



PSHE and RHSE Vision & Intent

Overall Vision

At Elm Tree, we are deeply committed to nurturing the holistic development of our pupils through our robust Personal, Social, Health and Economic (PSHE) education and Relationship, Health and Sex Education (RHSE) programmes. These subjects are not merely academic; they are vital components of our pupils' overall growth, equipping them with the skills, values, and understanding necessary to navigate both their personal and social lives effectively.

Our curriculum is meticulously designed using the Kapow scheme, ensuring that each lesson is engaging and informative. We focus on cultivating essential skills such as critical thinking, emotional literacy, and effective communication. By facilitating discussions on topics ranging from personal wellbeing and healthy relationships and responsible citizenship, we aim to prepare pupils for the challenges they may face throughout their lives.

At Elm Tree, we believe that each pupil deserves a supportive environment where they can explore identity, express their thoughts, and understand the diverse world they inhabit. Our approach fosters resilience, empathy, and respect for diversity, instilling in our pupils the values that form the foundation of our school community.

By the end of Early years & Key Stage 1

National Curriculum

Children should demonstrate an understanding of personal identity, including their own feelings and those of others. They should be able to express emotions appropriately and understand the importance of empathy and respect in relationships. Knowledge of basic health and safety concepts, including hygiene and nutrition, is essential. Furthermore, children should be aware of the importance of physical activity and its benefits for health and well-being.

To achieve these outcomes, children should engage in a variety of experiences that promote social interaction and emotional development. Opportunities for collaborative play, group discussions, and role-playing scenarios are vital in fostering communication skills and teamwork. Schools should provide a safe environment where children can explore their feelings and learn conflict resolution strategies. Additionally, incorporating community involvement and visits from local health professionals can enhance children's understanding of their role within the wider community. Through these structured experiences, children will be equipped with the essential skills and knowledge necessary for their continued development in PSHE, laying a strong foundation for future learning.

At Elm Tree we prioritise:

Emotional Well-being:

Fostering a safe environment where children can express their feelings and develop emotional resilience.

Social Skills Development:

Encouraging positive interactions and relationships through cooperative play and group activities.

Personal Safety Awareness:

Teaching children about personal boundaries, safe and unsafe situations, and how to seek help.

Healthy Lifestyles:

Promoting understanding of nutrition, physical activity, and the importance of hygiene.

Self-identity and Diversity:

Helping children to appreciate their own identity and that of others, fostering inclusivity and respect.

Communication Skills:

Enhancing verbal and non-verbal communication abilities to support effective expression and understanding.

These priorities are integral to nurturing well-rounded individuals who are prepared for future learning and social interactions.

By the end of Key Stage 1, Pupils will have experienced:

- Understanding personal identity and self-worth
- Developing positive relationships with peers and adults
- Recognising and managing emotions
- Learning about healthy lifestyles, including nutrition and physical activity
- Understanding the importance of personal safety and well-being
- Exploring family structures and different types of relationships
- Developing skills for effective communication and conflict resolution
- Recognising the importance of respect and empathy towards others

By the end of Key Stage 2**National Curriculum**

Pupils should demonstrate an understanding of personal identity, including the importance of self-esteem and self-awareness. They should be able to articulate their feelings and emotions, recognising how these can influence their behaviour and relationships. Furthermore, children should understand the concepts of healthy lifestyles, including nutrition, physical activity, and mental well-being. They should also be aware of the importance of safety, both online and offline, and understand the implications of risk and consent. Throughout Key Stage 2, children should engage in a variety of experiences that promote active participation in their learning. This includes collaborative projects, role-playing scenarios, and discussions that encourage critical thinking about social issues. Schools should provide opportunities for pupils to explore community involvement, understand diversity, and develop empathy through activities such as volunteering and participating in school councils. These experiences are essential in preparing children for the challenges of adolescence and adulthood, fostering resilience, and promoting responsible citizenship. By ensuring a well-rounded PSHE curriculum, schools can support the holistic development of pupils, aligning with the objectives of the National Curriculum.

At Elm Tree we prioritise:**Emotional Well-being:**

We focus on developing students' emotional literacy, helping them to recognise and express their feelings in a safe environment.

Social Skills Development:

Emphasis is placed on fostering positive relationships, encouraging teamwork, and enhancing communication skills through structured group activities.

Understanding Diversity:

We promote an appreciation of diversity and inclusion, teaching students to respect differences and develop empathy towards others.

Health Education:

Students learn about healthy lifestyles, including nutrition, physical activity, and personal hygiene, to encourage lifelong healthy habits.

Safety Awareness:

We educate students about personal safety, including online safety, to empower them to make informed decisions and recognise potential risks.

Self-advocacy:

Encouraging students to express their needs and preferences, fostering independence and confidence in their abilities.

Community Engagement:

We instil a sense of belonging and responsibility within the community, promoting active participation in local initiatives and events.

These priorities are designed to support the holistic development of our students, ensuring they are well-equipped for their future.

By the end of Key Stage 2, Pupils will have experienced:

- Understanding Relationships: Exploring friendships, family dynamics, and respectful relationships.
- Emotional Wellbeing: Developing skills for managing emotions, resilience, and mental health awareness.
- Health Education: Learning about healthy lifestyles, nutrition, and the importance of physical activity.
- Changes to the Body: Gaining knowledge about puberty, including physical and emotional changes, and understanding the reproductive system.
- Personal Safety: Recognising safe and unsafe situations, including online safety and consent.
- Diversity and Inclusion: Appreciating diversity in relationships and understanding the importance of equality and respect for all individuals.

This curriculum aims to equip pupils with the knowledge and skills necessary for their personal development and well-being.