

## Whole School Curriculum Overview for PSHE (including RSE)

### PSHE Statement of Intent

PSHE plays a vital role in children's development to acquire the knowledge, understanding and skills they need to manage their lives now and in the future. We want our children to lead confident, healthy and independent lives and to become informed, active and responsible citizens. Our curriculum has a strong emphasis on mental health, wellbeing, keeping healthy and supports them in developing positive and healthy relationships with others. Through our lessons we teach about rights and responsibilities, and learn how to appreciate being a member of a diverse multicultural society. We lay the foundations that prepare pupils for managing aspects of life, such as career choices, finances and responsibilities. The children also learn about the importance of staying healthy as well as age appropriate RSE (Relationships and Sex Education).

|                   | Autumn 1                                 | Autumn 2                               | Spring 1   | Spring 2           | Summer 1                     | Summer 2   |
|-------------------|--|--|--|--------------------|------------------------------|--|
| Areas of Learning | Relationships<br><br>Living in our world | Feelings and attitudes                 | Mental wellbeing   | People who help us | Life cycles                  | My body and my health<br><br>Keeping safe and looking after myself |
| Events            |  | Anti-bullying week<br>Road safety week | Black History Month<br>Children's mental health week<br>Safer Internet day | Careers Week       | Mental Health Awareness Week | Pride Month  |

### How PSHE is taught at Zetland Primary

Our PSHE curriculum is based on the IAT PSHE programme of study. Most of our work is delivered as a discrete lesson, however some will lessons will be part of cross-curricular teaching. We also teach our PSHE through circle time, group and class discussion as well as being a part of a class and wider school community. We use a range of planned stories that carry meaning or prompt deeper discussion. We organise visits from different organisations. We use a variety of resources to teach PSHE including ICT. In particular, we use the resource Yasmine and Tom to support our RSE teaching.

Staff are mindful of any issues that may be raised and will sensitively adapt their approach when appropriate.

