



All things are possible for those who believe. (Mark 9:23)

Learning together we grow in faith.

Curriculum Intent Statement – PSHE

Intent

Our intention is that when children leave Little Heaton C of E Primary, they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. We have a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health through the delivery of programmes of engaging and relevant PSHE within a whole school approach. We also promote and practise mindfulness allowing children to advance their emotional awareness, concentration and focus. Our approach aims to develop the qualities and attributes children need to thrive as individuals, family members and members of society and the global community.

Implementation

PSHE at Little Heaton C of E Primary is implemented using the HeartSmart programme which is a whole school approach. Progression in skills and knowledge in the subject is outlined in the PSHE progression grid. The curriculum for PSHE is delivered throughout the whole school starting with a shared assembly each half term to introduce new topics.

The six topics covered are:

Autumn 1 – Get HeartSmart

Autumn 2 – Don't forget to let love in!

Spring 1 – Too much selfie isn't healthy!

Spring 2 – Don't hold on to what's wrong!

Summer 1 – Fake is a mistake!

Summer 2- No way through isn't true!

These six units are taught throughout the year. The units run alongside our RSE curriculum and are designed to recall and build on the knowledge the children have gained in previous years.

The HeartSmart RSE units that are covered include, Relationships Education, Caring friendships, Respectful Relationships, Online Relationships, Being Safe, Mental Wellbeing, Internet Safety and Harms, Physical Health and Fitness, Healthy Eating, Drugs, alcohol and tobacco, Health and prevention, Basic First Aid and Changing adolescent body.

In addition to HeartSmart, Commando Joe is also delivered each week and the pupils take part in carefully designed missions which allow character behaviour traits of individuals' and groups of pupils, to be put to the test in a safe environment. Each mission is carefully tailored to meet the needs of the pupils. At the end of each session, the pupils are given time to self-assess, and set personalised targets for themselves and peers.

The core character behaviour traits taught throughout the school are:

Resilience

Empathy

Self-Awareness

Passion

Excellence

Communication

Teamwork

Commando Joe curriculum topics are:

Year 1 topic Characters	Steve Backshall 'Walk on the wildside'	Simba and Me 'Circle of Life'	Traditional Tales 'Once upon a time'
Year 2 topic Characters	Samuel Pepys 'London's Burning'	Pocahontas 'Trouble in the Tribe'	The Queen 'The longest Reign'
Year 3 topic Characters	Ed Stafford 'Walking the Amazon'	Ernest Shackleton 'Endurance'	Nellie Bly 'Around the World in 72 Days'
Year 4 topic Characters	Bear Grylls 'Survival'	Kira Salak 'Gorilla in the Mist'	Leif Erikson 'Voyage of Discovery'
Year 5 topic Characters	Tim Peak 'Blast off!'	Ranulph Fiennes 'Transglobe Adventure'	Spartacus 'Romans Revolt'
Year 6 topic Characters	Nancy Wake 'The White Mouse'	Amelia Earhart 'Final Flight'	Ibn Battuta 'Eastern Odyssey'

Assessment for learning is built into each PSHE lesson including self-evaluation and reflective learning. At Little Heaton C of E primary we have Mental First Aid champions and a wellbeing group (which includes staff and a child from each year group) known as the 'Wellbeing Warriors'. If staff or pupils have any concerns they can consult with one of the Wellbeing Warriors should they feel someone needs extra support or a concern for a particular child arises.

In the Foundation Stage, PSHE is an integral part of the topic work covered throughout the entire year; many aspects of the Early Learning Goals are steered towards children's physical and emotional development and wellbeing. There are many other opportunities where children are involved in PSHE outside of the direct lessons, including assemblies and debates where a range of themes are covered. Some other discreet links include assemblies, visitors from different faiths and backgrounds, cross-curriculum teaching (e.g. RE and Geography), the school council, and joint activities between year groups such as our upper key-stage 'reading buddies.'

Throughout our curriculum we provide enrichment opportunities for our children to support our teaching. Outside agencies include: NSPCC, Police, School nurse, First Aid and Faith leaders in the Community. With this, we also acknowledge International and National awareness days such as Internet Safety Day, International Men's and Women's Day, Children's Mental Health Week and Fair-trade Fortnight. Keeping in line with our Church School ethos, we embrace the teaching of all forms of diversity and inclusive healthy relationships.

Impact

By the time a child leaves Little Heaton CE Primary 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

Successful teaching of PSHE has an impact on the whole child, including their academic development and progress, by mitigation and social and emotional barriers to learning and building confidence and self-esteem. Successful teaching of PSHE will raise aspirations for our disadvantaged and vulnerable children, empowering them with skills to overcome barriers they may face.