and behave safely, to understand safe choices and to appreciate the meaning and importance of families and friendships.

We feel it is an important part of children's education to help them to understand how they are developing personally and socially. Through our PSHE curriculum we recognise our duty to 'actively promote' and provide opportunity for children to understand the fundamental British Values (Democracy, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance). We also provide our children with opportunities to learn about their rights (we are working towards becoming a UNICEF Gold Rights Respecting school) and appreciate what it means to be a member of the diverse society in which we live.

## IMPLEMENTATION

Over the year PSHE will cover three core themes Health and wellbeing, relationships and living in the wider world. HRE will be taught within these themes and where appropriate as a separate lesson using the CWP scheme of work.

Our PSHE curriculum, including HRE, covers all areas of the subject. There is one timetabled PSHE / RHE lesson per week, taught throughout Foundation/KS1 and the children also will have regular carpet time/circle times to discuss any other events/issues that may arise.

There are many other opportunities where children are involved in PSHE outside of the discreet lesson, including assemblies where a range of themes are covered, learning the school 'Promise', cross curriculum teaching (e.g. RE and Geography), the school council, celebration assembly, visitors to our school (Dog's Trust, Rainforest INC) and skills are taught at play time by our playleaders (children chosen by the year 2 class) with support of the playworker out on duty.

In the EYFS, PSED and citizenship is taught as an integral part of topic work and is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters in the EYFS' and children are assessed using the PSED Early Learning Goals.



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We deliver the PSHE & RHE curriculum by utilising first hand experiences and sharing good practice. Most importantly the curriculum must reflect the needs of our pupils.

## IMPACT

By the time our children leave our school they will:

- be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationship with their peers both now and in the future.
- understand the physical aspects involved in RSE at an age appropriate level
- have respect for themselves and others.
- have a positive self esteem

Article 29 Education must develop every child's **personality talents** and **abilities to the full**.

Article 28 All children have a **right** to an **education** which should be free.

Article 24 Every child has the **right** to the **best possible health**.

Article 13 Every child has the **right** to have a **say** in all matters affecting them.