

# Elements of our PSHE and RSHE Curriculum

## Knowledge, Skills, attitudes and Values

Knowledge is an important part PSHE (including RSHE) but we also believe that children need to develop key skills, attitudes and values alongside the knowledge to enable them to make informed choices about their health and wellbeing. The 6 units of study form a spiral curriculum from F1 to Y6 where knowledge, skills attitudes, values and vocabulary are built on each year. The units are underpinned by the SCARF essential foundations:

## Safety, Caring, Achievement, Resilience and Friendship.

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| <p><b>Me and My Relationships</b></p> <p>Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them</p> | <p><b>Valuing Difference</b></p> <p>Includes a strong focus on British Values, supports children to develop respectful relationships with others, recognise bullying and know their responsibilities as a bystander.</p> | <p><b>Keeping Safe</b></p> <p>Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.</p> | <p><b>Rights and Respect</b></p> <p>Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older.</p> | <p><b>Being My Best</b></p> <p>Includes a focus on keeping physically healthy, developing a growth mindset to facilitate resilience, setting goals and ways to achieve them.</p> | <p><b>Growing and Changing</b></p> <p>The physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education</p> |
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The units of study incorporate the statutory requirements of the RSHE curriculum.

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| <p><b><u>Relationships Education</u></b></p> <ul style="list-style-type: none"> <li>• families and people who care for me</li> <li>• caring friendships</li> <li>• respectful relationships</li> <li>• online relationships</li> <li>• being safe</li> </ul> | <p><b><u>Health Education</u></b></p> <ul style="list-style-type: none"> <li>• mental wellbeing</li> <li>• internet safety and harms</li> <li>• physical health and fitness</li> <li>• healthy eating</li> <li>• facts and risks associated with drugs, alcohol and tobacco</li> <li>• health and prevention</li> <li>• basic first aid</li> <li>• changing adolescent body,</li> </ul> | <p><b><u>Sex Education in UKS2</u></b></p> <ul style="list-style-type: none"> <li>• puberty,</li> <li>• conception,</li> <li>• reproduction</li> <li>• birth</li> </ul> |
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### Our SCARF curriculum incorporates a number of areas of personal development for our children including:

- British Values, SMSC, Mental Health and Well Being, Relationships and Sex education, financial education, drug awareness.
- Our RBPS whole school ethos also feeds into the PSHE curriculum through our 'Keys to Success', RBPS Always Code and Good to Be Green behaviour system.
- Our curriculum also incorporates our work with regard to safeguarding and 'Keeping Children Safe in Education', and the Protected Characteristics as outlined in the Equality Act.

