



*'Let your light shine' Matthew 5:16*

## PHSE Curriculum Purpose and Rationale



'At Hawkesley, we say to our children to *'let your light shine.'* (Matthew 5:16). In order to do this, we provide a knowledge rich curriculum. The bible says, 'For wisdom is better than rubies...' Proverb 8:11. We believe that through the accumulation and application of knowledge, children are equipped to experience, *'life in all its fullness'* (John 10:10). '

*Taken from the Hawkesley Curriculum Vision Statement*



## Curriculum Purpose: Why study PSHE?

### **Why do learners at Hawkesley Church Primary Academy need to study PSHE?**

Personal, Social, Health and Economic (PSHE) education is fundamental to the way pupils grow as individuals and therefore is an important part of our curriculum at Hawkesley Church Primary Academy. Our pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help our pupils to stay healthy – in both body and mind, safe and prepare them for life and work in modern Britain and become Global citizens. PSHE education helps children to achieve their academic potential, and leave school equipped with skills they will need throughout later life enabling them to, 'Let their light shine'.

### **What are the aims for the PSHE curriculum?**

Over the course of their Primary Education, we aim to support pupils to explore and discuss a variety of PSHE topics in order to understand themselves better and the lives and cultures of the world around them. Personal, Social, Health and Economic education (PSHE) is an important and necessary part of all pupils' education. Teachers use the Jigsaw scheme to ensure that children are taught about personal and social similarities and differences, in a way that is sensitive and age-appropriate. Our tailored curriculum programme equips pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. PSHE helps our children to consider what is important to them, now and in the future. It provides them a platform to voice their own opinions and to learn to listen and respect the opinions of others. Throughout the programme of study, pupils learn essential communication skills; debating, reasoning, weighing an argument, collaborating with and motivating others. PSHE enables pupils to grow in confidence whilst embedding our school values; friendship, perseverance, respect, honesty. We aim to do this in partnership with parents, the Church and the local community. At Hawkesley we also encourage children to think about personal and social values, and so develop their capacity to be active and effective global citizens. PSHE education is taught as a planned, developmental programme of learning through which children acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. Further it can help reduce or remove many of the barriers to learning experienced by pupils, significantly improving their capacity to learn and achieve. PSHE education also makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety, and to their emotional wellbeing.



## **National Curriculum**

The national curriculum states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice'. PSHE education contributes to schools' statutory duties outlined in the Education Act 2002 and the Academies Act 2010 to provide a balanced and broadly-based curriculum and is essential to Ofsted judgements in relation to personal development, behaviour, welfare and safeguarding. The relationships and health aspects of PSHE education will be compulsory in all schools from 2020.

## **National Curriculum Aims for PSHE**

PSHE enables pupils to develop skills and attributes such as resilience, self-esteem, risk management, team working and critical thinking in the context of health and wellbeing, relationships and living in the wider world (including economic wellbeing and aspects of careers education).

## **National Curriculum Purpose for PSHE**

PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain. Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils.

## **Which values underpin the curriculum content?**

Respect  
Friendship  
Honesty  
Perseverance

## **How are British Values taught from PSHE?**

**British Values;** democracy, rule of law, respect, individual liberty and tolerance will all be included within the PSHE lessons and assemblies. The British values and knowledge from PSHE will regularly be referred to within all aspects of the school day.

## **Which links to careers can be made within the PSHE curriculum?**

**Health and Social Care**

Social worker, Residential carer, Family liaison officer, Health worker, Nurse, Doctor

**Education**

Teacher, Teaching Assistant, Learning mentor

**Environment**

Environmental officer, Gardener

**PSHE skills and qualities are required in ALL careers**

### Curriculum Rationale: Why study PHSE in this way?

**Why has the specific knowledge been selected?**

The knowledge is unique to the subject but prolific in providing children with the knowledge of living in our society today. Children gain knowledge throughout the topics and these give the children transferable skills to live and grow as an individual with their own beliefs and values. Our PSHE curriculum is divided into 6 topics which are taught at the same time in every year group through the academic year. Each topic focuses on an essential aspect of personal, health, social or cultural education. These topics are being me in my world, celebrating differences, dreams and goals, healthy me, relationships and changing me. The Jigsaw lesson helps to teach children how to feel calm and think about things more mindfully and this is reflected in the start of each session with 'Calm Me'. Each lesson will consist of different parts 'Open my Mind' focuses the children's thoughts on the lesson topic, 'Tell Me or 'Show Me' is when children will be taught new skills and information, 'Let Me Learn' is when children will have a chance to put these skills into practice and 'Help Me Reflect' is when children will be able to think about how they feel and about what they have learnt.

**Why is it taught in the order that it is?**

PSHE lessons are taught weekly through our Jigsaw scheme. They are age appropriate and tailored to the needs of our children. Children will be taught how to live independent lives and will learn the skills needed to understand how they are developing socially and personally. These topics will look different within the curriculum for different age groups and aim to develop and build upon children's knowledge and



understanding from EYFS to Year six.

Some examples of what students are taught during PSHE classes are

- Standing up for your rights
- Health and lifestyle
- Making friends
- Sex and relationship education (Year 5/6)
- Drug Education

### **What is the impact?**

PHSE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. PSHE education also helps pupils to develop skills and aptitudes - like teamwork, communication, and resilience - that are crucial to navigating the challenges and opportunities of the modern world, and are increasingly valued by employers. It helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions about alcohol to succeeding in their first job, PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up. PSHE education is a vital part of their preparation for life.



### **What are the aims, end-points, of specific stages of the curriculum?**

By the end of Year 6 pupils should know

- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours
- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.