

# Personal, Social & Health Education (PSHE) Relationships and Sex Education (RSE) at Enfield Academy of New Waltham

## Curriculum Intent

PSHE forms an integral part of Enfield's strategic vision to nurture our children into well-rounded individuals and enable them to flourish into confident, life-long learners.

PSHE is at the heart of our key drivers of 'Ambition, Resilience and Collaboration'.



Enfield Academy is committed to providing a high quality educational experience for all pupils. The PSHE programme of study brings together citizenship with personal well-being, while promoting a British values based education. Relationships and Health Education (a statutory requirement from September 2020) is an integral part of our PSHE programme. This programme is delivered in both discrete sessions and within cross-curricular learning.

## **Our PSHE Curriculum is intended to:**

1. Equip children with knowledge and understanding of risks, dangers and how to keep themselves safe and make safe and informed decisions
2. Support learners to develop their character - including their resilience, confidence and independence and help them know how to keep physically and mentally healthy
3. Provide a safe place for discussion of current, relevant social issues - including drug education, financial education and sex and relationship education.
4. Prepare learners for life in modern Britain by:
  - equipping them to be responsible, respectful, active citizens who contribute positively to society
  - developing their understanding of fundamental British values
  - developing their understanding and appreciation of diversity (alongside other curriculum areas)
  - celebrating what we have in common and promoting respect for the different protected characteristics as defined in law.
  - protecting them from radicalisation.

Within PSHE, our **Relationships and Health Education Curriculum** is intended to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy. We will:

- > Provide a framework in which sensitive discussions can take place
- > Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- > Help pupils develop feelings of self-respect, confidence and empathy
- > Create a positive culture around issues of sexuality and relationships
- > Teach pupils the correct vocabulary to describe themselves and their bodies.



## Curriculum Implementation

At Enfield Academy, children are taught PSHE through a planned programme of themes, which incorporates the Discovery Education 'Health and Relationships' Programme. Class sessions are delivered each week at an appropriate stage for the age of the children.

In addition to the curriculum taught within weekly class lessons, assemblies and whole school themes promote a knowledge and understanding of the following: stranger danger, fire safety, road safety, e-safety week, anti-bullying, charity days, Spread the Happiness, R time, Red Nose Day / Sport Relief, Remembrance Day, Macmillan Coffee morning, Armed Forces Day, Disability Awareness Week, Walk to School Week and Children's Mental Health Week.

The Discovery programme is an explicit, structured, whole-curriculum framework and resource for teaching relationships and health education to all pupils. It is a spiral curriculum which revisits each theme (and the skills associated with that theme) offering new ideas yearly.

### **In Robin Class (EYFS):**

The provision is planned to ensure development in Physical, Social and Emotional Development (PSED), which occurs daily. In provision, children will explore the ideas of relationships, feelings and appropriate behaviours, self-confidence and self-awareness, rules and routines, empathy and restorative conversations. The Reception Class uses resources from both the SEAL Programme and R time.

Please see the Whole School Long-term Plan on the following page.

Enfield PSHE / RSE Plan, including Discovery Education Health and Relationships

Year	Class	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy body, healthy mind	Coping with change
2020 - 2021	Robin Class	Forming friendships and how kind or unkind behaviours impact other people. Consequences of our actions	Similarities and differences between people and how to respect and celebrate these. Good to be me (SEAL)	People who help us – firefighters, police, doctors, nurses, teachers ...	Why families are important and special.  Random acts of kindness	Learning the correct names for different body parts. PANTS Dance NSPCC	How we have changed since we were born. Babies and now I am 5
2020 - 2021	Chaffinch Class	Forming friendships and how kind or unkind behaviours impact other people. Good Manners	Similarities and differences between people and how to respect and celebrate these.	Identifying who our special people are and how they keep us safe. Caring for the Elderly	What a family is (including difference and diversity between families), and why families are important and special.	Our bodies and the amazing things they can do. Learning the correct names for different body parts. Table manners - eating with a knife and fork	Growing from young to old and how we have changed since we were born.
2020 - 2021	Kingfisher Class	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations. Random acts of kindness	Exploring different strengths and abilities. Understanding and challenging stereotypes. Black Lives Matter	The different communities and groups we belong to and how we help and support one another within these. Charity work	The different people in our families, and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.
2021 – 2022	Kingfisher Class  Owl Class	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Different types of committed relationships and the basic characteristics of these.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean. Basic First Aid	Coping with feelings around the changes in our lives.
2020- 2021	Owl Class	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	How our bodies change as we enter puberty, including hygiene needs and menstruation.
2020 - 2021	Kestrel Class Y5	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Our unique bodies and self acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
2020 - 2021	Eagle Class Y6	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school. Managing money	*Sex education: adult relationships and human reproduction, including different ways to start a family.	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Ways to manage the increasing responsibilities and emotional effects of life changes. Transition



## Curriculum Impact

Our children become resilient, confident and independent learners, whose ambition is to be the very best versions of themselves that they can be. They know how to stay physically and mentally healthy and are responsible, respectful, active citizens who are able to contribute positively to society. They understand healthy and respectful relationships.

Our children behave well and take responsibility for their actions. Behaviour across the school is excellent and respect for others is highly regarded.

They are prepared for future success in their next steps and for life in modern Britain. They understand fundamental British values and display an appreciation of diversity. They are able to celebrate what individuals have in common and promote respect for their own and others' differences and uniqueness.

Revised for September 2020

A Scott - Subject Leader