

# RSE & PSHE *on a Page*

## Intent: How RSE & PSHE contributes to our school's vision

At Lady Boswell's, the RSE & PSHE Curriculum provides a unique opportunity to contribute to the school's vision and achieve our 'seven gifts'. Our RSE & PSHE curriculum helps pupils to **develop a positive sense of self and wellbeing** and enables them to be **confident to make the right choices and keep themselves safe in an ever changing society**. Our RSE & PSHE curriculum teaches pupils strategies to support them in becoming **resilient, resourceful and courageous** individuals. Through our RSE & PSHE curriculum, pupils have opportunities to develop their **communication, collaboration and leadership** skills by discussing scenarios to gain understanding, contributing to discussions, expressing opinions in a respectful and thoughtful way and asking questions to one another. Our RSE & PSHE curriculum supports pupils to **grow in spiritual awareness and develop a strong moral compass and a deepening understanding of a multi-faith British society**. Our Lady Boswell's RSE & PSHE curriculum also teaches children to **become responsible and tolerant global citizens who value diversity, forgive readily, and have concern for the needs of each other, the school, the wider community, and the planet**.



## Golden Threads

Family and relationships

Health and wellbeing

Safety and the changing body

Citizenship

Economic wellbeing



## Implementation: How the curriculum is organised

The RSE & PSHE curriculum is organised in line with our Curriculum Policy and outlined in The Relationships and Sex Education Policy.

At Lady Boswell's, we provide relationships education to all pupils and teach the elements of sex education contained in the science curriculum through the Kapow scheme of work. The scheme is aligned with the National Curriculum and the DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education.

All staff will be able to teach all the new subjects in accordance with school values and ethos whilst also having due regard for the guidance and being consistent with the requirements of the Equality Act 2010.

### EYFS

Our RSE & PSHE curriculum builds upon the foundations of the EYFS prime area of 'Personal, social and emotional development' (PSED). The learning goals of self regulation, managing self and building relationships, summarise the knowledge, skills and understanding that all young children should have gained by the end of the reception year in PSED.

### Vocabulary

Carefully sequenced and explicitly taught vocabulary is essential in children building their understanding of families and relationships, health and wellbeing, safety and the changing body, citizenship and economic wellbeing.

Our PSHE curriculum offer extends to include the teaching of RULER and the skills of emotional intelligence it stands for: Recognise, Understand, Label, Express, Regulate. RULER feeling words are taught explicitly to the children and progress as they move through the school.

### Including all learners

At Lady Boswell's we believe that *all* pupils should have equal opportunity to access every subject. We recognise that often pupils with additional learning needs can flourish in areas that encourage creativity, oracy and communication skills such as RSE & PSHE.

Teachers are responsible for ensuring all pupils are supported and challenged in RSE & PSHE.

Subject Leaders are responsible for monitoring the inclusion of pupils with additional needs and high interest or skill and will work with teachers and our SENCO to make the necessary adjustments to the curriculum.





Units are arranged in a spiral curriculum by year group with the following key principles in mind:

- ⇒ **Cyclical:** Pupils revisit the five key areas throughout KS1 and KS2.
- ⇒ **Increasing depth:** Each time a key area is revisited, it is covered with greater depth and increasing maturity.
- ⇒ **Prior knowledge:** Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.



## Enrichment and Cultural Capital

We actively plan experiences that bring learning to life in RSE & PSHE and create life long memories for our pupils.

Children participate in a number of workshops and activities throughout their time at Lady Boswell's, including elections and celebrating key national events i.e. King's Coronation, Remembrance Day and Anti-Bullying Week.

Transition preparation in RSE & PSHE helps students build emotional resilience and self-awareness, supporting them through changes within year groups, key stages and especially the move to secondary school. In Key Stage 2, pupils learn about personal growth, new relationships, and adapting to new routines, easing anxieties and fostering confidence for a smooth transition.

## Assessment

At our school, we follow the Kapow Primary scheme to deliver high-quality PSHE and RSE lessons. Assessment in these subjects is formative and ongoing, focusing on how well pupils can understand, reflect on, and apply the key concepts being taught. Teachers use a range of strategies including questioning, group discussions, role play, and written or creative tasks to assess pupils' progress.

Our scheme provides opportunities for self-assessment and encourages pupils to reflect on their own learning and wellbeing. Progress is also monitored through observations of how children demonstrate their understanding in real-life situations, such as their interactions with peers and their ability to manage emotions.

## Ensuring Impact in RSE & PSHE

Subject Leaders will work alongside Implementation Team Leaders to ensure that the RSE & PSHE Curriculum is implemented in line with the policy and continues to meet the needs of our stakeholders. This will be through pupil voice activities, monitoring of planning, lesson visits and developmental observations.

## Impact of the curriculum



*consider who they are and what makes them special*



*explore different career choices*

*understand how to manage*

*spending, budget and save money*



*form respectful relationships, deal with conflict and challenge stereotypes*



*gain strategies for looking after their mental and physical health*



*gain an understanding of how to keep themselves and others safe*



**The RSE & PSHE Curriculum will enable our pupils to...**



*have an understanding of human rights, democracy, diversity, community and how to protect the environment*

