

# PSHCE on a page 2024/25



## Intent:

The PSHCE (Personal, Social, Health, and Citizenship Education) curriculum plays a crucial role in shaping well-rounded students. It equips young people with essential knowledge and skills to navigate real-world challenges. By promoting pupils' understanding of these areas, PSHCE helps them stay safe, make healthy choices, build life skills, and develop a sense of well-being and personal responsibility.

### The Curriculum in PSHCE:

- Lessons to be fun/engaging and purposefully, using the SCARF resources
- Year 6 DAaRT taught by specialist outside providers
- Some sessions will be based on our key values – including British Values
- Follow a 3-part structure - as outlined in the SCARF lesson plans
- Weekly SCARF lessons, where we cover personal, social, citizenship and health education (PSHCE – definition below)
- We focus on children's knowledge, skills and attitudes and also meet the requirements for Relationships and Health Education, children's Spiritual, Moral, Social and Cultural development.
- Links to Well-Being, especially with regard to children's Spiritual, Moral, Social and Cultural development.
- Any children that need help with additional SEMH will be raised with the pastoral team needs in school (see Well-being)

### Focus Actions for 24/25

1. Greater cohesion with well-being
2. Endeavour to invite more health care or relevant specialists into school. Further concrete resources.
3. Greater links to real life situations and future aspirations.

### What approaches to Teaching and Learning do we use?

- DAaRT taught by specialist outside provider
- SCARF/Well-being lessons are completed weekly and each child's progress is assessed accordingly
- Each child has a reflective journal they can use as reflection or to record an outcome to an activity set.
- Children are exposed to breathing and yoga sessions
- All children will have access to our Wellbeing Warriors (See Well-being)
- Cross- curricular approach and links to everyday life.
- Drama/role play is key and links to ARTSmark

### What enrichment opportunities do we provide?

- TED/50 things (50 things promoted at home too)
- DAaRT providers.
- Assembly to reward children promoting and showcasing our Values
- Whole school assemblies on key values
- Themed days/weeks and charity days to help raise awareness

### Key Resources in school:

- Posters
- British Values
- Wellbeing Warriors (Y5/Y6 pupils)
- Year 6 DAaRT scheme
- SCARF scheme/YOGA scheme
- Young Minds/CAMHS/
- Trained ELSA staff

### Adaptations to suit a range of needs, including those with SEND:

- Each lesson is accessible and differentiated so that all children can access the learning.
- Use of role play and class discussion is a key part of the learning and helps with meeting a range of needs.
- A range of learning styles.
- SCARF planning suggests adaptations

### How do we evaluate the **impact** of Teaching and Learning?

- Pupil voice / Teacher voice /Peer to peer feedback
- Book looks and learning walks
- Website/class pages
- SCARF assessments
- Wellbeing and Involvement assessments compared to previous data
- Subject reviews/Whole school overview to show progression of skills
- Use of retrieval

### PSHCE:

**Physical Education:** This helps students understand how to maintain physical health and well-being, encouraging lifelong habits of exercise and balanced nutrition.

**Social Education:** Students learn about relationships, social responsibility, empathy and how to communicate effectively with others.

**Health Education:** Covers topics such as mental health, sexual education, substance abuse prevention and emotional well-being, empowering students to make informed choices.

**Citizenship Education:** Teaches students about their rights and responsibilities, democracy, law, justice and how to engage actively in their communities.