

PERSONAL, SOCIAL, HEALTH & ECONOMIC EDUCATION

INTENT – Luddenden CE School is committed to providing an inclusive environment which nurtures health, self-respect, confidence and resilience. Our PSHE and RSE curriculum aims to ensure that all pupils develop the knowledge, skills, attributes and resilience they need to manage their lives well now and in the future. As well as meeting the statutory guidance for Relationships Education, this curriculum is designed to help children to stay healthy and safe while preparing them to make the most of life and work. Our core values in PSHE & RSE are respect, empathy, belonging and courage.

IMPLEMENTATION – The [Kapow](#) PSHE scheme of work will form the core PSHE curriculum. Learning opportunities will be based on three core themes, with extensive overlap:

- Core theme 1: Health & Wellbeing
- Core theme 2: Relationships
- Core theme 3: Living in the wider world.

Learning is planned according to pupils' development, readiness and needs, and takes into account prior learning, experience and understanding. PSHE education addresses both pupils' direct experience and preparation for their future. Therefore, we feel it is important to provide a spiral programme of knowledge, skills and attribute development, where prior learning is revisited, reinforced and extended in age and key stage appropriate contexts. We believe that PSHE education should reflect the universal needs shared by all pupils as well as the specific needs of the pupils at our school.

IMPACT – Children have the information & skills they need to make good decisions about their own health & wellbeing. Pupils develop the ability to regulate their own emotions and are empathetic towards others. Pupils develop the resilience, character and inspiration that we know are fundamental to them being happy, successful and productive members of society.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Self Regulation: My Feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Reception/Year 1 Cycle A	Introduction: Setting ground rules for RSE & PSHE lessons Y1 Families and relationships	Y1 Health and wellbeing	Y1 Safety and the changing body	Y1 Citizenship	Y1 Economic Wellbeing	Y1 Transition Lesson
Year 2/3 Cycle A	Introduction: Setting ground rules for RSE & PSHE lessons Y2 Families and relationships	Y2 Health and wellbeing	Y2 Safety and the changing body	Y2 Citizenship	Y2 Economic Wellbeing	Y2 Transition Lesson
Year 2/3 Cycle B	Introduction: Setting ground rules for RSE & PSHE lessons Y3 Families and relationships	Y3 Health and wellbeing	Y3 Safety and the changing body	Y3 Citizenship	Y3 Economic Wellbeing	Y3 Transition Lesson
Year 4/5 Cycle A	Introduction: Setting ground rules for RSE & PSHE lessons Y4 Families and relationships	Y4 Health and wellbeing	Y4 Safety and the changing body	Y4 Citizenship	Y4 Economic Wellbeing	Y4 Transition Lesson
Year 4/5 Cycle B	Introduction: Setting ground rules for RSE & PSHE lessons Y5 Families and relationships	Y5 Health and wellbeing	Y5 Safety and the changing body	Y5 Citizenship	Y5 Economic Wellbeing	Safety and the changing body Y5 Transition Lesson
Year 6	Introduction: Setting ground rules for RSE & PSHE lessons Y6 Families and relationships	Y6 Health and wellbeing	Y6 Safety and the changing body	Y6 Citizenship	Y6 Economic Wellbeing	Y6 Identity Y6 Transition Lesson