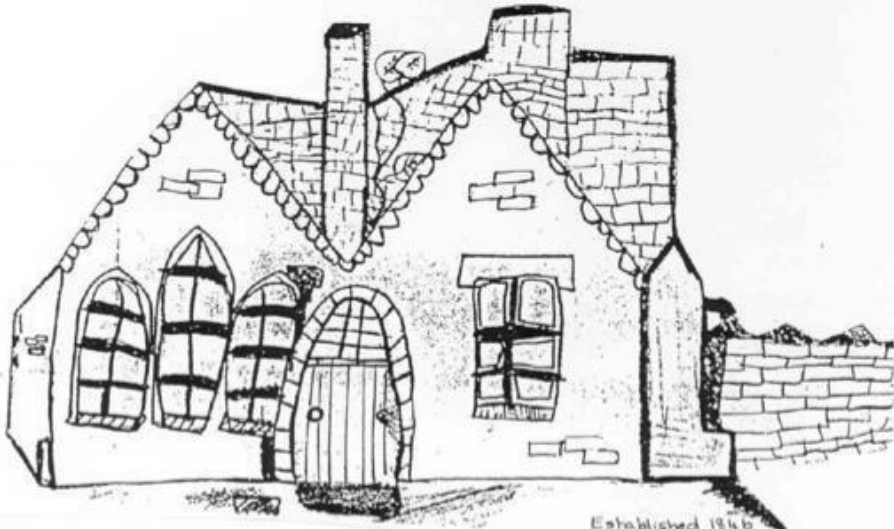




Quinton

Church Primary School

Personal, Social, Health and Economic (PSHE) Curriculum Purpose and Rationale



Our curriculum is driven by our Christian Vision and values, the culture and diversity of our local, national and global community.

'Fullness of life for all, through working together with the love of Christ.'

At Quinton Church Primary School, we believe that everyone should have life in all its fullness. Therefore, our aim is for everyone to be part of our **Christian community** where everyone is happy, safe and supported, feels **loved** and demonstrates kindness; understands **justice** and shows fairness to all; and receives high quality education and is empowered to live life to the full (John 10:10).

We are not only inspired by John 10:10, but by Micah 6:8, which shows us how to live life in all its fullness.

'The LORD has told us what is good. What he requires of us is this: to do what is just, to show constant love, and to live in humble fellowship with our God.'

Be kind, be fair, be thankful.

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Curriculum Purpose: Why study PSHE?

Why do we teach PSHE? (intent)

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 Quinton Church Primary School. 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, *'Live life to the full'*.

National Curriculum (what do we want learners to be able to know and do by the time they leave Quinton Church Primary School?).

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 Citizen Education (PSHE) is an important and necessary part of all pupils' education. Teachers use MyHappyMind alongside 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. It allows children to learn about how their brains work and focuses on supporting their mental well-being.

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; **Be Kind, Be Fair, Be Thankful**. We aim to do this in partnership with parents, the Church and the local community. At Quinton 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.

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National Curriculum

The national curriculum states that 'all schools should make provision for personal, social, health, citizenship 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).

Which Christian values underpin the curriculum content?

At Quinton Church Primary School our curriculum is driven by our Christian Vision and values, the culture and diversity of our local, national and global community. Our values include:

Be kind, be fair, be thankful.

Rooted within these values include the following:

Kindness- compassion, service, peace, love

Fairness- justice, forgiveness, wisdom

Thankfulness- hope, friendship, trust

We endeavour to teach these values within the teaching of the PSHE curriculum ensuring they are incorporated within our **social, moral, spiritual and cultural** development.

How are British Values taught in PSHE?

At Quinton Church Primary School, pupils are taught about British Values through PSHE by learning about a variety of diverse communities.

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.

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Curriculum Rationale: Why study PSHE 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 mainly taught through MyHappyMind, it is divided into 5 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 **meet your brain, celebrate, appreciate, relate and engage**. The MyHappyMind lessons help to build confidence, resilience, independence and how to keep mentally healthy. Each lesson will consist of different parts from quizzes to retrieve previous learning, activities to consolidate new learning and time to journal to reflect about how they feel and what they have learnt.

Our PSHE curriculum is also taught through Jigsaw and this intertwines with MyHappyMind to support children in cementing their learning. Jigsaw is divided into 6 topics which are also taught at the same time in every year group through the academic year. 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 MyHappyMind and the 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 include:

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

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How are PSHE lessons delivered at Quinton?

PSHE lessons are mapped out and followed using the MyHappyMind and Jigsaw scheme. Weekly, hour long lessons are taught in every class, by the class teacher. Opportunities to ask questions and teacher responding to them is given. Parents are informed termly of the aspects that the children will be taught and are given the opportunity to discuss any of the aspects or targets with a member of the SLT or class teacher.

What is the impact?

PSHE 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.

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PSHE Curriculum Aims (end-points)

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

By the end of Year 6, Quinton children 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.

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