



Landscape C of E Primary and Broadhempston PSHE/RSE Curriculum Plan



Intent

Our PSHE/RSE curriculum aims to equip children with the essential knowledge, skills and attributes needed to safeguard and enhance their wellbeing, enabling them to stay safe and healthy, build positive relationships and become confident, active citizens.

Rooted in valuing every individual, the curriculum supports pupils' social, moral, spiritual and cultural development, fostering identity, self-esteem and respect for others while promoting fundamental British values.

Through comprehensive coverage of statutory Relationships and Health Education (DfE 2025), alongside wider PSHE/RSE and non-statutory Citizenship learning, pupils develop an informed understanding of rights, responsibilities, fairness and participation in their communities. Safeguarding, including online safety, personal boundaries, consent and help-seeking, is embedded throughout in line with national guidance, ensuring children are well prepared for the challenges of modern life. Our provision is inclusive and aligned with the Equality Act, celebrating diversity and challenging stereotypes.

Enriched by whole-school initiatives such as an annual Health and Wellbeing Week, our PSHE curriculum empowers pupils to navigate the complexities of the 21st century with confidence, responsibility and care for themselves and others.

Implementation

Our PSHE/RSE curriculum is delivered through a sequenced, whole-school approach taught in thematic units on a two-year cycle, enabling pupils to revisit and deepen their learning as they progress from EYFS to Year 6.

Learning begins with secure foundations in self-regulation, managing self and building relationships, with critical thinking introduced from KS1 onwards and woven through all units to ensure consistent development of personal and social capabilities.

Across KS1 and KS2, pupils study six key areas each year - healthy lifestyles, relationships, online safety, citizenship and growing up - through creative, engaging activities including discussion, role play, games and scenario-based learning, supported by a diverse range of characters to promote inclusion and emotional safety. Lessons build rich vocabulary, develop oracy and provide frequent opportunities for practising real-life skills such as help-seeking, boundary-setting and decision making.

Units are carefully sequenced to ensure timely, relevant learning, with additional workshops from external agencies such as the NSPCC and the Fire Service enhancing provision. High-quality teaching is supported by detailed guidance, specialist videos and age-appropriate resources, ensuring staff deliver sensitive content confidently and consistently.

Cross-curricular links with Computing and Science reinforce key messages and parents and carers are actively engaged through clear communication and supportive guidance, ensuring strong partnership between home and school.

Impact

Our PSHE curriculum enables pupils to develop the vocabulary, confidence and emotional literacy needed to clearly articulate their thoughts and feelings within a culture of openness, trust and respect, as well as the knowledge of when and how to seek support.

Through their growing understanding of themselves and the wider world, pupils apply their learning to everyday interactions, contributing positively to their school and community.

The curriculum promotes a whole-school ethos that prioritises physical and mental wellbeing, equipping children with the skills to evaluate their own needs, practise self-care and support the wellbeing of others. Its impact is evident in pupils' increasing ability to recognise and describe situations using appropriate language, demonstrate empathy and self-awareness, make considered and safe choices, and rehearse how they would respond or seek help in real-life contexts.

Formative, meaningful assessment including structured reflection and tracking against learning objectives enables teachers to monitor progress over time, identify next steps and ensure all pupils, including disadvantaged and vulnerable learners, are supported to overcome barriers, build self-esteem and achieve success both in school and beyond.