



## **Personal, Social, Health and Economic (PSHE) Curriculum**

### **Intent**

At St. Austin's Primary School, the heart of our curriculum are the Gospel Values, which underpin our mission statement: *'In our school where everyone is special, we will love and serve as Jesus taught.'* Reflecting this, the intent of our PSHE ethos is to deliver a curriculum that is accessible to all and maximises outcomes for every child—so they know more, remember more, and understand more.

We adopt a child-centred approach to PSHE, helping pupils understand their personal and social development while promoting their mental and physical well-being. We provide our pupils with opportunities to learn about rights and responsibilities and to appreciate what it means to be a member of a diverse society. We want our pupils to become independent, responsible, healthy and confident members of society who know right from wrong.

### **Implementation**

At St. Austin's, PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum. We ensure we cover the Health and Wellbeing, Relationships, and Living in the Wider World learning opportunities, which widely cover the statutory Health Education and Relationships Education guidance.

Our scheme, *My Life* (winner of the 5-star award in the Wellbeing Category of the Teach Primary Awards), encourages personal development of important qualities such as resilience, responsibility and well-being. Key topics throughout KS1 and KS2 are Healthy Bodies, Healthy Minds, Family Types, Human Rights, Respect, Bereavement, Body Image, Money Matters, Friendships, Emergency Situations and E-Safety.

While our scheme covers key Health and Relationships topics, we ensure the curriculum also reflects the needs of our specific pupils. Alongside our core PSHE strands, KS2 receive first aid training each half term, focusing on 'Calling for help', 'Head injuries', 'Bites and stings', 'Asthma', 'Bleeding' and 'Choking'.

Books and stories are readily available and integrated throughout the PSHE curriculum to enhance teaching and learning across the school, fostering meaningful connections between literature and subject areas.

Across our school, pupils use workbooks to record their responses to each topic. We begin topics with a baseline assessment, asking pupils what they already know about the topic. Through this, we aim to address misconceptions first. Pupils have the opportunity to reflect on their baseline assessment at the end of the topic and edit or add the additional knowledge they have learnt.

We provide a range of enrichment opportunities to support our PSHE curriculum, ensuring that pupils develop essential life skills, resilience, and a strong sense of inclusivity. Whole-school themed weeks, such as Mental Health Awareness Week and Hello Yellow Day,

promote emotional well-being and encourage open discussions about mental health. Additionally, inclusive initiatives like the Anti-Bullying Signing Choir Project empower pupils to express themselves creatively while fostering a culture of kindness, respect and unity. Through these experiences, we aim to equip our pupils with the knowledge and confidence to navigate the world with empathy and understanding.

PSHE has been carefully planned and organised into weekly blocks every term. Teachers have specifically planned these weeks as they support and enrich topics through already planned Religion, Science and Maths topics. There are always occasions where staff may feel it necessary to teach PSHE because of an issue which has arisen in their own class. This is planned in carefully and is taught in a way that shows progression across the key stages. PSHE is integral to the development of pupils' values for them to become a positive citizen in a constantly changing community. We ensure pupils' spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured here at St. Austin's.

### **Impact**

By the time our pupils leave St. Austin's, they will:

1. Treat each other with kindness and respect.
2. Make good choices in relation to their hygiene, nutrition and exercise.
3. Be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life.
4. Be on their way to becoming healthy, open-minded, respectful, socially and morally responsible, active members of society.
5. Appreciate and celebrate difference and diversity.
6. Be able to understand and manage their emotions while looking after their mental health and well-being.
7. Know how to seek help and be confident in identifying their trusted adults.
8. Be able to develop positive, healthy relationships with their peers both now and in the future.
9. Understand the physical aspects involved in RSE at an age-appropriate level.