

Subject Rationale – Personal, Social, Health and Economic (PSHE) Education

Purpose of study

Personal, Social, Health and Economic (PSHE) education is a subject through which pupils develop the knowledge, skills and attributes they need to manage and make the most of their lives, now and in the future.

These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. Through high quality first teaching, PSHE education can have a positive impact on both academic potential and non-academic outcomes for all pupils, including those who are vulnerable and disadvantaged.

Aims

The statutory guidance for PSHE aims to ensure that all pupils:

- Know what positive, respectful relationships are and understand how they can impact on their well-being.
- Know what to do and how to keep themselves safe from relationships and situations which make them feel unhappy or uncomfortable, including those online.
- Understand that mental wellbeing is a normal part of daily life, in the same way as physical health.
- Can recognise and name a range of emotions in themselves and others and understand the benefits of certain activities, such as time outdoors, on mental well-being and happiness.
- Know and understand ways to look after their own mental and physical health and where and how to seek support if needed.
- Understand the risks related to using the internet and know ways to keep themselves safe when online, as well as the possible negative impact it can have on their mental well-being and ways to manage this.
- Know basic first aid and how to call emergency services
- Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
- Know key facts about puberty and the changing adolescent body, including physical and emotional changes and specifically the menstrual cycle.

Intent

At Landscore we strive to enable pupils to develop into individuals who understand the importance of making healthy and safe choices, who respect and can collaborate with their peers and who know when and how to seek support. PSHE is an integral part of life at Landscore. Through a range of both discrete and ongoing learning opportunities and experiences, children are encouraged to reflect on situations, ask questions, share feelings and opinions and listen to others in a safe environment.

Implementation

At Landscore PSHE is taught discretely in Years 1 to 6 (EYFS PSHE is ongoing and runs throughout much of their learning opportunities). We plan and deliver sessions with the support of 1decision, an interactive website based resource, which encourages decision making and discussion in a safe, structured and engaging way, as well as providing facts about different topics, such as road safety and puberty. PSHE also underpins much of what we do at Landscore and is ongoing through assemblies, at playtimes and in everyday class situations.

Impact

- Pupils are well informed about how to keep their bodies and minds healthy and know how and where to seek support if needed.
- Pupils are able to make choices around ‘risky’ situations and can justify them with their knowledge about keeping safe and healthy.
- Pupils are confident and knowledgeable about online safety and understand the emotional and physical changes that will happen to their bodies as they grow older.
- Pupils can name and understand a range of emotions and are able to manage them in order to work collaboratively and respectfully with their peers.