PSHE/RSE at Blaydon West Primary School

At Blaydon West Primary School, we believe that Personal, Social, Health and Economic (PSHE) education is fundamental to every child's personal development, wellbeing and future success. Through a carefully planned and inclusive curriculum, we aim to equip pupils with the knowledge, understanding and skills they need to stay safe, healthy and prepared for life in modern Britain. We use the Kapow Primary PSHE/RSE scheme to support the delivery of our bespoke PSHE/RSE curriculum. This ensures that learning is progressive, age-appropriate and fully aligned with statutory requirements.

The curriculum reflects the opportunities and challenges face by children in modern society and prepares them for life in an increasingly diverse and digital word.

All learning is delivered in a sensitive, inclusive and age-appropriate manner considering the needs, background and beliefs or our pupils and families.

Our aim is for our pupils to develop the knowledge, skills and attributes needed to lead healthy, happy and safe lives.

Intention

In our Early Years Foundation Stage, we link the PSHE curriculum to the Early Learning Goals (ELG) and we aim to:

- Develop pupils understanding of ways to keep healthy and safe. (Managing Self ELG)
- Develop pupils' confidence, independence and resilience when facing new challenges. (Managing Self and Self-Regulation ELG)
- Help pupils recognise, understand and manage their feelings and behaviour. (Self-Regulation ELG)
- Develop pupil's ability to form positive relationships with adults and peers. (Building Relationships ELG)
- Help pupil understand the rules, routines and expectations within the classroom. (Self-Regulation ELG)
- Encourage pupils to make positive choices and understand the impact of their actions on others. (Self-Regulation and Building Relationships ELG)
- Encourage curiosity, aspiration and confidence in their own abilities, preparing them for future learning and personal development.

In Key Stage 1 and Key Stage 2, children study the National Curriculum for PSHE/RSE and we aim to:

- Give pupils the information that they need to make good, informed decisions about their own health, wellbeing and personal safety.
- Develop pupils' confidence, resilience independence and self-esteem.
- Promote positive mental health and emotional wellbeing.
- Give pupils an understanding of the fundamental building blocks and characteristics of healthy, respectful relationships.
- Teach pupils how to stay safe, both online and offline and where the seek help if they have concerns.
- Develop responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults.
- Prepare pupils for the opportunities, responsibilities and experiences of adult life.
- Develop and deepen pupils' understanding of the fundamental British values.

- Prepare pupils for the changes that occur to their bodies, minds and emotions as a consequence of growth from childhood to adulthood.
- Provide pupils with accurate, age-appropriate knowledge about human reproduction and development.
- Help support young people through spiritual, physical, emotional and moral development.
- Develop pupils' confidence and understanding so that they can make informed and responsible choices.
- Work in partnership with parents, families and the wider community to promote positive relationships and provide effective support for young people's personal development and wellbeing.
- Give pupils the knowledge and capability to take care of themselves and teach them how to seek advice when they suspect or know that something is wrong.

Implementation

Lessons build progressively upon prior learning and are delivered in an age appropriate manner through:

- Discrete weekly PSHE lessons supported by the Kapow scheme of work.
- School assemblies.
- The promotion of the school's core values and ethos.
- High quality texts used within lessons and assemblies.
- Opportunities for discussion, debate and reflection within a safe and supportive environment.
- Teachers presenting information clearly and responding appropriately to pupil's questions.
- CPD to support teacher subject knowledge and confidence.
- Displays, pupil work and PSHE floor book to celebrate and demonstrate learning.
- Cross-curricular links where appropriate.
- Careers, aspirations and economic wellbeing opportunities, including careers week.
- Pupil leadership and pupil voice opportunities.
- Safeguarding, online safety and wellbeing education embedded throughout the curriculum.
- Opportunities for pupils to be active and develop healthy lifestyles through the school day and extra-curricular activities.
- Developing understanding of the British Values and the Protected Characteristic throughout the curriculum, assembles, wider opportunities, discussions and literature.

Curriculum monitoring:

- The PSHE/RSE subject leader will monitor the quality and consistency of implementation through learning walks, floor book scrutiny, planning reviews, pupil voice and discussions with staff.
- CPD needs will be identified through monitoring and staff feedback to ensure teachers have the subject knowledge and confidence to deliver the curriculum effectively.
- The subject leader will review whether statutory content is being covered and whether learning is sufficiently progressive across EYFS, KS1 and KS2.

Impact

- Pupils develop the knowledge, skills, confidence and attributes they need to lead healthy, happy, safe and responsible lives.
- Pupils develop increasing independence, resilience, self-esteem and emotional awareness as they move through the school.
- Pupils demonstrate an age-appropriate understanding of how to look after their physical and mental health and wellbeing.
- Pupils can recognise and manage their emotions.
- Pupils recognise unsafe situations, including online risks, and know how and where to seek help and support.
- Pupils understand and demonstrate the importance of equality, diversity, inclusion, British Values and respect for other.
- Pupils understand the changes associated with growing up and develop the knowledge and confidence to manage these changes positively.
- Pupils develop aspirations for their future and understand the skills, qualities and choices that can help them achieve their goals.
- Pupils understand their responsibilities as members of the school, local and wider community and demonstrate respect and active citizenship.
- increasingly apply their PSHE learning to real-life situations and make positive choices that contribute to their own wellbeing and the wellbeing of others.

We will measure the impact of our PSHE/RSE curriculum through the following methods:

- Assessment of pupil's knowledge through pupil voice and observations.
- Evidence of pupil work in the floor book.
- Celebration of pupil learning through displays, assemblies and acknowledgement.
- We will monitor whether pupils demonstrate respectful relationships, positive behaviour, resilience, empathy and an understanding of the impact of their actions on others
- Safeguarding, online safety and wellbeing concerns will be monitored to identify patterns and inform future curriculum planning and support.
- The ultimate measure of impact will be that pupils **know more, remember more and can apply their PSHE/RSE learning in their everyday lives**.

PSHE/RSE Lead: R Whaley 2026-2027