



Our PSHE Curriculum

Intent

Sacred Heart's curriculum is closely designed around our school's mission and value statements and to support the development and needs of the pupils and families we serve. Our curriculum is designed to allow children to **endeavour, enrich and enjoy** their learning.

At Sacred Heart, Personal, Social and Health Education (PSHE) and Citizenship enables children to acquire knowledge, skills and understanding they need to lead confident, healthy and independent lives and to become informed, active and responsible citizens in a rapidly changing world. Children will be encouraged to develop a sense of worth by playing a positive role in contributing to school life, the parish and wider community. They will learn how society is organised and governed and experience the process of democracy in school through the school council. We provide opportunities for children to learn about rights and responsibilities and appreciate what it means to be a positive member of a diverse society, following the teachings of Jesus.

Our PSHE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives.

[PSHE Long term plan](#)

Implementation

In the EYFS, the learning intentions within PSED will help children to develop a positive sense of themselves and others; to form positive relationships and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups and have confidence in their own abilities. We use Colour Monsters to help develop our children emotionally. We have handwashing and tooth brushing schemes to help children meet their own care needs.

In Key Stages 1 and 2 we use the resources from the PSHE Association and teach the core themes, Health and Wellbeing and Living in the Wider World, which have been tailored to meet the needs of our school. It also identifies links to British Values, and SMSC and is taught in such a way as to reflect the overall aims, values, and ethos of the school.

We use the resource 'A Journey in love' to teach RSE. An aspect of the mystery of love is treated in each year group; children and young people are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth in the primary years through a series of suggested, progressive and developmental

tasks, activities and reflections that focus on social, emotional, physical and spiritual development.

[A Journey in Love Overview](#)

We use Zones of Regulation in our Key Stages 1 and 2 to help students gain skills in self-regulation.

We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Our EEE Award encourages the children to take part in a range of practical activities to promote active citizenship.

Visitors, including the school nurse, complement our PSHE/RSE curriculum to offer additional learning.

Assemblies are often linked to PSHE and British Values.

Impact

By the time our children leave our school they will:

- be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationship with their peers both now and in the future.
- understand the physical aspects involved in RSE at an age appropriate level
- have respect for themselves and others.
- have a positive self esteem

[PSHE Skills Document](#)