



PSHE 3 Is

PSHE is about learning the personal and social skills to help children function as adults in society, and how to keep themselves healthy in body and mind.

<u>Intent</u>	<u>Implementation</u>
<p>At Caldecote, PSHE is taught across the whole school from Nursery to Year 6 to provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. The PSHE curriculum ensures that children will:</p> <ul style="list-style-type: none">• take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities.• recognise their own worth, work well with others and become increasingly responsible for their own learning.• reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.• understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.	<p>At Caldecote, we choose to deliver Personal, Social, Health Education through the Jigsaw scheme which uses a mindful approach. This means that children are developing the skills of being aware of their thoughts and feelings as they happen, in the present moment, on purpose, with no judgement. Mindfulness is taught and practised in each PSHE lesson. It supports the regulation of emotion, builds emotional resilience and enhances focus and concentration, helping to optimise learning. Mindful children can more readily choose their responses to situations rather than reacting while caught up in the thought-flows and emotions. We believe this is a vital tool for life.</p> <p>As part of PSHE, children will take part in Relationships and Sex Education lessons. We believe these lessons are vital to build children's self-esteem, to enhance their own sense of self in regard to their body image, how to develop caring and healthy relationships and how to develop assertiveness skills in keeping themselves valued, safe and respected.</p> <p>The PSHE curriculum provides continuity and progression, and skills, knowledge and understanding are built on year on year. The curriculum is inclusive and meets the needs of all learners, including disadvantaged pupils and pupils with SEND. The curriculum promotes all forms of equality and helps the children to understand and respect people of all faiths and none, races, genders, ages, disabilities and sexual orientations. The PSHE curriculum contributes to pupils' behaviour and welfare, including their physical, mental and personal well-being, safety and spiritual, moral, social and cultural development.</p>



Impact

As a school, we place great value on monitoring in the wider curriculum areas. We ensure that every half term a monitoring activity is carried out in order to assess the quality of teaching and learning across all areas of the curriculum. Subject leaders are responsible for ensuring progress across their subject, supporting teachers with subject knowledge, planning and any other relevant aspects, reporting to governors, communicating with colleagues and pupils, providing and replacing resources as necessary, monitoring learning evidence and supporting and monitoring teaching and learning. This ensures the highest quality of teaching and learning across the school.

In PSHE, we celebrate weekly a learning or personal attribute or behaviour that our children have displayed throughout the week. The children who have shown this attribute or behaviour are praised in a weekly celebration assembly.