

# PSHE at Wilbarston

## PSHE: The Curriculum

At Wilbarston, we value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning. We teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The Jigsaw Programme forms the foundation of our PSHE curriculum. This offers us a comprehensive, carefully thought through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. Relationships Education at Wilbarston covers 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'. Health Education covers 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'. Sex education at Wilbarston ensures that both boys and girls are prepared for the changes that adolescence brings and drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

Jigsaw also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

### At the end of Foundation at Wilbarston

Children will begin to understand their own feelings and their rights and responsibilities in class. They will know about how to make friends and deal with bullying. Children will gain the knowledge of resilience and how they keep on trying even when they find something hard.

Children use the language of super heroes to empower them

"captain independent"

'link and learn hero'

'super chooser'

'have a go hero'

### At the end of Key Stage 1 at Wilbarston

Children will be able to discuss rights and responsibilities in class, understand bullying and know how to deal with it by showing self-belief when something does not feel right to themselves as human beings and celebrate differences in everyone.

Children will also be able to set goals and celebrate achievements by showing resilience and not giving up on a goal even when they find it challenging.

Understand healthy choices and begin to understand parts of the body and their functions and this will empower the children to have self-worth and understand how they can look after themselves.

### At the end of Key Stage 2 at Wilbarston

Children will understand that their feelings are welcome and valued, they will understand perceptions of normality and bullying by understanding self-respect and respecting others.

They will be able to recognise achievements and give compliments to have the knowledge on how giving a complement can support another person in a positive way.

Children will be able to recognise and reflect on their mental health, substance abuse and gang culture to be able to make the right choices and how they themselves can support others to make the right choices to have a positive life outcome.

They will be better equipped at managing their emotions, know about online-safety and be aware of puberty and consent and how they own their body and have the right to say no.

Children have positive body images.

Children know how to stay safe in the physical and digital worlds.

## Implementation:

Within our PSHE curriculum these are the main elements:

- Teachers are confident and skilled in discussing sensitive and/or controversial issues.
- Teachers apply clear and appropriate learning objectives that are matched by well-considered, appropriate activities. Pupils' interest and active participation is secured through teachers using a wide range of imaginative resources and strategies.
- Effective discussion is a very strong feature; pupils are encouraged to investigate, express opinions and listen to others. Consequently, they develop excellent critical skills, can evaluate information well and make informed judgements.
- Teachers are able to develop pupils' resilience and ability to resist peer pressure effectively; they help develop pupils' confidence well and strengthen their attitudes to learning across the school curriculum.

- Discrimination, including prejudice-based bullying and discriminatory language, is tackled with vigour.
- PSHE lessons are recorded in a floor book and journals to allow children time to focus on the lesson, play games to connect with one another and engage in discussion thoroughly during this time.

### Assessment

Children are given regular opportunities to reflect on and identify what they have learned. The personal nature of PSHE education means that it cannot be assessed in the same way as most other subjects and it would be inappropriate for assessment in PSHE education to imply passing or failing 'as a person'. It is however possible to recognise and evidence progress and attainment in the knowledge, understanding, skills and attributes PSHE strives to develop.

Leaders will monitor the quality and impact of the PSHE Curriculum through a multi-faceted approach to assessment ;

- Retrieval practice to take place at the beginning of every lesson.
- Assessment for learning is used within each lesson through skilful use of questioning and live feedback
- Pupil voice is taken each lesson and recorded in floor books.

### Cultural Capital

Children demonstrate and apply the British values of democracy, tolerance, mutual respect, rule of law and liberty. They are able to discuss why these values are important. Extra-curricular activities allow the children to show these values to each other.

### Career Professional Development

We develop strong subject knowledge amongst all staff which is achieved through:

- comprehensive middle leadership development
- a focus on developing all teachers' subject knowledge and historical pedagogy
- high-quality planning resources that are amended to meet the needs of all pupils regular communication with subject leads

## PSHE Curriculum Overview:

Term	Puzzle	Content
Autumn 1	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding.
Spring 1	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society.
Spring 2	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise.
Summer 1	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss.
Summer 2	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change.