

PSHE Policy		
Date	Review Date	PSHE & Leads
10.05.25	May 2026	E.Keen & L.Wilkie
<u>Introduction</u> ‘A Healthy School promotes the health and well-being of its pupils and staff through a well-planned, taught curriculum in a physical and emotional environment that promotes learning and healthy lifestyle choices.’ (Department of Health) ‘We expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.’ (Department for Education) At Birkwood Primary School, personal, social and health education (PSHE) enables our children to become healthy, independent and responsible members of society. It allows children to understand how they develop personally and socially and addresses any issues or questions that may arise during their formative years. We follow a broad approach to learning about the rights and responsibilities of a 21st century member of society, allowing our children to develop their own views of modern society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. All children experience the process of democracy through the School Council. We encourage our children to begin to understand and secure a sense of self-worth and to lay a foundation of skills that will last a lifetime. Our children learn to appreciate what it means to be a positive member of a diverse and multicultural society. As the world changes, we endeavour to address emerging issues, selecting content which is relevant to our children to know their place within their community and within the world.		
PSHE & Curriculum Intent, Implementation and Impact Overview		
The intent of our PSHE curriculum is to deliver a curriculum that is accessible to children of all ages and academic ability including those with SEN. We plan to teach the skills, knowledge and understanding for children to become healthy, independent and responsible members of society. This is implemented by creating a programme of study that is bespoke to our school and all our children. The three main core themes of our PSHE programme of study focuses on: Relationships Education, Health Education & Living in the Wider World. <u>Relationships Education:</u> • Families and close positive relationships • Friendships • Managing hurtful behaviour and bullying • Safe relationships • Respecting self and others <u>Health Education:</u> • Healthy lifestyles (physical wellbeing) • Mental Health • Ourselves, growing and changing		

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- Keeping safe
- Drugs, alcohol and tobacco

Living in the Wider World

- Shared responsibilities
- Communities
- Media literacy and digital resilience
- Economic wellbeing: Money
- Economic wellbeing: Aspirations, work and career

Impact

Through teaching PSHE under the new government guidelines and 1decision, we aim to provide an inclusive curriculum which will reflect our children's increasing independence and physical and social awareness. It builds on the skills that pupils acquire during EYFS to develop effective relationships, assume greater personal responsibility and manage personal and social safety, including online. PSHE shows Upper Key Stage 2 children how to cope with the body and mind changes of puberty and will cement skills learned throughout their time at Birkwood through engaging with a range of content building on all three core themes.

At Birkwood Primary School, we have identified key intentions that drive our PSHE curriculum. They are as follows:

Intent	Research Link	Implementation	Impact
1st Intention: To create and build upon a PSHE curriculum, which develops learning and results in the acquisition of knowledge and skills that will	PSHE Association introduction states: <i>'PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.'</i> PSHE Association evaluated research 'PSHE Academic Attainment and	Clear and comprehensive scheme of work in line with the National Curriculum The PSHE curriculum has three core learning themes: • Relationships Education • Health Education • Living in the wider world Within this, it also incorporates the Relationships and Sex Education (RSE) curriculum 2021. https://assets.publishing.service.gov.uk/media/62cea352e90e071e789ea9bf/Relationships_Education_RSE_and_Health_Education.pdf Knowledge Organisers All children to have access to key knowledge, language and definitions to help understand all aspects of PSHE. Website On our website, key documents and information are displayed under 'Personal Development' within the curriculum tab. Examples of children's work are displayed under the Subject Blogs for PSHE and R.E, RRSA and British Values.	Children to develop a healthier attitude towards school. E.g. • Improved attendance • Better understanding of expected behaviour Children to have an appreciation of

enable our children to access a wider curriculum. This will also be key in the preparation to become a global citizen both now and in their future roles within the ever-changing community To prepare and produce a curriculum with befitting subject knowledge, skills and understanding. To also coincide with the duties of the	Employability.' There is developing evidence to suggest that the skills and knowledge acquired through PSHE education has a significant impact on pupils' academic achievement, employability and future life choices.	Displays Focused PSHE material throughout school to develop and showcase children's knowledge and understanding. Assemblies Weekly whole school, key stage and/ or individual class assemblies, with links to PSHE, British Values (BV), Spiritual Moral Social and Cultural (SMSC). Wider curriculum links to be made throughout all subjects to PSHE, British Values, SMSC.	PSHE, British Values, Tolerance, Mutual Respect and the law. A high percentage of children will achieve age related expectations across the wider curriculum in addition to the core subjects.
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National Curriculum in which schools must provide a 'balanced and broadly-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of pupils and prepares them for the opportunities and responsibilities and experiences for later life.'			
2nd Intention: To incorporate	PSHE Association research states:	Age appropriate, comprehensive schemes of work within the PSHE curriculum in line with the new recommendations of teaching curriculum. "The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with	Children will develop essential life skills.

within the PSHE curriculum so that children understand how to stay safe and develop and maintain healthy relationships both now and in the future. To design and develop a scheme of work to allow pupils to explore and understand the complexity of the different relationships they will experience throughout their lives.	“Produced in partnership with Child Exploitation and Online Protection Centre (CEOP), this report outlines 11 key principles of effective practice in prevention/ preventive education.”	other children and with adults.” - Direct quote from: statutory guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education. Schemes of work will be explicitly resourced. To ensure pupils become increasingly aware of the purpose of and its importance throughout life. Parental Consultation. Parents/ carers will be informed of all topics taught prior to teaching by means of: • Parent meetings/ assemblies • Outline of content to be taught/ knowledge organisers • Letters home • Opportunity to withdraw from non-statutory content communicated to all stakeholders	Children will understand and be able to maintain healthy relationships both now and in the future. Children will have a positive body image. Children to understand age related physical changes their body will show. Children will have a greater respect for themselves and their peers.
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The Teaching Sequence of PSHE

PSHE is taught weekly through whole class lessons, small group-based sessions and assemblies. Units of work for every year group must include:

Birkwood Primary School. Teaching Sequence in PSHE	Step 1
	• Follow the PSHE Overview • Baseline Assessment
	Outline the PSHE learning that will take place, starting with what the children already know, understand, can say and are able to do.
	Step 2 – Review and re-visit most recent PSHE learning.
	Step 3 – Identify key vocabulary (including definition) to be used throughout the subject.
	Step 4 – Provide relevant and realistic information to reinforce positive social standards.
	Step 5 – Positively allow opportunities for child lead interactive learning, facilitated by the teacher.
	Step 6 – Proactively offer opportunities for children to make real decisions about their lives. To take part in realistic scenarios to help with their decision-making process. To understand that decisions made will have consequences. To be able to take responsibility for their decisions.
	Step 7 – Individual and peer-based reflection on recent learning.
	Step 8 – Assessment.

The above aspects must be evident within the implementation of the PSHE curriculum, in order for the children to know, remember and understand what is required with regards to PSHE.

As a school, Birkwood Primary believe that children will benefit from teachers using a wide range of teaching and learning pedagogies. For example:

- Class based discussion.
- Small group-based discussion.
- Role-play.
- Game-based learning.
- Investigatory activities.
- Problem-solving activities.
- Outdoor/ PE-based learning.
- ICT led activities.

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At Birkwood Primary School, our children have an endless opportunity to have their voices heard, this allows them to influence their day to day school life. Children have many means of expressing their opinions/ worries etc.

These include:

- School council (peer elected representatives)
- Suggestion/ worry boxes in classrooms
- Regular correspondence (newsletters, Twitter, school website, reports, questionnaires etc.)
- Parents' evenings
- Face to face with any staff member
- Well-being Champions

Also, at Birkwood , we refer to the community as 'Our Incredible Community'. This, along with a high level of communication, allows the children to meet and work with members of the community, such as emergency services, local church, local supermarket, parent and children workshops and the local secondary school.

Pedagogical approaches to Teaching PSHE within the new statutory guidelines.

"The relationships and health aspects of PSHE education will be compulsory in all schools from 2020. In June 2019, the Department for Education launched the final statutory guidance to accompany introduction of compulsory health education, relationships education and relationships and sex education (RSE) in 2020." (PSHE Association, January 2020)

Behaviourism	Direct teacher instruction; modelling of skills, use of appropriate vocabulary in context and techniques; demonstration.
Constructivism	Enquiry-based learning.
Social Constructivism	Teacher modelling; questioning; independent, paired and grouped-based learning.
Liberationism	Child led learning with showcase opportunities.



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PSHE Scheme of Work and Resources

The PSHE curriculum focusses on three core learning themes:

- Relationships Education
- Health Education
- Living in the wider world

The core themes are taught whilst incorporating the policy, British Values and SMSC.

Birkwood Primary School use the 1 Decision scheme of work to deliver PSHE. Links can be found on the school website. Teachers can use additional, appropriate resources to address arising needs of individuals/classes. This can include the use of the extensive selection of PSHE books in our school library.

Time Allocation

PSHE is timetabled each week for whole class learning. At least one PSHE/ RSE/ British Values/ SMSC assembly to be presented to each Key Stage once a week. Additional one to one/ small group wellbeing sessions are provided throughout the academic year.

Reasonable Adjustments to PSHE

As a school, we recognise, understand and promote the importance of inclusion. Therefore, we will ensure that all children with identified Special Educational needs and/ or Disabilities will be able to confidently access all aspects of the PSHE curriculum and will adjust to suit their individual needs. All adjustments will be made under the supervision of the SENDCO and Headteacher. Parents will be notified of any adjustments made and will have a say during the decision-making process. We use the **Motional** (Emotional Wellbeing and Mental Health online assessment tool) to support with PSHE interventions.

Equal Opportunities & Safeguarding

<https://www.birkwood.org.uk/website/wp-content/uploads/2022/09/Equal-Opportunities-Policy-09-22.pdf>

<https://www.birkwood.org.uk/website/wp-content/uploads/2024/01/SAFEGUARDING-AND-CHILD-PROTECTION-POLICY-01-24.pdf>



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Responsibilities

The School PSHE Lead, alongside the RSE Lead, is responsible for:

- Monitoring the teaching and learning of PSHE whilst ensuring the children know, remember and understand more about PSHE related topics.
- The implementation of the policy.
- Presentations to staff during INSET to outline the school plan.
- Providing appropriate feedback to staff.
- Writing an annual action plan for The School Improvement Plan and evaluating current progression.
- Attend regular courses to maintain and build on knowledge that will be presented to staff each time.