PSHE Subject Curriculum Statement

At St Anne’s RC Primary School, we aim to give children a broad experience of PSHE topics, allowing them the time to explore their own bodies and how we keep them healthy both mentally and physically. Children have the opportunity to ask questions and understand how to keep themselves safe, as well how the school facilitates this. PSHE is a time for questioning and a development of understanding. RSE is included in the PSHE curriculum. We provide clear communication to parents about what is taught in RSE lessons. Parents are then given the opportunity to withdraw their children from these lessons if needed.

We aim to build high levels of competence in the subject specific skills of:

· Mental Health & Wellbeing

· Internet Safety including the harms

· Physical health & fitness

· Healthy Eating

· Drugs, alcohol & tobacco education

· Health & Prevention

· Basic First Aid

· Changing adolescent body

PSHE is taught through the framework of the 2014 National Curriculum, using detailed advice from the DFE’s Relationships Education and Sex Education (RSE) and Health Education.

At St Anne’s we use a spiral curriculum approach to teaching PSHE, using a combination of resources to allow a rich coverage across the breadth of the curriculum; tailoring it to the needs of our school geographically whilst keeping our Catholic values at the core of our curriculum.

We use three schemes of work to deliver the PSHE curriculum, including the statutory RSE curriculum.

1. **IMatter Curriculum (Manchester Healthy Schools)**

Manchester Healthy Schools have been working in partnership with Manchester schools for over 20 years-tackling health inequalities and improving the health and wellbeing of children and young people. They have adopted a whole school approach to health and wellbeing using the following thematic areas:

* Keeping Safe
* Living in the Wider World
* Mental and Emotional Health
* Healthy Lifestyles

1. **No Outsiders (coverage of the protected characteristics in the Equality Act 2010)**

This resource allows the protected characteristics (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation) to be embedded into our curriculum thus promoting equality for all whilst celebrating living in a community full of difference and diversity.

The use of books to teach the protected characteristics ensures that children are taught using age appropriate resources. The format of the planning allows a whole school approach that is consistent.

1. **Ten: Ten - Life to the Full (RSE curriculum)**

*Life to the Full* is a fully-integrated and holistic programme in Relationship Education that truly enables children to ‘live life to the full’ (John 10:10). Relationship and Health Education became statutory for all primary schools from September 2020.

The structure of Life to the Full is based on ‘A Model Catholic RSE Curriculum’ by the Catholic Education Service, which was highlighted as a work of good practice by the Department of Education. The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Work in PSHE is structured in a similar way throughout the school, as below:

· Topic introduced

· Time for discussion

· Misconceptions addressed

· Summary of the topic

Resources are developed by the teacher for each topic as they see fit. These should be suitable for the topic that they are teaching, age appropriate and effective in facilitating discussion.

To provide a rich tapestry of learning and experiences, St Anne’s also utilises the use of external agencies to engage children and also provide new and interesting ways to enhance their learning journeys. The following parts of the PSHE curriculum have been covered by outside agencies:

* Mental and Emotional Health – e-safety workshop
* Healthy Lifestyles - Yes Chef (Healthy cooking and eating)
* Relationship and Sex Education – NSPCC *PANTS* session
* Keeping Safe/ Relationship and Sex Education- School Nurse
* Keeping Safe- Project Chameleon

Assessment of pupil progress is undertaken against the school’s age-related expectations for PSHE. This will be done by the class teacher during class discussion or at the end from any responses from the children. The outcomes of these assessments are used by class teachers to evaluate the quality of coverage of PSHE and to inform aspects of learning that need to be strengthened to improve the quality of provision and to enhance pupil progress. It is imperative that any misconceptions are addressed by the teacher as soon as they can.

A high quality of PSHE feeds into many other areas of the curriculum. Skills and knowledge gained are particularly relevant to Science, RE, PE and Computing. Children will:

· Learn how to look after their health through a healthy diet and exercise.

· Develop critical thinking about their own safety and how they can recognise how to keep safe in different situations,

· Understand how their bodies develop and change as they grow up.

· Know how to manage their own mental health and to recognise who they can speak to.

· Recognise dangers online and how to report problems at an age appropriate level.