

# PSHE education

‘Nothing in life is to be feared, it is only to be understood. Now is the time to understand, so that we may fear less.’

Marie Curie

We believe that Personal, Social, Health and Economic education (PSHE) is an essential part of helping our children to foster lifelong aspirations, goals and values.

We believe that PSHE education is a chance to give every child an equal opportunity to develop the skills and knowledge they need to thrive now and in the future.

This includes helping them to deal with critical issues they face every day such as friendships, emotional wellbeing and change. It gives them a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope.

## **Relationships, Health and Sex Education (RSE):**

The RSE curriculum is taught through the Catholic RSE Programme ‘Ten Ten – Life to the Full’. It is taught with a spiral approach to learning in which pupils will revisit the same topics at an age-appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional well-being, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world.

The entire teaching is underpinned with a Christian faith 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.

## **Project:**

Throughout each academic year, the children benefit from frequent opportunities to explore aspects of PSHE through the context of their Projects. For example, they might consider examples of communities who have faced discrimination through the history curriculum. In geography, they might consider diversity in different communities and how it should be celebrated. Art and design might provide the opportunity to explore individual expression whilst recognising their own talents and uniqueness.

## **Philosophy for Children (P4C):**

P4C is used to target specific elements of the PHSE education curriculum that may not be covered through the Ten Ten – Life to the Full Programme. Stimuli are carefully selected by teachers to encourage and facilitate conversations. During P4C, topics are explored in a safe environment, allowing children to share their thoughts and respectfully challenge those of others in order to build knowledge and develop themselves as independent thinkers.

## **Online Safety**

We recognise that being online is an integral part of children's lives. Social media, online games, websites and apps can be accessed through mobile phones, computers, laptops and tablets – all of which form a part of children's online world. In order to educate and safeguard children against the risks, they participate in Online Safety lessons taken from the Learn Sheffield PHSE Curriculum. During these lessons, Children are encouraged to ask any questions and participate in conversations about the benefits and dangers of the online world, and how to keep themselves safe.

## **Assemblies**

Children will participate in regular Key Stage assemblies that focus on specific PHSE themes. The content of assemblies may take a reactive approach, responding to incidents that have occurred both in and out of school. Assemblies allow for children to be educated at an age appropriate level at a point where the content is going to have most impact due to its reactive nature. For example, assemblies could explain major political events such as war, tackle online incidents or respond to incidents of derogatory or discriminatory behaviour.

## **Physical Education (PE)**

As well as developing motor competence and understanding rules and strategies, our PE curriculum recognises the importance of using this opportunity to educate on healthy participation: healthy eating, the impact of sport and exercise on our mental and physical health opportunities to be active during our daily lives.

## **Assessment**

As outlined above, children access many different opportunities to develop their PHSE knowledge and understanding, and therefore Children's learning in PHSE is assessed formatively by observing and listening to their contributions to discussions with teachers and peers in order to make informal judgements throughout units of work. The RSE curriculum is assessed through the completion of a pre and post assessment activity for each unit, as outlined by the Ten Ten – Life to the Full programme.