

ALDER COPPICE PRIMARY SCHOOL

Achievement through Commitment

PSHE Rationale

Intent

At Alder Coppice, we believe that personal, social, health and economic education (PSHE) enables our children to become healthy, safe, 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. Our bespoke planned programme of learning ensures children acquire the knowledge, understanding and skills they need to manage their lives now and in the future.

PSHE education is vital to our curriculum and to meeting the schools' requirement to promote pupils' health and wellbeing. The Department for Education (DfE) has made it clear that schools should make provision for PSHE education.

Our overarching aim for PSHE education is to provide pupils with:

- Relevant knowledge as appropriate to their age and stage of learning
- Opportunities to enhance their personal knowledge and understanding
- Opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- The language, skills and strategies they need in order to live a healthy, safe, fulfilling, responsible and balanced life, whereby they have developed the life skill tools in order to make informed choices

Implementation

At Alder Coppice we include a range of teaching strategies and techniques aimed at enhancing long term retention of substantive knowledge, including regular retrieval practice. The full details of these can be found in our *Curriculum Policy*. We plan to ensure pupils revisit key themes and concepts and retrieve key knowledge to support long term memory, which will drive student progress and raise standards across the curriculum.

Throughout the PSHE curriculum, children learn about, explore, and develop opinions about issues that concern themselves personally, their family, their community, the environment and the wider world.

Core themes:

- LWW - Living in the Wider World
- R – Relationships
- EHW – Emotional Health and Wellbeing
- PHW – Physical Health and Wellbeing

Many of the lessons span across the core themes, for example, relationship lessons are also part of Living in the Wider World, and may fall into Emotional Health and Wellbeing, depending on the content.

In Years 1, 2 and 3 the children explore life, in and out of school, through the lives of our Alder Coppice characters: Alfie, Sam and Abbie. This allows our children to discuss (in an environment where respecting each other's opinion and allowing the freedom of thought and expression is the overriding ethos) how they feel about the situation, what advice they would give, whether they feel this is right or wrong, whether they have ever been in the same situation and what they would do.

In Years 4, 5 and 6 lessons further develop the core themes explored in previous years, progressing to age-appropriate issues, for example, social media use and good mental health, as well as incorporating topical issues as they arise in this ever-changing world.

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools.

By the end of primary school children would have been taught about:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

For full details of the core themes, please refer to our Long Term Plan, available on the school website.

Regular feedback from staff and focused discussions with children across the school ensure the integrity of the curriculum.

Impact

The PSHE curriculum at Alder Coppice will ensure that all children have the knowledge, skills and understanding they need in order to lead confident, healthy, happy and independent lives. It will provide them with the necessary skills to become informed, active, responsible citizens and make them eager to take the next step in their life's journey.