



## **Personal Social and Health and Economic Education at Starbeck Primary Academy**

The teaching at Starbeck Primary Academy of PSHE deals with the diverse beliefs, values and attitudes that individuals and societies hold. It helps our pupils to develop themselves, their understanding of the world, and their ability to communicate their feelings. PSHE helps our children to acquire British values and attitudes which are necessary if they are to make sense of their experiences within school and life itself, value themselves, respect others, appreciate differences and diversity and feel confident and informed as a British citizen.

### **Aims and Values**

The aim of our PSHE curriculum is to equip our pupils with the skills to integrate themselves successfully into society. It provides opportunities for pupils to learn about and discuss how to conduct themselves in an increasingly complex world. It addresses how to stay safe and healthy, and how to manage their academic, personal and social lives in a positive way both on and offline. Our PSHE curriculum supports pupils to put in place the key building blocks for maintaining healthy, respectful relationships, focusing on family and friendships, in all contexts.

A strong sense of self-respect and esteem is established from EYFS to ensure that children are protected and equipped to stand up to any form of abuse.

Teaching our pupils about physical and mental well-being is central to our intent and is delivered to Reception to Year six in the form of "Well Being Wednesday"

### **Implementation**

Our PSHE curriculum also includes bespoke planned lessons by the class teacher that meet the needs of their class. The lessons are appropriately matched to the social context of our school. The PSHE medium term plan is designed to be flexible to meet the needs of all our children.

### **Our PSHE curriculum provision is structured into 5 themes.**

- \*Me and My Relationships
- \*Keeping Myself Safe
- \*My Healthy Lifestyle
- \*Me and My Future
- \*Becoming an Active Citizen

Intended learning outcomes for the themes are provided for each year group.  
The learning outcomes cover

- \*Relationships and Sex education
- \*Online safety
- \*Careers Education and Personal Finance
- \*Drugs, Alcohol, Tobacco and wider risk taking behaviours
- \*Healthy Lifestyles including Physical and Emotional Health and Wellbeing
- \*Citizenship



Lessons are planned and taught weekly. Alongside this there are planned whole school enrichment events such as anti-bullying week or health week.

Our PSHE curriculum is designed to give pupils the knowledge and capability to take care of themselves and seek support if problems arise. In each theme, children are clearly signposted to how to recognise when they need support in a range of contexts and who they can turn to in different situations. Consistent and progressive teaching about discrimination and equality is woven throughout each theme to ensure children celebrate difference and diversity.