



This statement, and our Personal, Social, Health and Economic (PSHE) Education intent and curriculum, has been developed by our subject leader for PSHE in discussion with our teaching staff team and our Curriculum and Inclusion Governors Committee.

This curriculum statement should be read alongside

- our school vision statement
- our Teaching, Learning and Assessment Policy and our Feedback Policy
- our agreed Relationships Education Policy, including our statement on Sex Education
- our published curriculum overview
- our 'curriculum pack' for PSHE, which includes details of the agreed curriculum for PSHE at Christ Church, including our skills and content progression documents

### **Intent of our Christ Church PSHE Curriculum**

Personal, social, health and economic education (PSHE) at Christ Church enables all our children to become healthy, independent and responsible members of a society supporting our school vision of inspiring *life in all its fullness*. It aims to provide a 'curriculum for life' (as suggested by the UK Youth Parliament, 2013) by helping children understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that will develop their values in order for them to become positive citizens. We provide opportunities for all children to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. The children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life, to the wider Hampstead community and to the wider world.

The PSHE curriculum intends to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on drug education, financial education, health education, citizenship, personal safety, relationship and sex education (RSE) and to promote the importance of physical activity, sleep, hygiene and a balanced diet for a healthy lifestyle. The intent of our high-quality PSHE curriculum is to support and develop emotional intelligence and the ability to articulate feelings in order to maintain good mental health. We aim to provide the children with tools to become resilient, flexible learners who are able to recognise the needs of their own mental and physical wellbeing.

### **Aims of PSHE and its place within the National Curriculum**

Our PSHE curriculum is designed to reflect the needs of our pupils alongside covering the statutory requirements set out in the National Curriculum and other relevant government guidance.

Within our PSHE curriculum there we meet the statutory requirements for Relationships Education and Health Education:

**Relationships Education:** The focus in primary school should be on teaching the skills and knowledge that form the building blocks of all positive relationships, supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe.

**Health Education:** The aim of teaching pupils about physical and mental wellbeing is to enable pupils to make good decisions about their own health and wellbeing, to understand the links between physical and mental health, to recognise when things are not right in their own health or the health of others and to seek support when needed. Schools should support pupils to develop strategies for self-regulation, perseverance and determination, even in the face of setbacks.

*(Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance, 2025)*

### **The Curriculum**

All pupils are taught the content and skills as set out in the Statutory Guidance for Relationships Education and Health Education as well as a wide-ranging school-devised broader PSHE curriculum. In Reception this includes the learning as set out in the Early Years Foundation Stage (EYFS) document (in particular the Personal, Social and Emotional Development areas of learning).

Our PSHE 'curriculum pack' includes

- our skills progression document, detailing specific skills to be taught from Reception to Year 6 in the following areas:
  - personal effectiveness (being able to use all the resources you have at your disposal to enable you to achieve your goals)
  - interpersonal skills (being able to interact and communicate well with others)
  - managing risk and decision making (being able to evaluate and take appropriate risks and evaluate and make appropriate decisions)
- our content coverage document, setting out how content is taught across the school in different areas of PSHE building on and towards content in other year groups
- overview plans for each of our three PSHE weeks, linking content, skills and related enrichment activities

### **Additional information specific to PSHE**

#### **Resources, teaching and continuing professional development**

- The school holds and purchases a wide range of resources to support PSHE teaching, including a range of related non-fiction and story books.
- PSHE across the school is planned and taught by class teachers.
- The PSHE Subject leader attends appropriate training and/or networks for the subject area. Training is then shared with other staff through staff meetings and team teaching. The school is also a member of the professional association for PSHE.

#### **Relationships and Sex Education (RSE)**

Please see our specific policy for Relationships Education, including our statement on Sex Education, for more details about this area.

#### **PSHE weeks**

In order to immerse children, staff and families in our important PSHE learning, we focus our PSHE teaching in three focus weeks in the year:

- Autumn term: Positive relationships and diversity
- Spring term: Keeping healthy and safe
- Summer term: Being a positive citizen in the wider world

Workshops, visitors, enrichment opportunities, CPD and sharing between classes and with parents and the wider community are focused in these weeks and therefore have greater impact. There is also ongoing PSHE work throughout the year, including circle times and class discussions, responding to the needs of the children.

#### **Enrichment: Wider Opportunities**

The school provides a range of wider opportunities to enrich the PSHE curriculum provided in the classroom, for example:

- trips related to the PSHE curriculum (recent trips have included to Henderson Court Age UK centre, Junior Citizen event, supermarket cookery school, Houses of Parliament)
- workshops and visitors in school working with classes or presenting in assemblies (recent visitors have included the Police, the Canal and River Association, local doctors, our local MP)
- links to our Rights Respecting work and ways we make a difference to others in our local community and wider world
- parent workshops led by school staff or expert visitors on topics related to our PSHE weeks, as well as information sent home to families
- cross-curricular opportunities where PSHE work is linked to learning in other curriculum areas

#### **Review**

This statement will be reviewed by the school's PSHE Subject Leader every three years to ensure that it is a reflection of current best practice.