PSHE & RSE

Curriculum Overview

Place Partnership

A MULTI-ACADEMY TRUST

Our Vision

At Horbury Primary Academy, we believe that education is about far more than academic success. Through our vision of Strong Roots, Growing Minds, we are committed to developing happy, healthy, resilient and responsible young people who are equipped with the knowledge, skills and confidence to thrive in an ever-changing world.

We want every child to understand how to look after their physical health, mental wellbeing and emotional resilience whilst developing the skills needed to build positive relationships, make informed choices and contribute positively to society. Through a carefully planned programme of Personal, Social, Health and Economic (PSHE) Education and Relationships and Sex Education (RSE), pupils learn how to navigate life's opportunities and challenges with confidence, empathy and integrity.

A key feature of the Horbury Way is our commitment to nurturing the whole child. We recognise that children learn best when they feel safe, valued and supported. Through daily routines, meaningful conversations and purposeful learning experiences, we help pupils develop self-awareness, emotional literacy and resilience, ensuring they are ready to embrace challenges and make positive decisions throughout their lives.

Our curriculum is designed to promote personal growth, celebrate individuality and develop responsible citizens who understand their role within their community and the wider world. We aim for all pupils to leave Horbury Primary Academy with strong roots in their values and identity, and growing minds that are prepared for the opportunities and responsibilities of the future.

When children leave Horbury Primary Academy, we aspire for them to have developed:

- Confidence, resilience and a positive sense of self.
- Strong emotional literacy and an understanding of their own wellbeing.
- The ability to build and maintain healthy, respectful relationships.
- An understanding of how to stay physically and mentally healthy.
- The knowledge to keep themselves safe both online and offline.
- Respect for diversity, equality and the views of others.
- The confidence to seek help when needed and support others appropriately.
- The skills to become responsible, active and positive members of society.

Implementation

At Horbury Primary Academy, personal development is woven throughout school life and is central to our commitment to educating the whole child.

Our provision is built upon the One Life Programme, which provides a carefully sequenced and progressive curriculum centred around three key pillars:

- Social Fitness
- Mental Fitness
- Physical Fitness

These pillars underpin learning throughout every year group and ensure children develop the knowledge, skills and understanding needed to live healthy, safe and fulfilling lives.

A distinctive feature of the Horbury Way is our daily wellbeing routine, which provides children with regular opportunities to reflect, regulate and prepare for learning. Each day begins with:

- Safe Touch
- Journalling
- Mindful Minute
- Positive Affirmations
- Wise Words

This consistent approach helps children develop self-awareness, emotional regulation, confidence and readiness to learn.

Our curriculum is carefully mapped through the PSHE Progression of Learning Objectives, ensuring a clear sequence of knowledge and skills from the Early Years through to Year 6. Learning is revisited regularly to deepen understanding and strengthen retention over time.

The curriculum covers all statutory aspects of Relationships Education, Relationships and Sex Education (RSE) and Health Education, including:

Relationships Education

- Families and People Who Care for Me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

Health Education

- Mental Wellbeing
- Online Safety and Digital Awareness
- Physical Health and Fitness
- Healthy Eating
- Health and Prevention
- Basic First Aid
- Drugs, Alcohol and Tobacco Education
- Developing Bodies and Puberty

Children are encouraged to explore, discuss and reflect on real-life situations in a supportive and age-appropriate environment. Sensitive topics are taught with care, ensuring pupils feel safe, respected and able to ask questions confidently.

To further enrich our provision, we utilise additional resources and specialist support from:

- Jigsaw
- Pol-Ed
- St John Ambulance
- Junior Medics

- External visitors and workshops

As part of our wider personal development offer, pupils also participate in enrichment experiences that develop life skills, independence, responsibility, leadership and aspirations, ensuring they are well prepared for life beyond primary school.

Impact

Through our personal development curriculum, pupils develop the knowledge, understanding and confidence needed to lead healthy, safe and fulfilling lives.

By the time they leave Horbury Primary Academy, pupils will:

- Demonstrate resilience, independence and self-confidence.
- Understand how to maintain positive mental and physical wellbeing.
- Build and sustain healthy, respectful relationships.
- Recognise risk and know how to keep themselves safe.
- Show respect, empathy and tolerance towards others.
- Make informed decisions about their health, wellbeing and future choices.
- Understand the importance of seeking support when needed.
- Contribute positively to their school, community and wider society.
- Demonstrate the values, attitudes and behaviours needed to thrive in modern Britain.

The impact of our curriculum is seen in pupils who are confident, reflective and emotionally literate. They understand themselves, value others and approach the future with optimism, resilience and ambition.

Through our commitment to Strong Roots, Growing Minds, children leave Horbury Primary Academy as well-rounded individuals who are not only ready for the next stage of their education, but are also prepared to become healthy, responsible and successful citizens of the future.

Assessment for Learning

Assessment for Learning is embedded throughout our PSHE and RSE curriculum and is used to support pupils in developing the knowledge, understanding and personal skills needed to lead safe, healthy and fulfilling lives. Teachers assess learning through discussion, questioning, observations, pupil reflections and contributions within lessons.

Pupils are given regular opportunities to express their thoughts, opinions and understanding through a variety of age-appropriate activities, including discussion, drawing, role play, written responses and collaborative tasks. Assessment focuses on pupils' understanding of key concepts, their ability to apply learning to real-life situations and their growing confidence in expressing informed views and making positive choices.

Each unit culminates in an end-point reflection or application activity, allowing pupils to demonstrate the knowledge, understanding and personal skills they have developed throughout the unit. This may take the form of scenario-based discussions, problem-solving tasks, creative outcomes, reflective activities or presentations.

Assessment information is used to identify misconceptions, inform future teaching and ensure pupils continue to develop the knowledge, understanding and skills needed to navigate the opportunities and challenges they may encounter throughout their lives.

Adaptive Teaching

At Horbury Primary Academy, we are committed to ensuring that all pupils can access and engage with our PSHE and RSE curriculum. Adaptive teaching is informed by ongoing assessment and focuses on supporting pupils to express their ideas, develop understanding and participate confidently in learning.

Adaptations may include:

- Explicit teaching and revisiting of key vocabulary.
- Breaking learning into smaller, manageable steps.
- Providing opportunities for paired and small-group discussion before sharing with a wider audience.
- The use of drawing, visual prompts and creative activities to support expression and understanding.
- Structured questioning and sentence stems to support communication of ideas.
- Additional modelling and clarification of concepts.

- Revisiting prior learning to strengthen understanding and confidence.
- Flexible grouping and targeted adult support where appropriate.
- Providing a range of ways for pupils to communicate their thoughts, feelings and understanding.

These adaptations ensure that all pupils can access the same ambitious curriculum whilst feeling safe, valued and confident in sharing their ideas. High expectations remain at the heart of PSHE and RSE, enabling every pupil to develop the knowledge, understanding and personal skills needed to flourish both now and in the future.

National Curriculum aims for PSHE and RSE
Aims Through the teaching of PSHE and RSE, pupils will: • Develop the knowledge, skills and attributes needed to lead healthy, safe and fulfilling lives. • Build confidence, resilience and self-awareness. • Form and maintain positive, healthy and respectful relationships. • Understand how to keep themselves physically and mentally well. • Recognise and manage risks, both online and offline. • Develop respect for themselves and others and celebrate diversity within society. • Become responsible, active and informed citizens who contribute positively to their communities. [PSHE and R...POLO 26-27 | Word] **Curriculum Structure** Our PSHE and RSE curriculum is built upon the **One Life Programme** and is organised around three key pillars: • **Mental Fitness** • **Social Fitness** • **Physical Fitness** Learning is further enriched through daily wellbeing routines, Jigsaw, Pol-Ed, St John Ambulance, Junior Medics, visitors, workshops, online safety education and wider personal development opportunities.

Mental Fitness

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Recognise and talk about basic emotions.	Identify different feelings and know who can help.	Begin to use strategies to manage emotions.	Understand that thoughts, feelings and behaviours are connected.	Develop resilience and positive coping strategies.	Recognise the impact of challenges on mental wellbeing and seek support when needed.	Demonstrate resilience, self-awareness and strategies to maintain positive mental wellbeing.

Social Fitness

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Build positive relationships with others.	Understand kindness and friendship.	Recognise the importance of respect and inclusion.	Develop skills for resolving disagreements positively.	Understand healthy friendships and peer influence.	Recognise qualities of healthy and unhealthy relationships.	Build and maintain respectful relationships and understand mutual respect.

Physical Fitness

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Understand simple ways to stay healthy.	Recognise healthy choices.	Understand healthy lifestyles and routines.	Explain how lifestyle choices affect health.	Understand physical and mental health connections.	Make informed choices about health and wellbeing.	Take responsibility for maintaining a healthy lifestyle.

Relationships & Sex Education

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Understand family and caring relationships.	Identify trusted adults and different family structures.	Understand positive friendships.	Understand boundaries and respect.	Understand changes during growth and development.	Learn about puberty and changing relationships.	Understand puberty, reproduction and healthy relationships.

Online Safety

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Know to tell an adult if worried online.	Understand simple online safety rules.	Keep personal information private.	Recognise risks when communicating online.	Understand digital footprints and reporting concerns.	Evaluate online content and online behaviour.	Manage online risks responsibly and critically.

Economic Wellbeing & Aspirations

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Talk about jobs people do.	Understand that adults work in different roles.	Recognise that money is earned and spent.	Understand choices about spending and saving.	Explore different careers and aspirations.	Understand links between skills, education and careers.	Make informed decisions about future aspirations and opportunities.

First Aid & Personal Safety

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Identify safe adults who can help.	Know how to seek help in an emergency.	Understand basic safety rules.	Learn simple first aid and personal safety skills.	Respond appropriately to common emergencies.	Develop confidence in applying first aid knowledge.	Apply first aid and risk-assessment skills appropriately and responsibly.

Long term plan for PSHE and RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	We are happy!	We are safe!	We enjoy a challenge	We are compassionate	We show respect	We are ready for the future
Y1	We are happy!	We are safe!	We enjoy a challenge	We are compassionate	We show respect	We are ready for the future
Y2	We are happy!	We are safe!	We enjoy a challenge	We are compassionate	We show respect	We are ready for the future
Y3	We are happy!	We are safe!	We enjoy a challenge	We are compassionate	We show respect	We are ready for the future
Y4	We are happy!	We are safe!	We enjoy a challenge	We are compassionate	We show respect	We are ready for the future
Y5	We are happy!	We are safe!	We enjoy a challenge	We are compassionate	We show respect	We are ready for the future
Y6	We are happy!	We are safe!	We enjoy a challenge	We are compassionate	We show respect	We are ready for the future