



PSHE at Benhall St. Mary's C of E Primary School

Intent

At Benhall St. Mary's C of E Primary School, we believe that Personal, Social, Health and Economic (PSHE) education is fundamental to preparing children for life both now and in the future. Our curriculum is designed to develop confident, resilient, respectful and compassionate individuals who understand how to keep themselves healthy, safe and emotionally well whilst making positive contributions to their communities.

Our PSHE curriculum enables pupils to:

- develop emotional literacy and positive mental wellbeing
- build healthy, respectful relationships based on kindness, empathy and mutual respect
- understand how to stay safe both online and offline
- recognise and manage risks, seek help when needed and develop personal resilience
- appreciate diversity, challenge stereotypes and celebrate differences
- understand their rights and responsibilities as active citizens
- make informed decisions about their physical health, relationships and future wellbeing
- prepare for the opportunities, responsibilities and experiences of secondary school and adult life.

Our curriculum is underpinned by our Christian vision and values and reflects the statutory requirements for Relationships Education and Health Education, whilst embedding wider aspects of personal development, economic wellbeing and citizenship.

Implementation

We deliver PSHE through the **Jigsaw** PSHE programme, providing a carefully sequenced, progressive curriculum from EYFS to Year 6. Learning is structured around six recurring themes which deepen children's knowledge and understanding each year:



- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Children receive a dedicated weekly PSHE lesson, supported by opportunities throughout school life to reinforce learning through assemblies, collective worship, behaviour expectations, classroom culture and wider curriculum links.

Our lessons are highly interactive and include:

- discussion and collaborative learning
- role play and problem solving
- mindfulness through *Calm Me Time*
- emotional literacy activities
- opportunities for reflection and pupil voice
- age-appropriate safeguarding and online safety education

Teachers adapt lessons to meet the needs of all learners, including pupils with SEND, ensuring learning is inclusive, accessible and responsive to our school community.

Relationships and Health Education are taught in line with statutory guidance. Where non-statutory sex education is delivered in Years 5 and 6, parents are informed and their right to withdraw is respected.



Assessment is formative and ongoing, using observation, discussion, pupil reflection and teacher judgement to monitor children's understanding, confidence and personal development.

Strong partnerships with parents are promoted through curriculum information, knowledge organisers, access to teaching materials and regular communication.

Impact

As a result of our PSHE curriculum, children leave Benhall St. Mary's as confident, respectful and resilient young people who are well prepared for the next stage of their education and for life beyond primary school.

Children demonstrate:

- secure understanding of healthy relationships and respect for others
- confidence in recognising and managing their emotions
- increasing resilience and independence when facing challenges
- the ability to recognise risks and know where to seek help
- positive attitudes towards diversity, equality and inclusion
- responsible behaviour online and offline
- understanding of healthy lifestyles and positive wellbeing
- growing confidence to express opinions respectfully and listen to others.

The impact of our curriculum is evidenced through:

- positive behaviour and respectful relationships across school

- pupil voice demonstrating strong knowledge and understanding
- high levels of emotional literacy and wellbeing
- effective safeguarding awareness and confidence in seeking support
- lesson observations and work scrutiny
- teacher assessment and reflection
- parental feedback
- monitoring of behaviour, attendance and wellbeing data.

Ultimately, our PSHE curriculum equips every child with the knowledge, skills and values needed to flourish academically, socially, emotionally and spiritually, enabling them to become compassionate, responsible citizens who embody our school's Christian vision and values.