Personal, Social, Health and Economic Education (PSHE) Relationships and Sex Education (RSE)

Curriculum Design

Our PSHE and RSE curriculum has been designed to equip pupils with the knowledge and skills necessary to make safe, informed choices as they progress into adulthood. The curriculum is structured around six key components of study: Family and Relationships, Health and Wellbeing, Safety, Citizenship, Economic Wellbeing, and The Changing Body.

Pupils begin their journey in the Early Years Foundation Stage (EYFS), where they are encouraged to reflect on choices and emotions and to identify the trusted people around them who can help keep them safe. In Key Stage One, children develop a sense of their place in the world, exploring the wider community and learning how to stay safe within it. In Key Stage Two, pupils deepen their understanding of societal rules and conventions and learn how to make positive choices that enable them to live successfully in a rapidly changing world.

The first part of every PSHE/RSE lesson includes a recap on how pupils can stay safe online, with a particular focus on online awareness, including fake news and artificial intelligence. All pupils will be taught key words which help unlock their understanding and make connections with prior learning. In line with government statutory guidance, all pupils from Key Stage One access lessons that educate them about Relationships and Sex Education. Parents have the right to withdraw their child from the Upper Key Stage Two lessons that cover conception

Curriculum Intent

Our PSHE and RSE curriculum is driven by **ambition** and **collaboration**, ensuring every child is supported to become a confident, resilient, and respectful member of society. We aim to develop pupils' self-esteem, critical thinking, and risk-management skills so they can make safe and informed choices.

Through high-quality teaching of health and wellbeing, relationships, and life in the wider world, pupils learn how to care for their physical, mental, and emotional health, build positive and respectful relationships, and understand their rights and responsibilities. Safeguarding underpins all learning, empowering pupils to recognise risk, stay safe (including online), and seek help when needed.

Our curriculum meets all statutory requirements and reflects modern challenges, including online safety, artificial intelligence, and digital influences, preparing pupils to thrive in an ever-changing world through shared **ambition** and **collaborative** learning.