

PSHE Vision Statement

At Alexandra Park Primary School, we provide our children with a high-quality PSHE education that is a planned, developmental programme of learning. Through the teaching of PSHE children acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of our whole-school approach, our PSHE education develops the qualities and attributes children need to thrive as individuals, family members and members of society. Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. Learning about healthy relationships, online harms, mental health and healthy lifestyles will equip children with the tools needed to develop resilience and become well rounded, healthy adults. It helps our children to stay healthy, safe and prepared for life in modern Britain.

Care

Pupils are taught how to and encouraged to care about themselves, others and the world around them. They are taught how to maintain friendships and meaningful relationships and how to resolve conflicts. PSHE also helps to promote social and ethnic harmony and raise an awareness of British Values and the 9 protected characteristics. As the children are taught to understand the protected characteristics, it will help to promote acceptance, cohesion and integration.

Aspire

Our PSHE curriculum allows children to take part in various experiences linked to the themes covered including workshops, visits and themed days/weeks such as Hello Yellow, anti-bullying week and Children's Mental Health Week.

Achieve

Our PSHE curriculum ensures that children achieve a balance of knowledge and key skills in each theme. The scheme of work has been designed so that each year builds upon the previous years in a spiral curriculum, ensuring connections are made throughout the children's learning. Teachers ensure that children are supported through scaffolding and challenge ensuring that all pupils can achieve in every lesson.

Intent

PSHE education at Alexandra Park Primary School equips our children to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. Our PSHE education provides opportunities for children to reflect on and clarify their own values and attitude and explore the complex and sometimes conflicting range of attitudes they encounter both now and in the future. Our PSHE education also contributes to children's personal development by helping them to build confidence, resilience and self-esteem, to identify and manage risk, to make informed choices and to understand what influences their decisions. It enables children to recognise, accept and shape their identities, to understand difference and change, to manage emotions and to communicate constructively. Developing an understanding of themselves and the empathy and ability to work with others will help our children to form and maintain relationships, develop the essential skills for future employability and better enjoy and manage their lives.

Implementation

Our PSHE curriculum is challenging, inspiring and fun. It supports our children to develop their levels of emotional literacy and teaches them how to articulate, with confidence, their ideas and understanding about key themes. The SCARF framework supports our planning and delivery of engaging and relevant PSHE lessons within a whole school approach. This is a spiral curriculum whereby children follow the same themes across each year group, allowing them to revisit and deepen their understanding. These themes are:

- Me and My Relationships - including feelings, emotions, conflict resolution and friendships.
- Valuing Difference - including British Values, bullying, respecting difference and tolerance, school rules and fairness.
- Keeping Myself Safe - including healthy relationships, online safety, drugs and alcohol, healthy eating.
- Rights and Responsibilities - including money, living in the wider world, the environment, first aid, personal hygiene, jobs, democracy and social media.
- Being my Best - including keeping healthy, behaviour, wellbeing, risk, goal setting and achievement.
- Growing and Changing - including Relationships and Sex Education (RSE) objectives.

Our curriculum design reflects our core values of Care, Aspire and Achieve. Our PSHE curriculum ensures that we cover these core values as well as the key skills and knowledge set out in the National Curriculum. Our PSHE units also demonstrate seven steps of effective learning: Movement, Games, Creativity, Challenge, Ownership, Meaning and Celebration.

Impact

Evidence through pupil voice and outcomes in books will show that children can articulate and demonstrate their knowledge of the key themes. Children will be able to make connections between different themes and put things they have learnt into practise in their day-to-day lives, both in school and outside of school. Children will demonstrate essential skills and attributes of personal effectiveness, interpersonal and social effectiveness and managing risk and decision-making.