



At Roding, we are 'Free to Achieve.'



Ambition



Compassion



Curiosity



Independence



Resilience



Respect

Personal, Social, Health and Economic Education

Curriculum Intent

At Roding Primary School, our PSHE curriculum is designed to provide pupils with the knowledge, skills, and understanding necessary to lead confident, healthy, and responsible lives both now and in the future. Our curriculum is carefully sequenced to ensure progression and continuity, building upon prior knowledge while offering opportunities to revisit and consolidate learning across year groups.

The PSHE curriculum covers a broad range of topics that contribute to pupils' physical and emotional wellbeing, preparing them for the complexities of life in modern society. Through this curriculum, pupils will develop their understanding of:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, and tobacco
- Health and prevention
- Basic first aid
- The changing adolescent body

We place a strong emphasis on the acquisition and application of technical vocabulary throughout each unit. Pupils will be introduced to key terminology that is central to understanding the themes and concepts they are exploring, such as 'wellbeing,' 'nutrition,' 'substance misuse,' and 'emotional resilience.' This careful attention to vocabulary supports deeper comprehension and ensures that children are equipped to communicate confidently about health and wellbeing.

The curriculum is inclusive and adaptive, ensuring that all pupils, regardless of background, can access and engage with the material. As pupils progress through the school, they will revisit key concepts, allowing them to deepen their understanding, reinforce their knowledge, and apply it in real-world contexts. The PSHE curriculum is also reflective of current events and social issues, allowing the flexibility to address the immediate needs of the students who may need support dealing with the challenges faced within society.

Curriculum Implementation

The PSHE curriculum at Roding Primary School is delivered through the Kapow PSHE scheme, providing a consistent approach to the progression of skills and knowledge for Reception to Year 6. The curriculum is implemented through a combination of dedicated PSHE lessons, cross-curricular links and assemblies. Lessons are designed to be interactive, encouraging open discussions, debates, role-play, and reflective activities to enable pupils to explore complex issues in a safe and supportive environment. Throughout their school career pupils will learn the importance of:

- **Mental Wellbeing:** Pupils learn strategies to manage their emotions, build resilience, and understand the importance of mental health.
- **Internet Safety and Harms:** Pupils are taught how to stay safe online, recognise inappropriate content, and understand the importance of privacy and security
- **Physical Health and Fitness:** Pupils explore the importance of regular physical activity and the impact it has on both their mental and physical health.
- **Healthy Eating:** Lessons cover nutrition, the benefits of a balanced diet, and the dangers of unhealthy eating habits.
- **Drugs, Alcohol, and Tobacco:** Pupils learn about the dangers associated with substance misuse and the impact it has on both physical and mental health.
- **Health and Prevention:** Pupils are taught about maintaining personal hygiene, the importance of vaccinations, and strategies to prevent illness.
- **Basic First Aid:** Pupils are introduced to simple first aid techniques and the importance of knowing what to do in an emergency.
- **Changing Adolescent Body:** As pupils approach the end of Key Stage 2, they will learn about the physical and emotional changes that occur during puberty.

Each unit is structured to gradually increase the complexity of topics covered, allowing pupils to build on previous learning and extend their understanding. The curriculum is enriched by external speakers, such as health professionals and internet safety experts, who offer real-life insights and experiences that enhance pupils' learning. Lessons can also be tailored in accordance to what is happening on a societal level to address the support needed or the challenges faced within modern society.

Assessment in PSHE is ongoing and includes both formative and summative methods. Teachers assess pupils through observations, discussions, and reflective tasks to ensure they are making progress in acquiring the key knowledge, skills, and vocabulary necessary to thrive in the wider world.

Curriculum Impact

The PSHE curriculum at Roding Primary School equips pupils with the knowledge and skills to make informed decisions about their health, wellbeing, and relationships. By the time pupils leave primary school, they will have a strong understanding of how to lead a healthy, balanced life and possess the resilience to navigate challenges they may face.

The focus on acquiring and applying technical vocabulary ensures that pupils can communicate effectively about complex issues, promoting confidence in discussing sensitive topics such as mental health, internet safety, and substance misuse. This vocabulary, embedded through the careful sequencing of lessons, enables pupils to articulate their thoughts, opinions, and concerns clearly and respectfully.

We measure the impact of our PSHE curriculum through:

- **Pupil voice:** Regular discussions with pupils about what they have learned and how they have applied it in their own lives.
- **Teacher assessments:** Ongoing assessment during lessons to track progress in understanding key concepts and vocabulary.
- **Behaviour and wellbeing data:** Monitoring pupils' mental health and wellbeing, as well as their ability to manage emotions and relationships, through behaviour records and wellbeing surveys.

By revisiting key themes across different year groups, pupils are able to deepen their understanding over time. This spiral approach not only reinforces prior learning but also helps them apply their knowledge to new and increasingly challenging situations.

Our PSHE curriculum ensures that pupils are well-prepared for secondary school and beyond, equipped with the resilience, knowledge, and skills needed to lead safe, healthy, and fulfilling lives.