



Broadhempston Primary School

PSHE RSE Curriculum Statement

At Broadhempston Primary School, we believe that Personal, Social, Health and Economic (PSHE) education plays a vital role in preparing children for life, both now and in the future. Through high-quality PSHE education, pupils develop the knowledge, skills and attributes needed to lead healthy, safe and fulfilling lives, build positive relationships and become active, responsible members of society.

As a small rural school, we place relationships at the heart of our community. Our relational approach supports children in developing empathy, emotional literacy, self-awareness and respect for others. We believe that positive relationships provide the foundation for successful learning, wellbeing and personal growth.

Our PSHE curriculum enables pupils to understand themselves, develop resilience and confidence, manage emotions effectively and make informed decisions. Through exploring themes such as relationships, health and wellbeing, safety, citizenship and economic understanding, children develop the skills they need to navigate an increasingly complex world.

We aim to nurture confident, respectful and reflective young people who understand their value within their community and the wider world. Through meaningful learning experiences, pupils develop the knowledge, understanding and character needed to thrive both within school and beyond.

National Curriculum

At Broadhempston Primary School, our PSHE and RSE curriculum enables pupils to:

- Understand how to build and maintain healthy, respectful relationships.
- Develop emotional literacy and self-awareness.
- Recognise and manage emotions effectively.
- Understand the importance of physical and mental wellbeing.
- Stay safe both online and offline.
- Develop resilience, confidence and independence.
- Recognise and celebrate diversity and inclusion.
- Understand rights, responsibilities and citizenship.
- Manage risk and make informed decisions.
- Prepare for the opportunities, responsibilities and experiences of later life.

Our curriculum is built around three interconnected strands:

- Relationships Education – developing healthy, respectful and positive relationships.
- Health and Wellbeing – supporting physical health, mental health and emotional wellbeing.
- Living in the Wider World – developing understanding of citizenship, communities, economic wellbeing and life in modern Britain.

These strands are revisited throughout the curriculum to ensure pupils build secure knowledge, deepen understanding and develop increasing confidence in applying their learning to everyday situations.

Relationships and Sex Education (RSE) is taught in accordance with statutory guidance and forms an important part of the wider PSHE curriculum. Age-appropriate learning helps pupils understand relationships, families, growing up, personal boundaries and respect for themselves and others.

Curriculum design and delivery

As a small rural school, PSHE is taught within mixed-age classes through a carefully planned two-year rolling programme in Key Stage 1 and a four-year rolling programme in Key Stage 2. This ensures full curriculum coverage while enabling pupils to revisit and deepen their understanding of key concepts over time. While pupils may explore the same broad themes, learning is carefully planned to ensure that knowledge, understanding and personal development are built with increasing depth, maturity and challenge for each year group. Some elements of Relationships and Sex Education are taught separately to ensure content is delivered in an age-appropriate manner and reflects statutory guidance and the developmental needs of pupils.

We have chosen the Kapow scheme as the foundation for our PSHE curriculum because it provides a carefully sequenced progression of knowledge and skills while allowing teachers to respond to the needs, experiences and interests of our pupils.

Our curriculum is structured around a spiral model which enables pupils to revisit important concepts throughout their primary education. This approach supports long-term retention and helps children make meaningful connections between previous and new learning.

Through this approach, pupils:

- Develop self-awareness and emotional literacy.
- Build resilience and self-confidence.
- Strengthen communication and relationship skills.
- Understand how to make safe and healthy choices.
- Develop increasing independence and responsibility.

We believe PSHE is most effective when relationships are at the centre of learning. Through our relational approach, pupils learn the importance of kindness, empathy, mutual respect and personal responsibility. They develop the confidence to express their views while respecting the perspectives and experiences of others.

Our curriculum develops three interconnected forms of knowledge:

- Substantive knowledge – understanding key concepts related to relationships, health, wellbeing, safety and citizenship.
- Disciplinary knowledge – understanding how to reflect, discuss, evaluate and make informed decisions.
- Procedural knowledge – developing the practical skills needed to communicate effectively, manage emotions, solve problems and build positive relationships.

These forms of knowledge are developed through discussion, reflection, collaborative learning and real-life scenarios that enable pupils to apply their learning meaningfully.

Progression

Our PSHE curriculum is carefully sequenced to ensure that pupils develop increasing knowledge, understanding and personal awareness as they move through the school. Through a spiral curriculum, children revisit key themes while developing greater confidence, maturity and independence.

In the Early Years, children learn to recognise and manage emotions, develop friendships, understand routines and begin to recognise the needs of others. They develop confidence, independence and a sense of belonging within the school community.

In Key Stage 1, pupils develop an understanding of relationships, feelings, health and safety. They begin to recognise their own strengths, identify strategies for managing emotions and understand how to treat others with respect and kindness.

As pupils progress through Lower Key Stage 2, they deepen their understanding of relationships, wellbeing and personal responsibility. They learn about managing risk, making informed choices and understanding their role within different communities.

In Upper Key Stage 2, pupils become increasingly reflective and independent learners. They develop a mature understanding of relationships, growing up, diversity, equality and personal safety. They learn to evaluate different situations, make informed decisions and prepare confidently for the transition to secondary school.

Throughout their time at Broadhempston Primary School, pupils develop the knowledge, skills and understanding needed to manage relationships, support their wellbeing and contribute positively to their communities. This progression enables pupils to become confident, respectful and responsible young people who are well prepared for the opportunities and challenges of modern life.

Personal development and wider curriculum links

Oracy - PSHE provides rich opportunities for pupils to develop speaking and listening skills. Pupils are encouraged to:

- Express opinions respectfully.
- Listen actively to others.
- Participate in discussions and debates.
- Explain their thinking.
- Reflect on experiences and learning.
- Communicate feelings and emotions appropriately.

These experiences help pupils develop confidence, empathy and effective communication skills.

Relationships and Belonging - Our relational approach supports pupils in developing positive relationships with peers and adults. Through everyday interactions and planned curriculum experiences, children learn the importance of kindness, respect, cooperation and inclusion. Our whole-school values based assembly programme further supports these aims by exploring themes linked to school values, relationships, wellbeing, belonging and personal development. Assemblies provide regular opportunities for pupils to reflect on important issues, celebrate achievements and develop a shared understanding of what it means to be a respectful and responsible member of the school community. Relationships are further strengthened through our buddy system, where older pupils are paired with younger children to provide friendship, support and positive role models. These experiences help foster a sense of belonging, responsibility and community across the school.

Mental Health and Wellbeing - Mental health and emotional wellbeing are woven throughout the curriculum. Pupils learn strategies for recognising emotions, managing challenges, building resilience and seeking support when needed. They develop an understanding that mental wellbeing is as important as physical health.

Safeguarding and Online Safety - PSHE contributes significantly to safeguarding by helping pupils understand personal safety, healthy relationships, consent, boundaries and online safety. Children learn how to recognise risks, seek help and make safe decisions in a range of situations. Key national events, including Safer Internet Day and Children's Mental Health Week, provide additional opportunities for pupils to deepen their understanding of online safety, wellbeing and healthy lifestyles. Online safety learning is further reinforced through the computing curriculum, ensuring pupils develop a secure understanding of how to stay safe and responsible in digital environments.

British Values and Citizenship - The curriculum promotes democracy, individual liberty, mutual respect and tolerance of different faiths and beliefs. Pupils develop an understanding of their rights and responsibilities and learn how they can contribute positively to their school, community and wider society. Learning is further enriched through the use of Picture News, which encourages pupils to discuss current events and topical issues in an age-appropriate way. These discussions help children develop critical thinking, understand different viewpoints and explore themes linked to British Values, citizenship and life in modern Britain. Pupils are encouraged to take an active role within the school community through opportunities such as the elected School Council and Eco Committee. Through this experience, children learn about representation, democracy, responsibility and how their voice can contribute to positive change within the school community. Year 6 ambassadors take an active leadership role within the school, welcoming visitors and supporting prospective families through school tours. These opportunities help pupils develop confidence, communication skills, leadership and a strong sense of responsibility towards the wider school community.

Inclusion and Diversity - We believe that every child should feel valued, respected and included. Through exploring diversity, equality and protected characteristics in an age-appropriate way, pupils develop respect for different identities, experiences and perspectives.

Learning encourages pupils to:

- Celebrate diversity.
- Challenge stereotypes.
- Show empathy and respect.
- Value equality and fairness.
- Develop understanding of different communities and cultures.

We are committed to ensuring that all pupils, including those with SEND, can access and succeed within the PSHE curriculum through appropriate scaffolding, adaptive teaching and support.

Assessment

Assessment is an integral part of teaching and learning in PSHE at Broadhempston Primary School. Teachers use ongoing assessment to identify what pupils know, understand and can do, and to inform future teaching.

Formative assessment takes place throughout lessons through:

- Skilled questioning and discussion.
- Observation of participation and engagement.
- Reflection activities.

- Scenario-based discussion and problem-solving.
- Retrieval activities that revisit previously taught learning.
- Self-assessment and personal reflection.

Assessment in PSHE focuses on pupils' understanding of key concepts and their ability to apply learning appropriately rather than on personal beliefs or experiences.

Leaders and staff monitor the quality and impact of the curriculum through:

- Reviewing learning outcomes.
- Pupil voice activities.
- Lesson visits and curriculum monitoring.
- Analysis of assessment information.

Through these approaches, we ensure that pupils develop secure knowledge, understanding and personal skills that support their wellbeing and personal development.

CPD

High-quality teaching is essential to the successful delivery of our PSHE and RSE curriculum. We recognise that strong subject knowledge, confidence and sensitivity enable teachers to support pupils effectively through discussions about relationships, health, wellbeing and personal development.

Teachers are supported through a range of professional development opportunities, including:

- Access to high-quality curriculum resources and lesson guidance.
- Clear progression documents showing how knowledge and understanding develop across the school.
- Subject-specific guidance relating to PSHE, safeguarding and RSE.
- Professional development materials and training resources.
- Collaboration with colleagues to share effective practice.
- Ongoing support and professional dialogue with subject leaders.

Our chosen curriculum resources support teachers in understanding how PSHE knowledge and skills build over time and how pupils develop increasing confidence and independence in managing relationships and wellbeing.

Leaders continually evaluate the effectiveness of the curriculum through monitoring, pupil voice, staff feedback and professional development needs to ensure all pupils receive a high-quality PSHE education.

Impact

By the time pupils leave Broadhempston Primary School, they will have developed a secure understanding of relationships, health, wellbeing and citizenship. They will be able to make informed decisions, manage risks and contribute positively to their communities.

Pupils will understand how to build and maintain healthy relationships, recognise the importance of physical and mental wellbeing and know how to access support when

needed. They will understand their responsibilities within society and demonstrate respect, empathy and compassion towards others.

The impact of our curriculum is evident in pupils' confidence, resilience, behaviour, relationships and ability to reflect thoughtfully on their learning and experiences. As they progress through the school, pupils demonstrate increasing maturity, independence and responsibility.

The impact of our curriculum is further reflected in pupils' thoughtful participation in assemblies, Picture News discussions and whole-school events, where they demonstrate confidence, empathy, respect and an informed understanding of the wider world. It is also evident in their willingness to take on leadership responsibilities through the School Council, Eco Committee, buddy system and ambassador roles, where they demonstrate leadership, responsibility, active citizenship and a commitment to supporting others.

Our pupils leave Broadhempston as confident, respectful and emotionally literate young people who are well prepared for the next stage of their education and able to thrive within an increasingly diverse and interconnected world.