

## *The Intent of our PSHE Curriculum*

Through our curriculum, our school environment, our school ethos and the strength of our relationships, we strive to promote pupils' self-esteem and emotional and physical well-being. We intend to help them form and maintain worthwhile and positive relationships, based on respect for themselves and for others, at home, at school, at work and in the community.

Through our curriculum we want our pupils to know and understand what constitutes a healthy lifestyle and develop a growing awareness of a broad range of safety issues. The curriculum and opportunities we offer our pupils mean that pupils grow into independent, active and responsible members of our school community playing an active part in decision making. They are encouraged to join The PLT (Pupil Leadership Team) to help support the work of the school and the members of our local community.

In order to thrive and develop into adults who contribute effectively to society, pupils at Ribchester St. Wilfrid's C of E also develop their personalities and behaviour through the specific focus on our Christian values that enable them to reflect, learn and behave with integrity when working independently or with others. With these Christian Values, pupils are then able to draw upon their understanding in order to engage and excel in the ever-changing world in which they live both now and in the future.

## *The Implementation of our PSHE Curriculum*

At Ribchester St. Wilfrid's C of E, we believe that PSHE education should address both pupils' current experiences and prepare them for their future. We feel that Relationships Education and Health Education, although vitally important, don't cover all aspects of PSHE education. Therefore, our content is carefully planned to cover the SCARF Coram Life Education Programmes of Study so that we can be confident we are providing a comprehensive and effective PSHE Education curriculum to meet the needs of our pupils.

This Programme of Study covers six core themes:

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|----------------------------|--------------------------------|-------------------------|
| 1. Me and My Relationships | 3. Keeping Myself Safe         | 5. Being my Best        |
| 2. Valuing Difference      | 4. Rights and Responsibilities | 6. Growing and Changing |

Core Theme 2 is particularly important due to the geography and nature of our small school.

PSHE is delivered through a spiral curriculum to develop knowledge, skills and attributes, where prior learning is revisited, reinforced and extended through the different Key Stages. Because we are a mixed-age school after Reception, the scheme of work is planned in two cycles.

We also feel it is important that the children hear the same messages from visitors into school and on visits out of school, such as Safety Town, Fire-Brigade, NSPCC and The Life Bus.

## *The Impact of our PSHE Curriculum*

The impact of our PSHE curriculum provides our children with a chance to reflect, learn and apply these crucial skills taught within the programme and beyond. Our children will leave Ribchester St. Wilfrid's C of E Primary School confident, polite and considerate to both those familiar to them and those who are not. They will have a sound understanding of the essential requirements for effective communication and the development of positive relationships; they will leave us with a very real view of being an effective and happy contributor in today's world.

To recap, through our curriculum, we teach our children to:

- Stay safe physically, mentally and online
- Understand how to be healthy
- Build self-esteem, resilience and problem-solving strategies
- Understand how to develop and maintain positive and healthy relationships
- Have respect for themselves and others

The scheme of work also includes opportunities to link to our Christian values, British Values and SMSC (Spiritual, Moral, Social and Cultural development).