

PSHE at Buttsbury Primary School

At Buttsbury Primary School the **intent** of our PSHE curriculum is to recognise that we as individuals each have different identities and that it is important to share and celebrate the differences between us. We aim to support children to recognise their dreams, set achievable goals and develop strategies to overcome obstacles. The children are aiming to understand the factors which influence a healthy lifestyle, explain the significance of making healthy choices and the impact this will have on their lives. Children will recognise what constitutes a healthy relationship and the different forms this will take; from different types of families to how to establish healthy and safe boundaries in their relationships as they grow older. Children will understand that they will face challenges during periods of transition in their lives and will be equipped with strategies to manage any difficult emotions which may arise as a result.

How is PSHE **implemented** at Buttsbury Primary School?

We have a broad and balanced PSHE curriculum at Buttsbury Primary School where children are given the opportunity to master their learning by **'applying what they have learnt to a new situation'**. The curriculum supports children to become fantastic role models and the very best versions of themselves.

Units of learning are blocked, well sequenced and build on previous learning. Lessons ensure that progress is achieved through small steps, allowing children to develop their subject knowledge, consolidate skills and apply their learning. Strands in PSHE include: Being Me In My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships, Changing Me.

At Buttsbury Primary school, PSHE lessons may include:

- 'Calm Me' - time to reflect and prepare us for our learning.
- Group Discussion and 'Talk Partners' – opportunities to share ideas and respectfully listen to the responses of our peers.
- Drama and Role Play – activities to safely explore how the children may react in different scenarios and develop appropriate responses to difficult situations.
- Case studies and personal reflection – the opportunity to reflect on their own experiences and the experiences of others.
- Collaborative working and independent activities – children are able to work in mixed abilities pairs and small groups to share ideas and apply what they have learnt independently.

What is the **impact** of the PSHE curriculum on our children?

As a result of our PSHE curriculum, children are equipped with the necessary knowledge and skills for the next stage of their educational journey.

Children are resilient, well-rounded individuals who can solve problems and over-come challenges they may face in their daily lives e.g. physical and emotional changes and new experiences. Our children are emotionally secure and intelligent, they are equipped with tools to help them make safe, healthy and sensible decisions. As a result, the community of learners at Buttsbury Primary School are respectful, kind and self-sufficient, creating a positive environment for all to thrive.

What our children say about PSHE

Reception – "The chime helps you to feel calm."

Y1 – "We are learning about our similarities and differences. We also learnt about bullying and how we should tell a teacher"

Y2 – "In PSHE, we learn about being kind to other people."

Year 3 – 'PSHE helps me to be safe and kind.'

Year 4- 'I love PSHE, it teaches me how to be a good friend.'

Year 5 – 'We learn about really interesting topics in PSHE like smoking and it helps me to be safe and healthy.'

Year 6 – 'I enjoy the 'Calm Me' time as it gives me a chance to reflect and have some quiet time during the day.'