



Intent

At St Paul's Catholic Primary School our PSHE curriculum aims to embrace each child, offering them a safe opportunity to explore themselves, their relationships and the wider world around them.

Children's learning will give them skills and knowledge necessary for the future. Pupils will be able to express their feelings and emotions and share opinions with others. They will learn to respect other people's differences and develop the skills to form healthy relationships. Pupils will know the importance of living a healthy life and will be equipped with ways to protect their own physical and mental health and that of others. They will also be taught ways to keep themselves and others safe. As a result of this we believe that our children will become healthy, independent and responsible members of society who have the confidence to tackle many of the moral, social and cultural issues that are part of growing up.

Our curriculum aims to promote positive physical, mental and emotional well-being, which is fundamental in the lives of our children, both now and as they grow and mature. Wellbeing and good mental health are of paramount importance at St Paul's. We aim to provide an environment in which pupils learn to understand and monitor their own feelings as well as feel empowered to seek support should they need it. Pupils are taught to develop a positive growth mind-set through teaching in PSHE lessons, where resilience, perseverance and independence is celebrated.

Implementation

Our PSHE curriculum delivers all statutory requirements outlines in the Statutory Government Guidance. Using a thematic approach, our PSHE curriculum has four core learning themes.

- Me & my relationships
- Living in the wider world
- Keeping safe
- Healthy lifestyles and well-being.

Year groups will work on similar themes at the same time, with references being made to prior learning and a clear focus on progression throughout. All year groups have timetabled PSHE time, but we also encourage a cross-curricular approach to the development of PSHE skills and understanding. Often planning will be tailored to suit the cohort and reflect the priorities of the school and local community.

We believe that our PSHE curriculum provides plentiful opportunities to voice opinions, clarify understanding and encourages openness within discussion which contributes to the personal development of each individual. At St Paul's Catholic Primary School we subscribe to Picture News. Each week there is a new 'Big Question' to be discussed linked to a particular British Value, this allows children to share their opinions and engage in debates. Through the use of Picture News, we keep our children up to date with the fast-changing world around them, helping them to challenge their ideas and pre-conceptions; ultimately helping them to broaden their horizons and enable our children to deal with the modern world.

Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it.

All aspects of school life uphold positive values, morals and beliefs which are in line with the core British Values of democracy, the rule of law, individual liberty, mutual respect and tolerance for those with different faiths and beliefs. We aim to equip children with the knowledge, skills and strategies to live healthy, happy, full, safe and responsible lives.

Impact

We believe our children will:

- Voice their opinions with confidence, appreciating other points of view.
- Value the importance of a healthy, active lifestyle to both their physical and mental well-being.
- Mature into respectable citizens of their local and global community.
- Embrace the challenges of creating a happy and successful adult life.