



Brushwood Junior School

PSHE Policy

Policy reviewed: **November 2024**

Signed on behalf of Governing Body

To be reviewed: **November 2026**

BRUSHWOOD JUNIOR SCHOOL

PSHE Policy

Intent

Our PSHE curriculum aims to give children the knowledge, skills, and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which support children to make informed choices now and in the future around their health, safety, wellbeing, relationships, and financial matters, and guides them in becoming confident individuals and active members of society. Zones of Regulation have been implemented in PSHE lessons to support children's behaviour and help them identify strategies to self-regulate, and to support positive mental health and social and emotional well-being for children.

Quality PSHE teaching is an important element in helping schools to carry out their duty of care with regards to safeguarding. The DfE's statutory 'Keeping Children Safe in Education' guidance states that 'Governing bodies and proprietors should ensure that children are taught about safeguarding, including online safety. Schools should consider this as part of providing a broad and balanced curriculum'. In response to the child-on-child abuse updates in Keeping Children Safe in Education, our curriculum introduces and revisits ideas of personal boundaries, consent and communicating our boundaries with others. This prepares pupils for the challenges and responsibilities they will face in the future.

Implementation

Our PSHE curriculum follows the Kapow programme of study which covers the Relationships and Health Education statutory guidance (as set out by the Department for Education), including the non-statutory sex education. The scheme covers wider PSHE learning, in line with the requirement of the National curriculum (2014) that schools 'should make provision for personal, social, health and economic education (PSHE).' Children's learning through this scheme would significantly contribute to their personal development as set out in the Ofsted Inspection Framework and promotes the four fundamental British values which reflect life in modern Britain: democracy; rule of law; respect and tolerance and individual liberty. Where lessons go beyond these requirements, they refer to the PSHE Association Programme of Study which is recommended by the DfE.

The Kapow Primary scheme is a whole school approach that consists of five areas of learning across Key stages 1 and 2: Families and Relationships, Health and Wellbeing, Safety and the Changing Body, Citizenship and Economic Wellbeing. Lessons are progressive and areas are revisited to allow children to build on prior learning. This will also allow for the children to embed their knowledge and be able to apply their understanding to various situations.

A range of teaching and learning activities are used and are based on good practice in teaching PSHE education to ensure that all children can access learning and make progress. All lessons include ideas for differentiation to stretch the most able learners and give additional support to those who need it. Many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

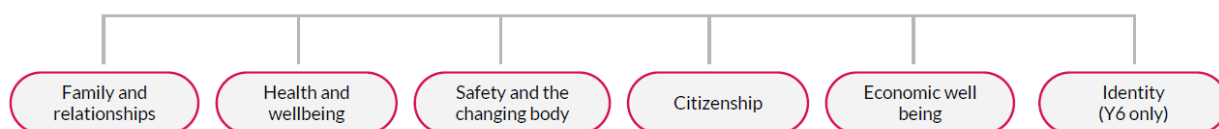
There are meaningful opportunities for cross-curricular learning, in particular with Computing for online safety and Science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

Impact

The impact of our curriculum is monitored through:

- Informal observations of pupils in lessons.
- Assessment quizzes at the end of each topic.
- Pupil voice - questionnaires and pupil book reviews.
- Engagement in enrichment activities.
- Subject leader monitoring - lesson visits, work scrutiny, action plan and assessments.
- Governor reports.

PSHE key areas



PSHE Curriculum Overview

	Year 3	Year 4	Year 5	Year 6
Family and friendship	Introduction to RSE Healthy families Friendships-conflict Effective communication Learning who to trust Respecting differences Stereotyping	Introduction to RSE Respect & manners Healthy friendships My behaviour Bullying Stereotypes Families in the wider world Loss and change	Introduction to RSE Build a friend Resolving conflict Respecting myself Family life Bullying	Introduction to RSE Respect Developing respectful relationships Stereotypes Bullying Being me Loss and change
Safety and the changing body	Basic first aid Communicating safely online Online safety Fake emails Drugs, alcohol & tobacco Keeping safe out and about	Online restrictions Share aware Basic first aid Privacy and secrecy Consuming information online The changing adolescent body	Online friendships Identifying online dangers The changing adolescent body (puberty, including menstruation) First aid Drug education	Drugs alcohol & tobacco First aid Critical digital consumers Social media The changing adolescent body
Health and wellbeing	My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health	Diet and dental health Visualisation Celebrating mistakes My role My happiness Emotions Mental health	Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety	What can I be? Mindfulness Taking responsibility for my health Resilience toolkit Immunisation Health concerns Creating habits The effects of technology on health
Citizenship	Responsibility Rights of the child Rights and responsibilities Recycling Community	Responsibility What are human rights? Caring for the environment Community Community groups	Responsibility Breaking the law Rights and responsibilities Protecting the planet Community	Responsibility Human rights Food choices and the environment Caring for others

	Local community groups Charity Democracy Local democracy Rules	Contributing Diverse communities Democracy Local councillors	Contributing to the community Pressure groups Democracy Parliament	Community Prejudice and discrimination Valuing diversity Democracy National democracy
Economic wellbeing	Money Ways of paying Budgeting How spending affects others Impact of spending Career and aspirations Jobs and careers Gender and careers	Money Spending choices/ value for money Keeping track of money Looking after money Career and aspirations Influences on career choices Jobs for me	Money Borrowing Income and expenditure Risks with money Prioritising spending Career and aspirations Stereotypes in the workplace	Money Attitudes to money Keeping money safe Gambling Career and aspirations What jobs are available Career routes
Transition identity	1 lesson	1 lesson	1 lesson	1 lesson What is identity? Identity and body image